

Welcome to Passport to Manhood (as part of our Smart Decisions grant)

Session ONE: Understanding Manhood

Hello and welcome to our virtual Passport to Manhood programming. We are running this program as a continuation of our Smart Decisions grant with the Boys & Girls Clubs of Greater Northwest Indiana. Passport to Manhood is specifically designed to guide boys on their journey to manhood, encouraging and supporting them as they face specific challenges related to becoming an adult man.

Becoming a man does not happen just by getting older. Some people grow older but never truly become adults. The transition to adulthood involves letting go of a boy's way of thinking and acting, facing various challenges that call forth one's inner strength and resilience, and consciously adopting attitudes and behaviors of adulthood.

Responsibility – means being in charge of something, being trusted with something important, or being able to choose for yourself between right and wrong.

Stereotype - a standardized mental picture that is held in common by members of a group and that represents an oversimplified opinion, prejudiced attitude, or uncritical judgment

Confidentiality. Passport to Manhood sessions are a safe place to share, learn and have fun. Therefore, every boy agrees to keep other boys' comments, questions and concerns to himself.

What is Male Stereotype - Boys and young men often form their ideas of manhood and masculinity based on male stereotypes that dominate American culture. A male stereotype is a simplified and distorted idea about how men are "supposed" to be. These ideas are learned at an early age and are influenced by family, peers, education, religion, the media, and the broader popular culture.

A male stereotype is a mistaken way of thinking about how boys and men are "supposed" to be. Labeling or "trapping" someone in with a stereotype is unfair and limiting. Becoming an adult male does not happen automatically — it happens when a young man chooses to be responsible for his own life and is ready for the consequences of his choice and actions.

Let's watch this video, then make three lists. In the first list, write out the kind of person that you are, and in the second list write out your responsibilities that you have at home, when you are at school, doing e-learning, and what responsibilities you have when you are here at the Club. For your third list, write down some of your favorite 5 or 6 movies.

"How Movies Teach Manhood" a TedTalk by Colin Stokes.

<https://www.youtube.com/watch?v=ueOqYebVhtc>

Session TWO: Self-Esteem & Identity

Hello and welcome back to our virtual Passport to Manhood programming. The last time we met we learned about responsibility, stereotypes and specifically about the “male stereotype.” A male stereotype is a mistaken way of thinking about how boys and men are “supposed” to be. Labeling or “trapping” someone in with a stereotype is unfair and limiting. What did you think of the video clip related to stereotypes in the movies? How about your 3 lists? Before we go further, here is a reminder of one of our rules:

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Today we are going to take a look at ourselves. One of the goals of your journey to manhood is to discover your true identity — who you are and the unique qualities that make you different from everyone else on the planet.

You have an outer identity, usually something obvious, that has to do with being:

- a boy
- an only child or a brother
- a Boys & Girls Club member
- a person living in the U.S.
- a member of a certain family
- a certain race or ethnicity
- a student
- a son of your particular parents

However, you also have an inner identity that has to do with what you feel, act, like, think, and say — and may include qualities like these:

- personality (happy, outgoing, energetic, hard-working, etc.);
- cultural background (nationality and cultural customs, etc.);
- feelings about yourself (simple, confident, positive, logical, etc.);
- ways you respond to challenges (never give up, etc.);
- how you communicate (talkative, noisy, quiet, etc.);
- how you deal with others in your life (friendly, approachable, distant, loner, etc.);
- your connections to others (have many close friends, have a lot of acquaintances, etc.); and
- your relationships (loyal, a good friend, a supportive brother).

Your turn! Make two lists: one describing your outer you, and a second list describing your inner you.

Identity - is who you are, the unique the session qualities that make you different from everyone else.

Self-Esteem - is being proud of who you are, valuing yourself and feeling good about your unique qualities and the things you can do.

Let’s watch this video about self-confidence. “Lessons on Self Confidence from a Teenager” TedxYouth@Langley by Reece Doppenberg.

<https://www.youtube.com/watch?v=BZ05M1UhPr>

Session THREE: Values & Decision-Making

Hello and welcome back to our virtual Passport to Manhood programming. Thank you for being engaged and sticking with our Virtual Passport to Manhood Program. For the past couple of sessions we have covered responsibility, stereotypes and self-esteem. It is important to have self-confidence, too. And remember that Reece in that last YouTube video of his TedTalk spoke about caring more about how you feel about yourself than what others think, surround yourself with people who encourage you, self-assess and then be humble. It seems like it is a lot to ask of yourself, but that is also a step of growth into manhood: taking the time to improve yourself and encourage those around you.

Today, we are going to take that same positive approach towards yourself and each other, and look at the role that values play in our actions.

Value - is an idea about what's important to you and what's not, what's wrong and what's right.

Responsibility - means being in charge of something, being trusted with something important or being able to choose for yourself between right and wrong.

Values guide our actions, helping us decide how to act in a given situation. Having strong values helps us be responsible. Choosing for ourselves what is most important is part of being responsible. Our personal values relate to our identity — the unique characteristics that make us different from others — because what we value influences who we are. Here are some examples:

- If a young man values loyalty, he is probably a good friend and a supportive brother.
- If someone values courage, he may like to try new things.
- If a boy values caring for the environment, he may really enjoy being outdoors.

Your turn! Make a list of your values (a list of what's important to you).

We develop our values from the people around us and from our experiences. Another good reminder of the importance of the friends we surround ourselves with. Values help us decide the best thing to do in a specific situation. For example, you'd like to run for the cross-country team at school and you train on Saturdays. You have trained for several Saturdays in a row and really start liking the other boys on your team. Suddenly, you are invited to go somewhere on a Saturday with your best friend's family, but you would miss cross-country practice. What do you do? Tough decision to make, and this is when our values come into the situation. There is no clear answer, the choice depends on whether you value your fitness goals more or your friendship more. Maybe work out a compromise "I will come over as soon as practice is over", or maybe it is such a special occasion that you will need to tell your coach and teammates "I will have to miss this week, sorry." Our values help us make these tough decisions, and make them with self-confidence.

Let's watch a video about Values & Decision-Making

<https://www.youtube.com/watch?v=om3INBWfoxY>

<https://www.youtube.com/watch?v=gdsCUExLE-Y>

Session FOUR: Academic Success:

Hello and welcome back to our virtual Passport to Manhood programming. Thank you for being engaged and sticking with our Virtual Passport to Manhood Program.

Do you recall our earlier conversation about values? Values are ideas about what is important to you and what is not, what is wrong and what is right. In our last lesson we explored the values boys get from parents, guardians, their families, from friends and from the culture in general.

A positive value that we get from our parents and from society is education. Our parents and our peers tell us we need an education - and the law even says we have to go to school. And yet, at the same time, we get mixed messages from popular culture that say it is “uncool” for boys to be smart and do well in school. This is when our Values play a role and kick-in: the people who know me personally, and who personally want me to succeed, their voice has weight and meaning.

It is time to make a list. Ask yourself, and then ask 2 other people (one of your parents, a sibling, a grandparent or a friend over the phone) “what challenges do I face at school and with education.

A part of becoming a responsible adult means deciding for ourselves, what is important, what is right, and what is valuable. And whether you figure it out at this moment, or later in your youth, you will come to find that education is a personal value – something that is important which impacts you daily, and can impact you throughout your life.

Education affects your future and there are measurable benefits to a good education - including increased earning potential. Education is a series of steps that lead to the life you want:

- doing well in school;
- earning good grades;
- maintaining a high grade-point average;
- graduating from high school;
- attending college, graduate or professional school;
- working in a professional field or career;
- earning a good salary and benefits; and

It is a day to day undertaking, but each day is a new day to make a difference with **you** making the most of your education. What that means is doing your best in school, earning good grades, or working on raising grades in tough subjects. Establishing and maintaining a high grade-point average takes self-discipline.

SELF-DISCIPLINE is thinking about your words and actions, and then making choices that are right for you and for others.

Let’s watch a video about Academic Success

<https://blog.dce.harvard.edu/extension/5-strategies-academic-success-using-your-strengthsSession>

Session FIVE: Healthy Lifestyles:

Hello and welcome back to our virtual Passport to Manhood programming. Thank you for continuing to be engaged and sticking with our Virtual Passport to Manhood Program.

Adolescence is a time when youth want independence, yet still need guidance for making positive choices. Boys such as yourself may know all the facts about nutrition, fitness, alcohol, tobacco, hygiene and overall well-being, but you may not always choose what is best for yourself. Learning to become a mature adult involves understanding how to be responsible and care for yourself.

Boys like you take in energy through foods and beverages, and then burn off energy through physical activity — walking, running, playing sports, climbing stairs, and even from breathing, thinking, resting and sleeping. In order to stay healthy boys must balance “energy in” with “energy out.” You need to take in enough calories to do all the things you want to do and to keep growing (energy in), and you need to balance that with the right amount of activity (energy out).

Habits for keeping the body healthy include maintaining a nutritious diet, getting at least 60 minutes of physical activity daily, balancing energy taken in with energy burned; staying in a healthy weight range and getting enough sleep. Habits that are not good for the body include eating too many foods with a lot added sugar, sodium or fat; not eating the right amount and type of food for age, gender and physical activity; following fad diets; having too much “screen time” vs. physical activity; using tobacco or alcohol; and not getting enough sleep.

Maintaining a healthy body as a young person is extremely important because some diseases that occur later in life are directly linked to behaviors that begin in childhood. For example: being overweight or obese as a young person can lead to heart disease or diabetes later in life; too much exposure to the sun can cause skin cancer; a lack of calcium can cause a weakening of the bones and osteoporosis; not getting enough iron in the blood can cause anemia; and smoking / vaping can cause cancer, gum disease, or emphysema.

Men pay attention to hygiene and grooming because it makes them look and feel their best — and it gives us a sense of confidence. While it is not necessarily right to judge people by their appearance — teachers, employers, and other adults often **do** assess young people based on how they appear. For this reason, personal grooming and hygiene can influence a young person or a man’s success. Important personal grooming/hygiene habits that young men need to focus on are: bathing/showering regularly, washing their hands, brushing their teeth, taking care of their skin, keeping their hair clean and neat; shaving (if necessary); wearing deodorant or antiperspirant and wearing clean clothes.

ENERGY BALANCE is balancing “energy in” (energy taken in through the food we eat) with “energy out” (energy burned through physical activity).

PERSONAL HYGIENE/GROOMING involves keeping your body clean, well-maintained and neat.

Your turn! Make a list of your favorite “energy in” foods & drinks, and a list of your favorite “energy out” activities.

Let's watch a video about Healthy Lifestyles. The last video is a 15 minute workout that you can do at home!

<https://www.youtube.com/watch?v=pPVfPXtldc>

https://www.youtube.com/watch?v=L_A_HjHZxfI

Session SIX: Responses to Authority

Hello and welcome to our virtual Passport to Manhood programming. We are running this program as a continuation of our Smart Decisions grant with the Boys & Girls Clubs of Greater Northwest Indiana. Passport to Manhood is specifically designed to guide boys on their journey to manhood, encouraging and supporting them as they face specific challenges related to becoming an adult man.

Boys need to accept the fact that authorities are often leaders who are necessary because they teach us something important, whether a teacher at school, or a boss at work. Authority figures provide a structure in our homes, school, and communities so that things can run smoothly, like when a director asks members to be quiet during a clubhouse meeting, or a staff says to quit running in the halls.

Key Terms:

Authority- is the right to use power to influence others

Power-is the ability to do something

People who hold authority have responsibilities for important things, they all need to be respected. It is a staple for adolescent boys to question and test authority, it brings about a sense of self. It is important to challenge authority in a way to form one's own values and character, but to do so respectfully. Boys must understand that testing authority can come with consequences, and boys must learn how to assume responsibility for their actions and act appropriately in roles of authority while respecting themselves and those they serve.

Boys need to understand that their attitude is one area of life that they have control over. External events can affect what they do, where they live, and what they see. Authority figures influence them to accept certain routines or ideas. But attitude is different, nobody can make them accept an attitude that they do not want. Everyone has the power to choose a positive or negative attitude. Boys' attitudes are their future-choosing to respond appropriately can change their lives today and in the future.

Respect is a leadership trait that is vital to the success of any man. In this video, we will learn what respect is, how to use it with authority figures, and how to obtain it from followers.

Please watch this video.

<https://www.youtube.com/watch?v=eIho2S0ZahI>

Session SEVEN: Employment/Careers

Hello and welcome to our virtual Passport to Manhood programming. We are running this program as a continuation of our Smart Decisions grant with the Boys & Girls Clubs of Greater Northwest Indiana. Passport to Manhood is specifically designed to guide boys on their journey to manhood, encouraging and supporting them as they face specific challenges related to becoming an adult man.

We all have personal goals, unique strengths, and individual interests. This combination of personal goals, strengths and interest are usually what drives a career path that each person chooses, especially those that are happy with what they do. In the adolescent years, boys begin to explore their individual interests and abilities and connect them to potential careers. Interests change from time to time, but are very important for focusing boys' attention to the necessary education for those future careers and to plan for further education.

Key Terms:

Career Exploration- the process of thinking about and looking at various careers to discover the type of work that is right for you.

Finding out your strengths and passions is vital to finding a potential career that will be suitable for you. **Make a list of your personal strengths, along with your career goals for your life and as you start to notice more strengths, write them down.**

After you make this list, look up careers that seem interesting to you or ones that match your strengths. If you love science and are good with math, engineering is a potential career path, if you like to watch the weather and love science, maybe a meteorologist career is right for you. Career exploration is crucial to help everyone find their way in life. Career exploration:

- Provides a reality check about specific jobs and requirements
- It expands your horizons and exposes you to careers that you may not have been aware of
- It saves time and money by guiding you toward education and training that matches your abilities.

Let's watch this video, and during the video continue to make your lists of strengths and start to think about which careers you find appealing.

<https://www.youtube.com/watch?v=gFkG3dv523Y>

The people in this video found their strengths, art and computer programming, and found career choices that fit their interests and strengths. What will you do for your career?

Session EIGHT: Diversity

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One of the greatest things that makes this world so great, is that nobody is exactly the same as another person. Everyone has their own things that makes them different. This is known as diversity. Diversity is something that should be appreciated. Appreciating diversity has to do with valuing everyone equally. It is more than just tolerance and acceptance, it is valuing the ideas, beliefs, and customs of those who are different from us. Boys need to learn to see others for who they are, unique individuals.

Key Terms

Diversity- is all the differences among people in our own communities and around the world

Empathy- putting yourself in someone else's shoes, and see things from their perspective.

Empathy and respect are essential for eliminating prejudice, appreciating diversity and growing into responsible young men. Empathy help you understand someone else's feelings and respect is being courteous to those around you. Honor people for how they are, and then it makes it easier for people to respect you as a young man. Remember the golden rule of life, "Treat others how you want to be treated. Love your neighbor as yourself."

We need to be more inclusive to be successful men in this world, being open minded and accepting differences as good things is very important. The attached video and article is very interesting as to why diversity is a good thing for all of us to accept and realize in our lives.

Please watch this video.

<https://teenkidsnews.com/tkn-news/careers/how-diversity-makes-us-smarter/>

Session NINE: Cooperation and Conflict

Hello and welcome to our virtual Passport to Manhood programming. We are running this program as a continuation of our Smart Decisions grant with the Boys & Girls Clubs of Greater Northwest Indiana. Passport to Manhood is specifically designed to guide boys on their journey to manhood, encouraging and supporting them as they face specific challenges related to becoming an adult man.

Situations that make us upset are a part of life. How we choose to handle those situations is crucial for our advancement. In today's world, many of us are brought up to value individual attainment, and not working with one another. Situations in life help us to cooperate with family, peers, authority figures, and others. We all need to learn how to handle conflict successfully and cooperate with each other.

Competition is good for everyone, getting everything handed to you is not going to help you grow and be successful. Knowing how to have healthy competition is great to enhance self-image among your peers. Healthy competition through sport and games is important to help boys grow into mature men, but we need to know where to draw the line before competition turns into an anger-filled conflict.

Key Terms:

Conflict- arises when two or more people express opposing interests, views or opinions.

Cooperation- acting or working together for a common goal or purpose.

Cooperation and working together helps us all achieve more than we could on our own. Cooperation and collaboration is a crucial way to avoid or solve a conflict between individuals.

The first video below outlines ways to reach cooperation and try to avoid conflicts in life. The second video is a funny spin on the whole idea from the tv show, The Office.

Please watch these videos.

<https://www.youtube.com/watch?v=wzKKVYLJttE>

<https://www.youtube.com/watch?v=Xg3dAmhFJdE>

Session TEN Personal Leadership and Community Responsibility

Hello and welcome to our virtual Passport to Manhood programming. We are running this program as a continuation of our Smart Decisions grant with the Boys & Girls Clubs of Greater Northwest Indiana. Passport to Manhood is specifically designed to guide boys on their journey to manhood, encouraging and supporting them as they face specific challenges related to becoming an adult man.

Becoming a leader is something every young man should dream of. In becoming a leader, comes a lot of responsibility. Some of the main benefits of leadership are young men gain important decision making and problem solving skills, self-discipline, respect, and empathy. As a leader, we want to engage in our communities and develop a sense of belonging in our communities, whether where we live, groups we participate in, or teams we play on.

Please watch this video.

<https://www.indeed.com/career-advice/career-development/responsibilities-of-a-team-leader>

In this video, we learned some of the most important things all leaders must be able to do. They must be able to motivate, enable, and share goals with their followers. **For a few minutes, think about some of the leaders in your life and how they motivate you.** These people can be bosses, coaches, family members or anyone you see as a leader.

Key Terms:

Leader- a person who directs, guides, or influences a group towards a common goal, achievement, or destination.

Community- a group of people who live in the same place or share values

Responsibility- being in charge of something, being trusted with something important, being able to choose between right and wrong.

Leaders, although powerful, cannot be successful without a great group around them (community) to help them in their goals. Being able to support the community and help the community grow is a term called community responsibility. Giving back and volunteering in your community, will not only benefit the community in which you live, but will help you grow as an individual. The video below shows a few ways that a business or individuals can impact a community in a positive way.

Please watch this video.

<https://www.youtube.com/watch?v=w-HYZv6HzAs>

After watching this video, think of some ways that you can show Self-Confidence as a member of Passport to Manhood.