

# **New Jack to OGs: Boys to Men - Growing to Maturity**

**Missouri Department of Mental Health's Spring Training Institute**

**Tan-Tar-A Resort**

**Thursday, May 29 – 10:00 AM – 11:30 AM**

***Charles Blanchard, Mentoring Facilitator***

***Courtney Stevenson, LifeSkills Facilitator***

***Lee A. Harden, MACM, BA, Assistant Director  
Community Services***

***Lutheran Family and Children's Services of Missouri***

## **Boys to Men is a group approach to healthy male development focusing on:**

- ▶ **Personal Growth and Development**
- ▶ **Peer Relationships**
- ▶ **Values Clarification**
- ▶ **Community**
- ▶ **Character Building**



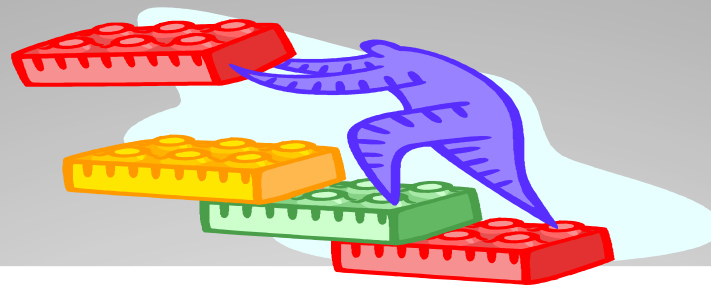
All these issues impact male perception and wellness, thereby influencing how young males mature into who they are; how they are perceived; and impacting to a great extent their belonging and believing concepts.

### **Overall Focus is on:**

- The Development and Growth of healthy, productive youth through regular group sessions, complemented by pro-active links with the youth, their families and their neighborhoods.
- Sessions that focus on the skills required to thrive within a global community and personal environment.

## Four-step approach to youth development beyond the third grade includes:

- (1) Growing Healthy; Building Muscles;
- (2) Fronting and Facing the Real You;
- (3) Moving From Belonging to Believing;
- (4) The Road to Nowhere and Somewhere/What is Left Behind and Taken Ahead.



**Step 1**: Participants will identify social-emotional messages, experiences, attitudes, and options for growing-up healthy, in unhealthy environments, while examining the culture through recognizing and expressing emotions and role expectations. Participants will learn techniques that will allow them to demonstrate healthy decision making, relative to peer pressure, and be able to identify character strengths that will lead to personal growth and development, resulting in being able to recognize and possibly avoid potentially at-risk situations involving personal safety and health.

**Growing-Up Healthy; Building Muscles**



**Step 2**: Participants will be able, through role playing activities, group discussions, developmental activities, and utilization of current events and self-assessment, explain the importance of self-identity and self-esteem. Discussion and activities will center on strategies geared towards developing a sense of control in building friendships and identify qualities, they value in friends and identifying the strengths and weaknesses that make them who they are.



**Fronting and Facing the Real You**

**Step 3:** Participants will address social-cultural barriers, motives and actions around put-downs, knowing their personal rights, defining assumptions about what it means to be a male, respecting others and being someone's "baby daddy". Participants will also explore relationships, conflict resolution, education, leadership, community service, diversity, mass media messages, personal values, integrity, and their future goals.

### **Moving From Belonging to Believing**



**Step 4:** Participants will utilize creative challenges, personal narratives, to explore both effective and limiting survival strategies, such as addictions, aggressive, assertive and passive behaviors, to build upon individual, collective and cultural assets to kindle healthy development and full potential, to establish who they are and hope to become.



**The Road to Nowhere and Somewhere/What is Left Behind and Taken Ahead**

**Questions??? Let's put it to Work**

