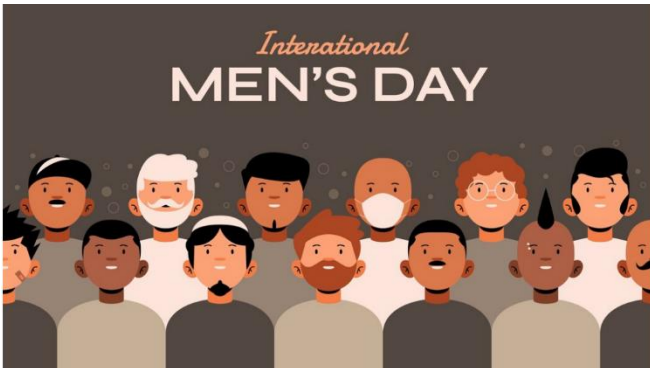




By The Office of Equal Opportunity, Reece Ellis

We want to embrace the differences that help make us better together. The OEO believes diversity and inclusion are everyone's responsibility and we hope all state employees carry such responsibility with honor, courage, and passion. Visit oeo.mo.gov to learn more.

International Men's Day was first officially recognized in 1992 after its creation by a professor from the University of Missouri-Kansas City, although it can trace its roots back over 100 years to the Soviet Union's "Red Army and Navy Day". The focus of the holiday has been to celebrate the positive



contributions of men to society and to highlight the disparities and inequities that disproportionately affect men. International Men's Day is celebrated every year on Nov. 19 and is recognized in the United States, Canada, Mexico, Ukraine, China, Russia, Cuba, Iran, and 50 other countries. The theme for International Men's Day 2023 is "Zero Male Suicide" which spotlights the importance of men and boys taking care of their physical and mental health, as well as breaking down societal

stigmas that prevent men and boys from seeking help when they need it.