## 💈 CUTS & CONVERSATIONS: GROW YOUR OWN WAY

*Your Barber, Your Health, Your Style this Growvember*

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## ✂️ The November Mission

This November, don't just grow out your facial hair—change the narrative around men's health. **"Grow Your Own Way"** means teaming up with your barber throughout November to explore a fresh look while breaking the silence on critical physical and mental health issues. Your barber shop isn't just a place for a trim; it can be a safe space for real, life-saving talk.

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## 📊 The Barber Shop Stat Board

The data shows why skipping the doctor or hiding our struggles is hurting us.  Take a look at the facts:

| Health Area | Key Statistic | Why It Matters |
|---|---|---|
| **Lifespan** | Men die **6 years earlier** than women on average. | Stigmas and delaying care cut lives short. |
| **Medical Habits** | Men are **24% less likely** to have visited a doctor in the past year. | Early detection can only happen if you get checked. |
| **Prostate Cancer** | **1 in 8 men** will be diagnosed in their lifetime. | It is the second most common cause of cancer death in U.S. men. |
| **Testicular Cancer** | **Most common cancer** for young men aged 15–34. | It heavily targets men in their 20s and 30s. |
| **Mental Health** | **4 out of 5 suicides** in the U.S. are men. | Society's pressure to "be tough" stops men from asking for help. |

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***Space for information about relevant local programs/resources:***

# 🧴 Prevention & Screening Guide

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[🪒 1. PREVENT] -----------> [🧼 2. CHECK] ------------> [🩺 3. SCREEN]
 Actively move & talk         Know your own baseline      Schedule regular
check-ups
```

### 🧠 Mental Health & Suicide Prevention

- **The Action:** Break the "tough guy" stigma. Reach out to friends, family, or your barber when times are tough.
- **Prevention:** Cultivate a community. Remember: *It's okay not to be okay*.

### 🍒 Testicular Cancer (Ages 15–34)

- **The Action:** Perform regular monthly self-exams in or right after a warm shower.
- **What to look for:** Look for new lumps, swelling, changes in size, or an unusual heavy feeling.  Early detection yields highly successful treatment rates.

### 🎯 Prostate Cancer (Ages 40+)

- **The Action:** Talk to your doctor about baseline prostate screening.

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## 💈 How to Participate: A 4-Week Trim Schedule

- **Week 1: The Clean Slate**
  Start November clean-shaven.  Sit in your barber's chair, sketch out your mustache goal, and mention why you're growing it.
- **Week 2: The Awkward Stubble**
  As the hair grows, the questions start.  Use your patchiness as a billboard to discuss male suicide prevention with friends.
- **Week 3: Shape & Sculpt**
  Head back to the barber. While they trim the edges, bring up physical check-ups. Ask your barber if they've had theirs.
- **Week 4: The Final Look**
  Rock your new style proudly.  Celebrate your growth, but keep the conversations flowing long after November ends.

***Space for information about relevant local programs/resources:***

## 🧔 Explore Your Look: The Facial Hair Blueprint

Finding the right style is part of the journey. Whether you are dealing with straight, wavy, or highly textured hair, there is a look that fits your face shape.  Work with your barber to test out classic and modern variations:

- **The Classic Mustache:** Perfect for a traditional Movember look—requires sharp upper lip trimming.
- **The Goatee & Stubble Combo:** Great for patchy growth, providing definition along the chin while keeping the cheeks clean.
- **The Full Textured Beard:** Ideal for thicker hair textures; needs consistent beard oil and shaping to stay looking crisp.
- **The Designed Beard Fade:** Melds your haircut seamlessly into your facial hair, keeping the sideburns tight.

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