

OFFERED BY COUNCILOR ENRIQUE J. PEPÉN



CITY OF BOSTON

IN THE YEAR TWO THOUSAND TWENTY SIX

RESOLUTION RECOGNIZING JUNE AS MEN'S HEALTH AWARENESS MONTH IN THE CITY OF BOSTON

WHEREAS, Men are often raised to endure hardships in silence while feeling expected to remain silent about their struggles, which can have lasting negative effects on their mental and physical health, relationships, and well-being, often while feeling expected to remain silent about their struggles; *and*

WHEREAS, Many men face external challenges such as violence, poverty, family responsibilities, and the pressure to become providers and protectors, fostering an environment where they become quiet and distant; *and*

WHEREAS, These expectations can discourage men from seeking support for their physical and mental well-being. Studies indicate that more than 40% of men seek medical care only when they believe they have a serious health condition; *and*

WHEREAS, Male dominated careers such as law enforcement officers, firefighters, and emergency personnel are routinely exposed to traumatic events, violence, and life-threatening emergencies, placing them at an increased risk of developing Post-Traumatic Stress Disorder (PTSD) and other mental health challenges; *and*

WHEREAS, We must embrace a culture that listens to and supports men at their most vulnerable. Resources and time must be dedicated to empowering men to seek medical attention at the start of physical and mental health concerns, as the health of our community depends on it; **NOW, THEREFORE BE IT:**

RESOLVED: That the Boston City Council recognizes June as Men's Health Awareness Month, and urges prompt action in the passage of this legislation.

Filed on: June 10, 2026