

# ASK A MATE

## ASK A MATE DAY 2026

### Fact sheet

## MEETING YOUNG GUYS WHERE THEY'RE AT

16 May 2026  
[askamate.com.au](http://askamate.com.au)  
[#AskAMateDay2026](https://twitter.com/AskAMateDay2026)

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## MEETING YOUNG GUYS WHERE THEY'RE AT

A good way to build trust is to take an interest in what young guys already enjoy, then ask open, genuine questions about it. You do not need to be an expert. Curiosity, attention and a willingness to listen go a long way.

### **You could ask:**

- What do you like about that?
- How did you get into it?
- Who do you follow or learn from?
- What's the best part of it?
- What's hard about it?
- Want to show me how it works?

### **You can also share a little of your own experience:**

- I was never very good at that, but I always liked...
- That reminds me of when I used to...
- I didn't have that when I was your age. What do you like about it?

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### **Indoors**

- Reading
- Woodworking
- Programming
- Gaming
- Writing
- Playing/learning an instrument
- Cooking
- Designing
- STEM
- Drawing
- Painting
- Flipping (buying & selling)
- Finance
- Photography
- Videography
- Gym

### **Outdoors**

- Sports- team/individual and playing/watching
- Hiking
- Camping
- Fishing
- Biking
- Skateboarding
- Surfing
- Jet-skiing
- Parkour
- Cars
- Videography
- Photography
- Thrifting- op shops

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](mailto:heymate@askamate.com.au)