You've got a better understanding of the state of care in the world! Read the recommendations for what you can do to help achieve a more caring world.

17

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# The Road to Equal Care

The State of the World's Fathers 2023, using new data on caregiving from 17 countries, shows a mix of advances and setbacks on the winding road to care equality.

Men and women who are satisfied with their involvement in care are **1.5 times more likely** to feel more gratitude and purpose in their lives.

6

equimund

### START!

Your journey to achieving a more caring world starts here, but look out! There are some snakes that show the policies, behaviors, and attitudes that hinder a fully supported caring world. As you move through the board, reflect on each statistic and think about where you are on this journey.

22

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### Men who practice **emotional self-care** are much more likely to takecare of their children and family members.

for them.

14

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Parents with the highest

than enjoyable.

economic hardship

are the most likely to speak of

care work as more exhausting

23

55% of women and 50% of men say that

the way they share care work at home is

a source of stress

24

20

The majority of both men

and women say they take

some action each week to

In 14 countries,

15

11

3

care for the planet.

**the majority of fathers** say that 'caring for my children is worth

giving up some career opportunities for.'

74% of people say they have already **talked to their friends** 

and family about the need

for better care policies.

25

Many parents say they don't get enough childcare support due to cost and lack of publicly funded childcare.

90% of parents say that caring for children is one of the **most enjoyable things** in their lives. Across 17 countries, mothers do **1.36 times the house cleaning** and 1.32 times the physical childcare that fathers do.

# **Rules of the game**

#### **Starting position**

Each player places their token on box number 1 and begins from here.

#### Taking turns

Take turns rolling the dice. Move your token forward the number of spaces indicated on the dice.

**Climbing ladders** 

If your token lands on a box with a ladder, you can move forward to the box at the end of the ladder.

#### Descending snakes

If your token lands on the head of a snake, you must slide down to the lower box of the snake.

#### Completing the game

The first player to reach box number 25 has completed the journey first.

#### Have fun!

# Recommendations

Center care systems in policies and public institutions, focusing on the most marginalized

- Advocate for a culture of care in all workplaces
- Revolutionize the way boys are taught about care
- Invest in care, measure it, and disaggregate by gender, social class, and age
- Normalize equal parental leave for mothers, fathers, and all caregivers, and for care of all kinds
- Generate and disseminate mainstream media that portrays men and boys as caring and competent caregivers

Take the MenCare Commitment



Access the SOWF report



