

ASK A MATE

ASK A MATE DAY 2026

Fact sheet

WHAT YOUNG GUYS WANT TO KNOW

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askamate.com.au
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WHAT YOUNG GUYS WANT TO KNOW

In early 2024, Beyond DV founder Carolyn Robinson (creator of the Ask a Mate Project) conducted a survey of young men from four diverse high schools, inviting participants to share questions they wished they could ask a male role model about relationships, sex and consent, gender, domestic and sexual violence.

What came back was a wide and thoughtful range of questions, covering everything from first dates, rejection and healthy boundaries to consent, gender identity, abuse, sexual violence and how to support others well. Many of the questions were practical, emotionally honest and shaped by real uncertainty about what respectful relationships and healthy masculinity look like in everyday life.

Below is a selection of the most common questions raised by young men. Many of these are answered on the free Ask A Mate App by high-profile 'Mates', with responses guided by Professor Michael Flood (QUT), an international expert in working with young men, masculinity and domestic violence prevention.

This list can be used as a conversation starter, a prompt for reflection, or a reminder of the kinds of questions young men may be carrying quietly.

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WHAT YOUNG GUYS WANT TO KNOW

Relationships

- How do I have the power to quit when things go south?
- How do you maintain healthy boundaries if you're in a relationship?
- How do you make someone feel comfortable on a first date?
- How do you effectively communicate and resolve conflicts in your romantic relationships, especially during challenging times?
- What do I need to do to respectfully ask someone out without seeming like a creep?
- How do I deal with rejection? How do I still prioritise school/sports/mates if in in a relationship?
- Is it okay to restrict your partner, with something you don't like them doing?
- What's the difference between romantic and casual relationships?
- How can you respectfully bring up the potential of a romantic relationship with someone you are interested in? Is it better to start a romantic relationship off a friendship?
- How can you tell if someone is the right person for you?
- What advice would you give to younger men about communicating their needs and emotions in a relationship?
- How do you get out of and get over a toxic relationship?
- How do you establish clear communication and boundaries in a casual relationship to ensure both parties are on the same page and their needs are respected?
- What is a casual relationship and how does it work?
- How do I stay casual and how do I say I wanna take it further?
- How do you not lead someone else on?
- Should I stay in healthy relationships if I don't like the person?

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Sex & consent

- When should I ask for consent?
- What is a non-awkward way to ask for consent?
- What does sexual consent cover in relationships?
- How do I, as a male, divert someone who is being too flirty?
- Do you have to ask, "Do I have your consent?"
- Do signals count as sexual consent
- If they say that they will always consent with you, do you have to keep asking?
- Is it necessary to get physical confirmation, e.g. a signature or video agreement? What do you do if they take away consent?
- How do you know if a girl is able to give consent?
- Do you have to ask for permission?
- What happens when you don't ask for consent?
- What do you do when they don't give consent?
- Do you take videos of them saying yes?
- What happens if you have alcohol and give consent?

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Gender

- How should I respectfully and without ignorance ask someone how they identify? What does being “non-binary” mean?
- How can you overcome judgement from others when you don’t “fit in”?
- How do you find out someone’s pronouns in a respectful way?
- What advice do you have for someone like me who wants to learn more about gender identity and be a better ally to people of all gender identities?
- When is it right to ask what gender the other person identifies as when you are interested in the person?
- How can I support friends or classmates who are exploring or questioning their gender identity, and what are some ways to create a more inclusive environment for everyone?
- How can we promote inclusivity and respect for all gender identities in our communities and personal interactions?
- Why does gender inequality exist and how do we work towards gender equality?
- How can we abandon gender stereotypes that we’ve heard and believed as we grew up?
- Can you share examples of concrete actions or initiatives you’ve taken to advance gender equality in your community or workplace, and offer advice on how other men can actively contribute to creating more inclusive and equitable environments for all genders?
- How can you be supportive to women without making them feel “special” in a bad way (treating them normally)?
- How much of an impact does a lack in gender equality have?

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Domestic violence

- How do you maintain a healthy relationship with a girl?
- What's a healthy relationship to its core?
- What's your advice for creating and sustaining a healthy relationship?
- Should you let your girlfriend talk to other guys?
- Is it healthy to fight and argue?
- Can domestic violence go both ways?
- Why do people feel like they need to have control over someone else?
- Does it have to be physical violence to be domestic violence?
- What can I do if I was on the receiving end of domestic violence even though I am a male?
- How do you recognize and address early signs of abusive behaviour in relationships, whether it's from yourself or others?
- How do you actively support survivors of domestic violence and contribute to prevention efforts in your community?
- How can we encourage those who are experiencing it to seek help?
- What do I do to make people feel comfortable to speak up?
- How do I prevent my partner from feeling threatened?
- How do I create a safe space for my partner?
- What are the statistics and how does it start

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Sexual violence

- What can be recognized as sexual assault?
- Is sexual assault different from sexual harassment?
- How do you make sure any girl you're with feels safe without seeming weird about it? How do I approach someone who has experienced this?
- What are some signs it may have happened?
- What do I need to do to if someone tells me about something that happened to them? Do you think being intoxicated and having sex counts as rape?
- What resources are available to those who have been assaulted?
- How can you control yourself what are the reasons that causes rape and sexual assault?
- How can I raise this awareness with my mates and ensure they will do the right thing? Conversation starters, topic starters etc?
- What are the statistics surrounding rape and sexual assault in Australia?
- How can males speak up if they have experienced sexual assault?



If you have ideas to add, or want to share how you're using this in your school, club or community, email heymate@askamate.com.au email