



MEDIA RELEASE

For Immediate Release – 5 September 2025

Dr Arne Rubinstein OAM Named Australia’s Father of the Year 2025

Sydney, Australia – Celebrated youth development expert and founder of The Rites of Passage Institute, Dr Arne Rubinstein, OAM, has today been named Australia’s Father of the Year in recognition of his decades-long commitment to guiding young people and supporting parents nationwide.

Dr Rubinstein, a former GP and emergency medicine physician, has dedicated the past three decades to creating transformative programs that help boys, girls, and their families navigate the transition from childhood to adulthood with confidence, resilience, and purpose. His evidence-based Rites of Passage model has been delivered to more than 450,000 participants in Australia and internationally.

“This award is not just about me,” said Dr Rubinstein. “It’s about acknowledging the importance of positive parenting and the incredible fathers, carers, and mentors who are helping young people become the best version of themselves. I’m deeply honoured to receive this recognition and share it with my own children, who have been my greatest teachers.”

“Parenting is a journey and an ongoing, humbling experience. By nurturing our children’s unique gifts, teaching them life skills, and creating a healthy community of support, we give them the best chance to flourish”, Dr Rubinstein said.

The Father of the Year Award, presented annually by The Fathering Project, celebrates men who exemplify fatherhood through nurturing, leadership, and community service. Dr Rubinstein joins a distinguished list of recipients who have championed stronger families and healthier futures for Australian children.

Dr Rubinstein continues to work with schools, community groups, and parents to embed Rites of Passage programs, champion father engagement, and foster intergenerational healing and connection.



About Dr Arne Rubinstein

Dr Rubinstein is an internationally recognised expert on adolescent development and Rites of Passage. Founder and CEO of The Rites of Passage Institute, he has authored the bestselling book *The Making of Men*, is a globally-renowned motivational speaker and consults widely on youth wellbeing, resilience, and leadership. He was also honoured with the Order of Australia medal in 2024.

Media Enquiries:

Mandy Ziegler

Head of Marketing and Sales

0432 570 311

mandy@ritesofpassageinstitute.org