

A Leader's Guide to

Real Men

Real Stories

Urban Teens Write
About How to Be a Man



By Youth Communication and
Development Without Limits



Curriculum Planner—36 Sessions

PEOPLE WHO SHAPE US					
SESSION 1 (P. 16): Introducing the Program	SESSION 2 (P. 20): Deciding My Own Worth <i>The power of supportive relationships</i>	SESSION 3 (P. 31): Step-Family Ties <i>Expanding your notion of family</i>	SESSION 4 (P. 39): My Father: I Want to Be Everything He's Not <i>Establishing emotional boundaries</i>	SESSION 5 (P. 49): Back in Touch <i>Reconnecting with an absent father</i>	SESSION 6 (P. 57): My Father, My Friend <i>Staying close to a parent when you don't live together</i>
PLACES THAT SHAPE US			HOW DO WE DEFINE OURSELVES?		
SESSION 7 (P. 63): My Street Brothers <i>The influence of friends</i>	SESSION 8 (P. 74): Hear No Evil... <i>Thinking for the long-term</i>	SESSION 9 (P. 82): Goodbye Harlem <i>Reconciling your past and your future</i>	SESSION 10 (P. 92): Following the Leader <i>How our environment shapes our goals</i>	SESSION 11 (P. 104): Crewsin' for a Bruisin' <i>The limits of playing a role</i>	SESSION 12 (P. 118): Color Me Different <i>What does it mean to be black?</i>
COPING WITH DIFFICULT FEELINGS					
SESSION 13 (P. 127): Getting Ghetto <i>Adapting to different situations</i>	SESSION 14 (P. 135): I'm Not What You Expect Me to Be <i>Fighting stereotypes</i>	SESSION 15 (P. 145): The Soundtrack of My Life <i>Expressing yourself through music</i>	SESSION 16 (P. 154): Gay in Da Hood <i>Dealing with harassment</i>	SESSION 17 (P. 164): Clean and Kind of Sober <i>Learning to cope without substances</i>	SESSION 18 (P. 175): Letting It Out <i>Expressing emotions through writing</i>
GETTING AN EDUCATION					
SESSION 19 (P. 183): Karate Killed the Monster in Me <i>The power of self-control</i>	SESSION 20 (P. 193): Don't Keep It Inside <i>How therapy can be helpful</i>	SESSION 21 (P. 202): Will the Tortoise Win the Race? <i>Dealing with frustration and failure</i>	SESSION 22 (P. 209): No More Hand-Holding <i>Taking charge of your own educational success</i>	SESSION 23 (P. 218): Community College Is a Second Chance <i>Embracing opportunities</i>	SESSION 24 (P. 228): Freshman Year Is a Fresh Start <i>Reinventing yourself in college</i>
GETTING MONEY			FINDING CONNECTION		
SESSION 25 (P. 236): How I Found My Job <i>Starting a job search</i>	SESSION 26 (P. 245): Going Back to Preschool <i>Meaningful work</i>	SESSION 27 (P. 252): Young and Hungry <i>Persistence pays</i>	SESSION 28 (P. 263): Maxed Out <i>Learning about credit traps</i>	SESSION 29 (P. 278): Brick by Brick <i>Developing a trusting relationship with a parent</i>	SESSION 30 (P. 285): Opening Up to My Shorty <i>The benefits of a committed relationship</i>
THEMES OF MANHOOD IN ALTERNATIVE HIGH DVD					
SESSION 31 (P. 293): I Have Faith in My Church <i>Supportive communities</i>	SESSION 32 (P. 300): Some POPS Are Hanging In <i>How fathers can reconnect</i>	SESSION 33 (P. 312): Becoming a Father <i>Making changes in your life to meet your goals</i>	SESSION 34 (P. 322): No Failure, Only Feedback <i>Learning how to reframe failure</i>	SESSION 35 (P. 326): Heading for the Unknown <i>Identifying challenges to change</i>	SESSION 36 (P. 336): Getting Help <i>Finding the courage to ask for help</i>

Note: Three sessions in this curriculum are built around the DVD *Alternative High*. We have included those sessions at the end of the curriculum. However, you may include them at any point in the curriculum—such as at the beginning—or you can skip these sessions if you do not have the DVD. You can also use Sessions 35 and 36 without the DVD.

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