



# CHANGING THE GAME FOR MEN'S HEALTH

GET INVOLVED BY GAMING FOR MOVEMBER

.....  
**SIX YEARS.**

Men are dying an average of six years younger than women for largely preventable reasons.

.....  
**THREE OUT OF FOUR**

Three of every four suicides are male. One man a minute is taking his own life by suicide.

.....  
**KNOWLEDGE IS POWER.**

With prostate cancer, the difference between early detection and late detection can be life and death.

.....  
**KNOW THY NUTS.**

If found early, testicular cancer is curable but we need men to check themselves.

“VIDEO GAMES ARE  
BAD FOR YOU? THAT’S  
WHAT THEY SAID ABOUT  
ROCK-N-ROLL”  
SHIGERU MIYAMOTO



Here at Movember, we appreciate the power of gaming and the gaming community when it comes to having fun and doing good. Gaming brings people together, starts conversations and can **save lives**.

This manual will walk you through the various ways you can support Movember and men's health through gaming. Join the millions around the world who are playing games to change the face of men's health.

# HOST YOUR GAMING FUNDRAISER

## PLAYER 1 : CASUAL GAMER

Yep that's right, one of the ways you can fundraise this Movember is by playing games in the comfort of your own home. If you just enjoy playing games with your mates, follow the below steps for a hair-raising Movember gaming fundraiser:

- Step 1 Sign up on [Movember.com](https://www.movember.com) and equip yourself with a Mo Space fundraising page and learn all about men's health.
- Step 2 Commit to the gaming challenge you're going to set yourself. 30 day COD tournament? 24 hours of FIFA with your mates? Whatever it is, set yourself a good challenge you can look forward to.
- Step 3 Use your Mo Space to drum up hype and donations in the run up to your challenge. Set yourself donation stretch goals that will help raise funds from your friends and family. Spread the word on social media about why you're gaming for Movember to help raise funds and awareness. Post photos, updates and pre-event challenges on your Mo Space.
- Step 4 When it comes to game day, consider streaming your event live on Twitch, YouTube or Facebook - you can do this directly from your console or PC.
- Step 5 Once your challenge has finished, round up the final donations and don't forget to thank those who have participated and supported your gaming challenge.



## PLAYER 2 : STREAMER AFFICIONADO

You know the drill. A Movember charity stream is a great way for you and your community to support men's health over the 30 days of Movember. We've got all the tips and tricks you need for a game-changing livestream.

- Step 1 Sign up on [Tiltify.com](https://www.tiltify.com)/Movember to make it official. This gives you access to leaderboards, live donation alerts for your supporters and much more.
- Step 2 Pick your challenge - 24 hour stream? 30 days of gaming for good times? Choose something you know your community will get behind. There's no time limit, so whatever works best for you and your streaming schedule.
- Step 3 Set donation incentives for your community to help you boost your fundraising.
- Step 4 Shout about it on your social media - drum up hype. Don't forget to get in touch with @Movember on Twitter about your stream and we'll be happy to help promote it in any way we can.
- Step 5 Have fun, do good and change the face of men's health.



2018 MOVEMBER DONO TOTAL:  
**\$585**

**TOP DONATORS**

1. GG_JINNO	\$60
2. NotLawReview	\$60
3. BigBeerwolf	\$50
4. Joey S.	\$50
5. Rodney R.	\$50
6. Tessa R.	\$50
7. Geoff W.	\$35
8. WNG_Infidel	\$30
9. WhoDeyMom	\$25
10. ItsMrSparks2U	\$25
11. HandsOfNemesis	\$25
12. Heather H.	\$25
13. Intimidator	\$25
14. il_bow_man	\$25
15. TheBeerFridge	\$25
16. BcHicks007	\$10
17. MilesWalk	\$5
18. Vivilanco	\$5
19. James M.	\$5



**R U O K  
M O  
B R O**

I'M HELPING TO CHANGE THE FACE OF MEN'S HEALTH

MOVEMBER.COM  
DONATE NOW

NOV 16TH 5PM AEST

**12 HOUR CHARITY STREAM**

YOUR DOUGH WILL SAVE A BRO

TWITCH.TV/TAJGAROU

**HELL  
RAISERS  
FUND  
RAISERS**

