

# ALBERTA MEN'S SURVEY

## KEY FINDINGS

### WHAT SKILLS ARE NEEDED TO FORM HEALTHY RELATIONSHIPS?



76%

Patience



74%

Trust



70%

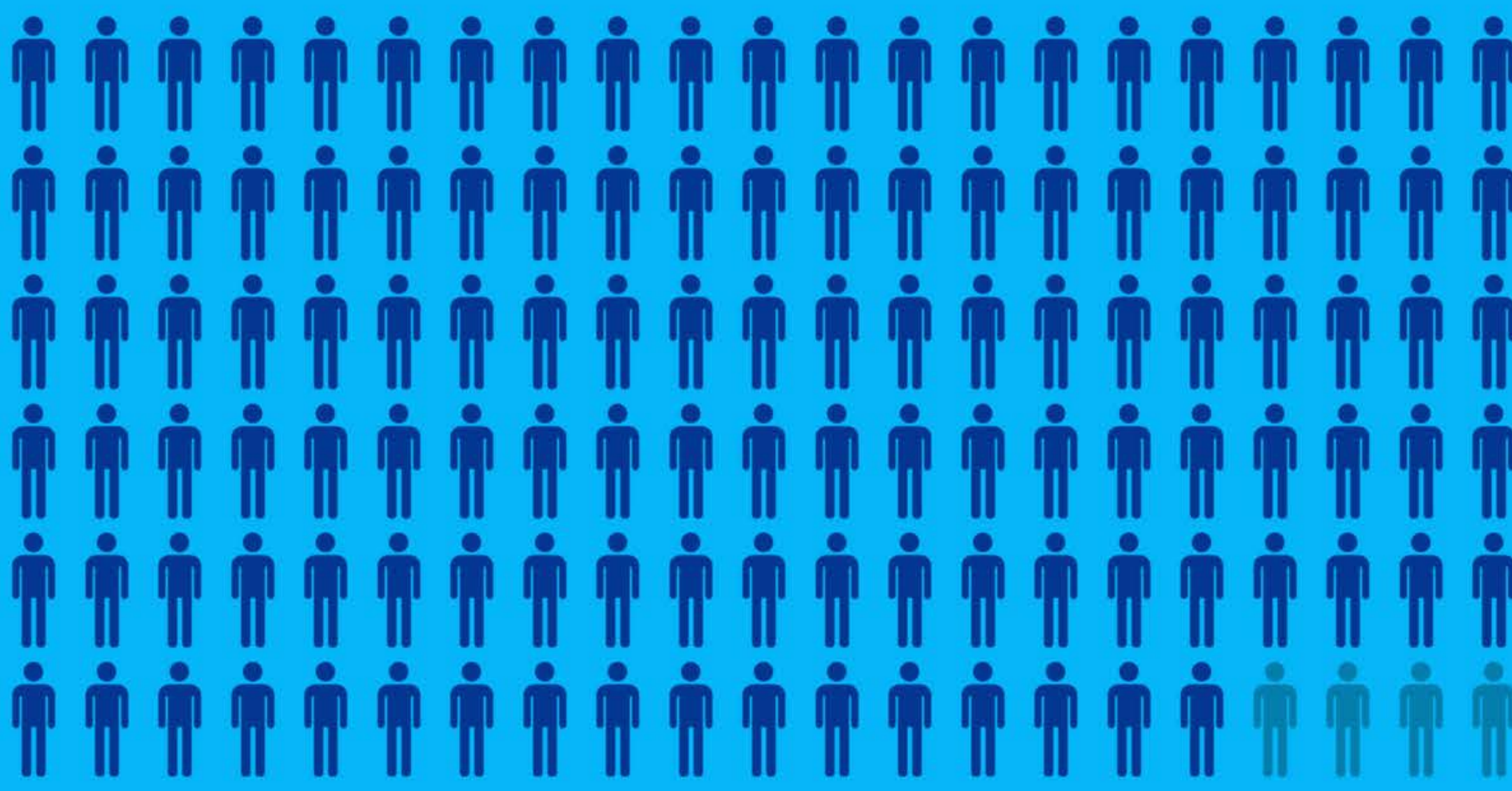
Listening



62%

said understanding and caring about other people's feelings

### TOP 3 ANSWERS



96%

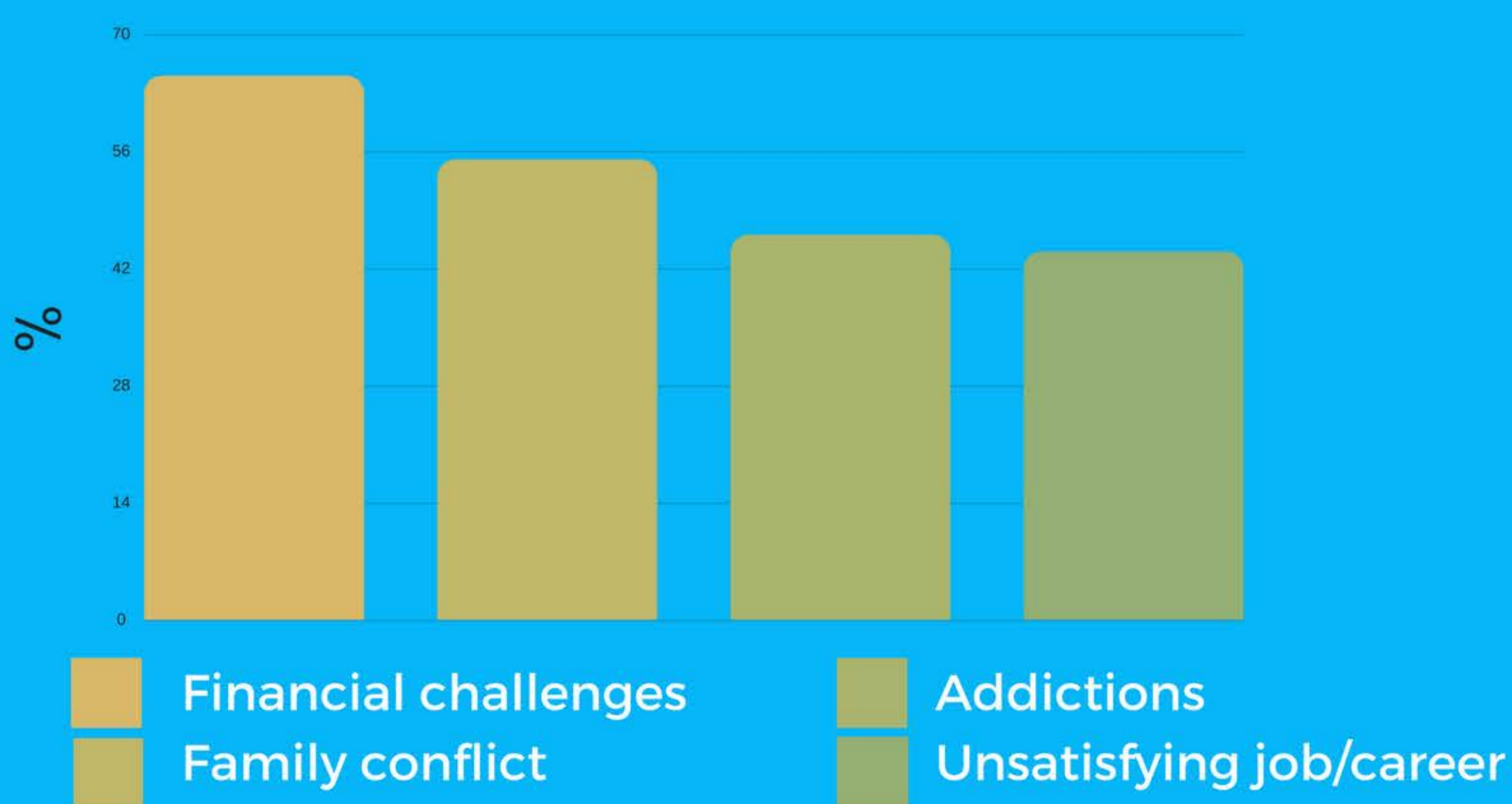
of men stated they sometimes need support for their own wellbeing and to have healthy relationships.

Nearly 3 of 4 men don't know of available services and supports in their city/town that help men with personal well-being and relationship issues.



Nearly 1 in 3 men said societal/cultural expectations of being a man would prevent them from accessing supports.

### WHAT DO YOU THINK ARE BARRIERS TO PERSONAL WELL-BEING?



23%

of respondents said pressure to prove yourself as a man

### TOP 4 ANSWERS



44%

thought they could contribute to men's well-being and healthy relationships without violence or abuse