

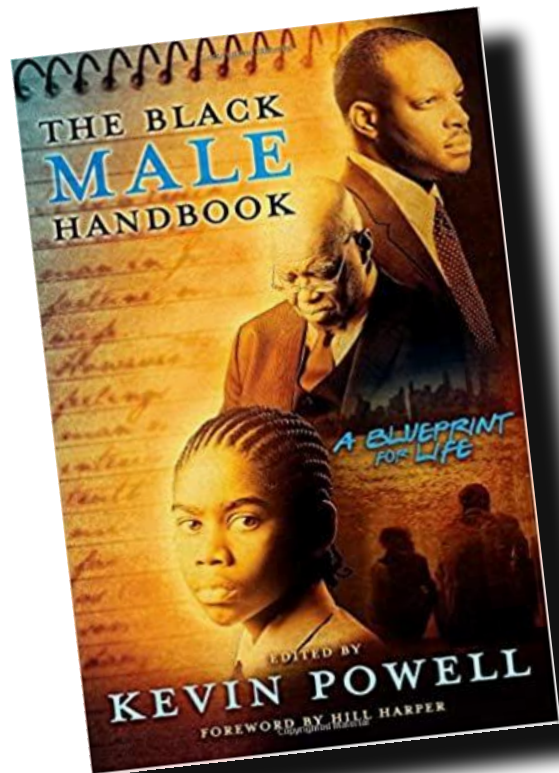


How to Take Care of and Present Yourself as a Black Male





The Black Male Handbook



“Becoming a Man of Distinction!”



Today's Goals

- ❑ Scholars will learn:
 - ❑ Proper Hygiene
 - ❑ Etiquette Tips
 - ❑ Communicating through Style
 - ❑ Confidence through Grooming
 - ❑ 9 Pillars to improve yourself and help others.

Enter in the ZOOM CHAT 2 things you already know about Hygiene, Etiquette, Style and Grooming

1

2



Students, draw anywhere on this slide!



Engagement

- Which would be most appropriate attire for attending a business meeting?
- A. Sweatpants and Graphic T-shirt
 - B. Du-rag, Cut up Jeans, Muddy Boots
 - C. Suit and Tie with Polished shoes





Engagement

- ❑ What is the proper greeting for an interview?
 - A. Look down and shake hands loosely
 - B. Have your back turned and yell loudly
 - C. Eye contact and firm handshake
 - D. Yo What Up!
 - E. Crossed arms and withdrawn



Hygiene



Hygiene 101-

- **Washing Hands (15-20 seconds)**
 - with warm water and soap
- **Showering Daily in the AM and PM**
- **Brushing and Flossing of Teeth**
- **Deodorant**
 - prevents bacteria from forming and producing odor

Hygiene 102-

- **Prevent Ashinesss with Lotion**
 - Whole body not just arms and legs
- **Check your breath**
 - Have gum or mints
 - Drink Plenty of Water (dehydration)
 - Eat
- **Wear Clean Clothes and socks.**



Alpha Code: Always be prepared



Proper Hygiene takes preparation. Make sure that you Have these essential products in your gym bag or locker.





Etiquette



To be prepared

- **Please Stand up straight** (have great posture)
- **Look a man in the eyes**
- **Shake hands with a firm grip**
- **Be Respectful to Women**
 - open doors
 - be a gentleman
 - Treat them as you would your mom



Dress to Impress!

Many occasions in which you might need a suit. Make sure to wear a suit this is how you are to wear it. Listed below are tips of style for black males

The Do's and Don'ts to wearing a suit!

DO'S

- White or Blue collared shirt
- Dark suits, (Black, Gray, Navy Blue)
- Two or Three buttons max
- Matching tie to compliment the shirt
- Fitted suit to shoulders and waist
- Shoes should match belt

DON'TS

- Flashy or too loud
- Mismatched socks
- Mismatched tie
- Torn or holes in the fabric
- Stains or lipstick on the suit
- Don't spend \$250





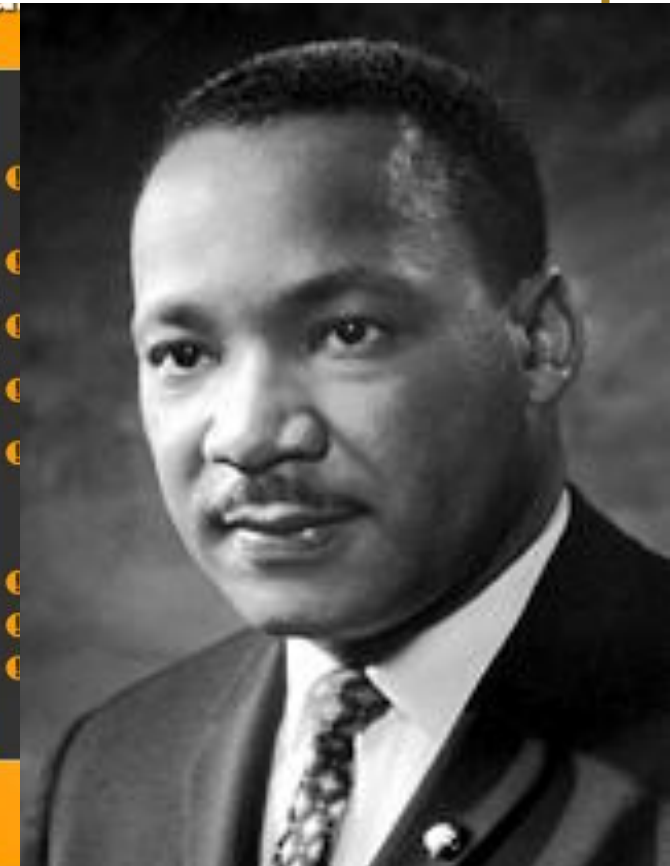
Dress to Impress

To accompany your suit you must choose the right accessories to match.
Accessorize your suit!

- Tie (solid or striped)
- Shoes (must be polished and clean)
- Lapel pin or tie clip
- Belt (Color must match shoes)
- Watch
- Cufflinks

Interview Attire for Men:

- Clean shaven face or neatly trimmed beard
- Two-piece suit**
 - Cleaned and pressed
 - Conservative colors like navy and dark gray
- Long-sleeve shirt, even in summer**
 - White or light blue solid color
- Empty pockets to eliminate bulges
- Conservative tie
- Belt matching color of shoes
- Leather shoes, black or cordovan
 - Polish night before
- No earrings
- Clean, trimmed fingernails





Grooming



Grooming 101

- Shape up hair
- Have a comb or brush handy
- Wash hair daily with shampoo
- Cologne (no more than a teaspoon)
- Carmex or chapstick
- Clip your Nails



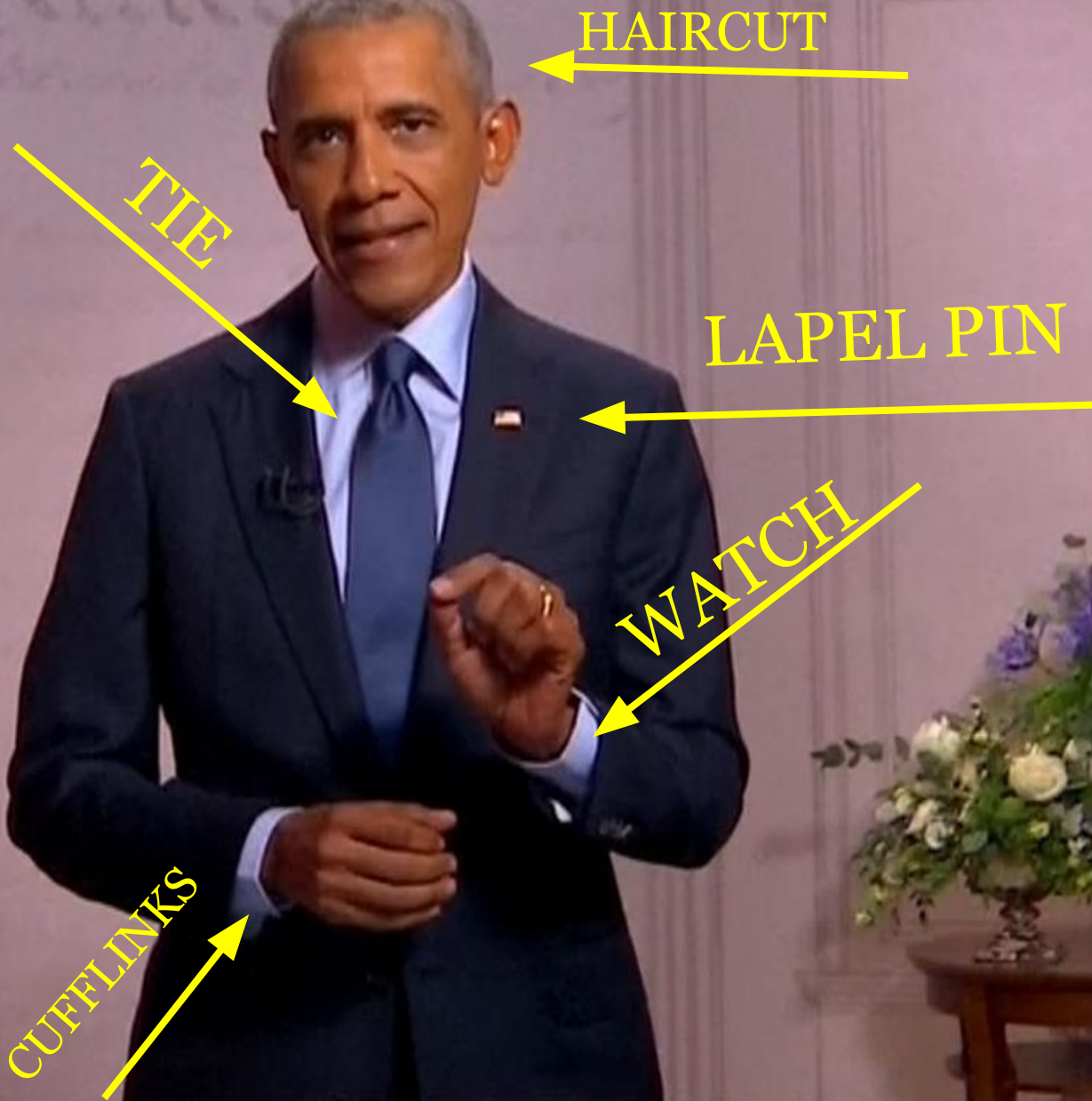
Can you list the items that accessorize President Obama's Suit?

Writing the Constitution

In the summer of 1787, a Convention met in Philadelphia. Its charge was to address the crisis of popular revolts, public debt, and conflicts between states. The Convention's members proposed an entirely new national government for the United States. They submitted the draft Federal Constitution to Congress on September 17, 1787.

The Continental Congress had called the Convention to propose reforms of the existing Articles of Confederation. It did not expect a plan for a whole new system of government. Congress initially considered rejecting the Constitution, but defenders of the document won out. Congress sent it to the states for ratification.

Once ratified, the Federal Constitution established a new national government. It created a new, more powerful Congress and the new offices of a President and a Supreme Court. Among its powers, the new government could enact laws, and appoint an army and a navy.



HAIRCUT

TIE

LAPEL PIN

WATCH

CUFFLINKS



The 9 pillars to improve yourself and help others



1. **Seek God**
2. **Read Read Read**
3. **Good Character**
4. **Be Proactive**
5. **Debate ideas**
6. **Avoid Wasting Money**
7. **Healthy Eating/Hygiene**
8. **Be Creative**
9. **Be Fearless**





Final Wrap up



What does it mean to be distinguished?

Being **distinguished** is a good thing: it implies

- ❑ good behavior,
- ❑ sharp dress/professional-looking
- ❑ excellent reputation
- ❑ wise



Alpha Phi Alpha Fraternity, Inc



Reflect on today's activities:

What did you like?

What didn't you like?

What was easy?

What was hard?



Students, draw anywhere on this slide!

Closure

❖ Today's recap...

- Hygiene,
- Etiquette
- Style
- Grooming,
- the 9 pillars.

❖ On Your Own/ or Ask your Mentors

- Practicing Tying a Tie
- Test out some cologne (ask mom or sister)
- Buy a pair of dress shoes
- Practice good Posture
- Practice the art of conversation

❖ Goodbyes

- Remember you are valued and you are successful
- We believe in you
- Success is out there, go get it!

➤ **Next Alpha Academy meeting is January 9th**





The Alpha Code



"As a man there are many times in life where you will have to think and react at a moments notice. Being prepared is the motto, As it pertains to hygiene, style and grooming."