



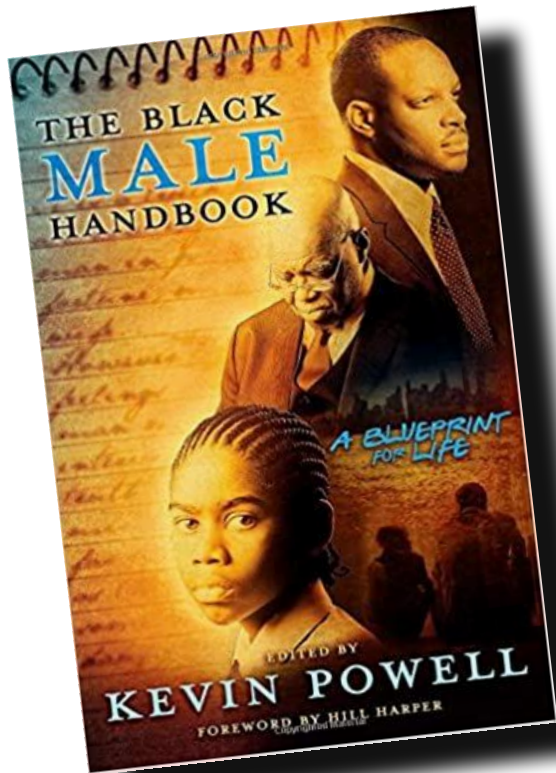
Positive Behavior and Relationships



February 13, 2021



The Black Male Handbook: A Blueprint for Life



- 1. Creating A Spiritual Foundation**
 - 2. Developing Political Awareness**
 - 3. Redefining Black Manhood**
 - 4. Starting A Plan for Economic Empowerment**
 - 5. Taking Care of Your Physical Health**
 - 6. Moving Toward Mental Wellness**
 - 7. Ending Violence Against Women and Girls**
 - 8. I Am A Man**
- Appendix:**
- A1: Nine Things to Improve Yourself**
 - A2: Presenting Yourself as a Black Male**



Ice - Breaker

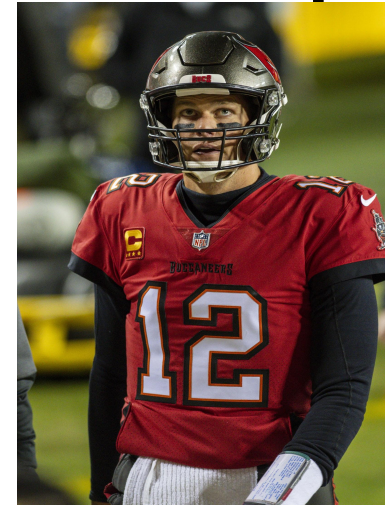
How many of you were able to watch the Superbowl?

Thoughts?

Did you like the game?

Did you have a favorite commercial?

Did you like the Halftime show?





Review

- ❖ **What do we remember from the January Session?**
 - Who should we visit at least once a year to ensure proper health?
 - What is the body mostly made up of?
 - What are the 5 tools to eating healthy?
 - What is one of the most important things you can do for overall healthy performance?
 - What is mental health

- ❖ **On Your Own/ or Ask your Mentors**
 - Make good food choices
 - Exercise Daily
 - Talk to your parents or Mentor about how your feeling

Today's Goals

- ❑ By the end of this session the Scholars will learn:
 - ❑ What are Stereotypes
 - ❑ How Stereotypes affect how we are perceived
 - ❑ What does manhood mean to me
 - ❑ What does it mean to respect women
 - ❑ How to improve female relationships



What are Stereotypes

A widely held but fixed and oversimplified image or idea of a particular type of person or thing.

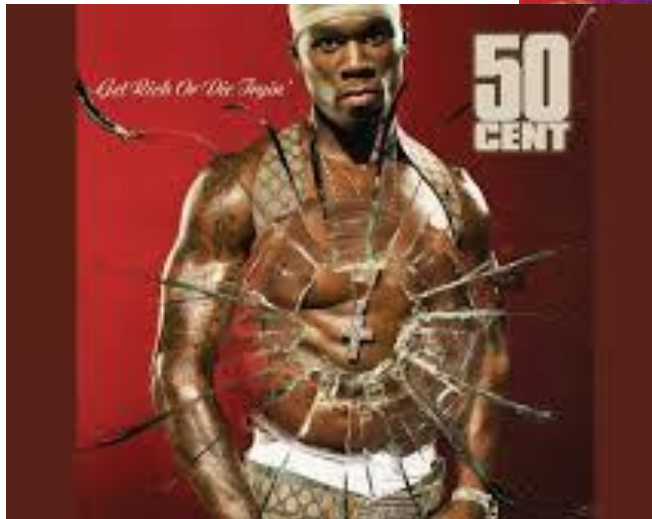


How do stereotypes affect us?





What comes to mind when you see...





How would you feel if people said...

- ❑ Young boys are lazy...
- ❑ All they do is play video games...
- ❑ And get bad grades...





Positive Male Role Models

What do you see in these pictures?

Do they fit the stereotype of Black men?





What is PoP culture



What is POP culture?

Do you have a favorite rapper(s)?

Does he have any videos?



What does it mean to... Be a Man



❑ Can someone tell what it mean to “Be a man”?



What does it mean to... Be a Bro?

How do you show friendship to your best friend?





What does it mean to... Be a friend to a female?

How do you show friendship to a female?

Should you treat them differently?





Female relationships

How do you treat your mother, grandmother, aunt and sister(s)?





Female relationships



How do you see women being treated in real life vs in the rap videos or tv shows?

What is the last movie you saw? Did it reflect what you see everyday, or was it all about the benjamins?



Improving Female relationships



What can you do to improve your personal relationship with your:

- Mother
- Sister
- Grandmother
- Aunt



Books to read

1st to 5th

- ❑ **Crown** by Derrick Barnes
- ❑ **Preaching to the Chickens** by Jabari Asim
- ❑ **Riley Knows He Can** by Davina Hamilton
- ❑ **Trombone Shorty** by Troy “Trombone Shorty”
- ❑ **I Love You Too** by Ziggy Marley

6th to 8th

- ❑ **Schomburg: The Man Who Built a Library** by Carole Boston Weatherford
- ❑ **Outliers: The Story of Success** by Malcolm Gladwell
- ❑ **7 Habits of Highly Effective People** by Stephen Covey
- ❑ **All American Boys** by Jason Reynolds
- ❑ **The Crossover** by Kwame Alexander
- ❑ **We Speak for Ourselves** by D. Watkins

9th to 12th

- ❑ **The Hate U Give** by Angie Thomas
- ❑ **The 21 Irrefutable Laws of Leadership: Follow Them and People Will Follow You** by John Maxwell
- ❑ **The Audacity of Hope: Thoughts on Reclaiming the American Dream** by Pres. Barack Obama
- ❑ **The Automatic Millionaire: A Powerful One-Step Plan to Live and Finish Rich** by David Bach
- ❑ **Dear Martin** by Nic Stone

Today's Recap

- ❑ Today we learned:
 - ❑ What are Stereotypes
 - ❑ How Stereotypes affect how we are perceived
 - ❑ What does manhood mean to me
 - ❑ What does it mean to respect women
 - ❑ How to improve female relationships

Next Steps

- ❑ Find a Mentor
- ❑ Read strategically
- ❑ Be self-reflective
- ❑ Honor yourself
- ❑ Use your voice