

DISCOVERING ME INTRODUCING ME

Faith / Beloved son of God.

Everyone should believe in something.

Reflecting who / how I want to be.

It is important for every boy to know that God loves him and that he is a beloved son of God. Some boys might feel that God does not care about them or their family because of the pain that they have been through.

Even Jesus needed to hear certain things from His Dad, so in Matthew 17 verse 5 God said; "This is my Son, whom I love, with him I am well pleased; listen to him."

In that one moment Jesus' identity (this is my Son), His emotional security (whom I love), His need to be affirmed (with Him I am well pleased) and his moral authority (listen to him) all got dealt with. How more so do our boys need to be helped to figure out who they are.

Talk on a regular basis to the boys about what kind of men they want to be now and when they are grown up.

YOU ARE A BOY/MAN

I am unique.

Build differently (physical), constructed differently (emotional).

Mood swings & controlling emotions.

Talk to our boys about their uniqueness and the qualities that make them special. Challenge them to look for qualities in others.

Talk to them about the physical differences between boys and girls in an age appropriate manner and explain the less obvious differences when it comes to things like the fact that girls are generally more emotional creatures than boys, etc.

Help them to understand that it is natural and normal to experience different emotions but more important what we DO when we feel this way. We cannot always help to feel a certain way but we can always control our actions. For example, it is normal to feel frustrated with the current educational system but not acceptable to burn down your school.

Give them examples on how to deal with different emotions like anger, sadness, frustration, etc. For example, when you feel depressed, fresh air, exercise and sunshine is good medicine (walk around the block if it is safe) even if you feel like just lying on the couch and watching TV. When you are frustrated, verbalise how you feel, etc.

Boys need to learn what works for them.



STRENGTHS vs WEAKNESSES

My abilities vs. my talents & learned skills.

Applying myself i.e. my ability makes all the difference.

Improving and bettering myself.

Discuss with your group their talents, abilities and skills. Make them aware of the fact that although they were born a certain way, they also have the ability to grow and improve themselves. Please note to emphasize to our boys that when it come to weaknesses these are not negative aspects that define who they are, merely points to work on and improve.



LIKES vs DISLIKES

There are things that I don't like that are good for me. For example - I don't like veggies however they are good for me.

There are things that I like that are not good for me. For example - I like sweets yet they are not good for me.

I love you, but I don't like what you do.

It is important that our boys know that there are things that they don't like that are good for them (like eating veggies) and things they really like that is NOT good for them (like too much chocolates). Our boys must also know that we/their moms won't always like what they do but it doesn't take away how much we love them.

MY WORTH

How I contribute/find value in my family, society & community.

I exist as part of something bigger.

How I lead and follow.

Ploughing back, volunteerism.

Giving & Taking - I have to give in order to receive.

Talk about the different members of their families, the roles they play and where in the family they fit in. It is important for them to know that they exist as part of something bigger around them (family, community etc.).

It is important for our boys to understand the concept of servant leadership - we lead by example. We are not more important than other people, we are different and have different talents and purposes in life but we are all equal in God's eyes.

Discuss the importance of giving and taking - that they need to give in order to receive.

As an individual I have certain rights but it is important to understand that every right comes with a responsibility. For example, I have the right to good education but it is my responsibility to study and do my best at school and to respect my schooling environment (classrooms, books, teacher, etc.)

Also - having a TV or the latest gaming console is not a right, it is a privilege.

I AM A SOUTH AFRICAN

What makes me a South African?

National Symbols and Traditions.

What makes a good citizen?

What should change in South Africa?

Part of raising boys to be good men is about raising our country's future leaders, decision-makers and captains of industry. Understanding their role as citizens of our country and the part they should play in ensuring that South Africa fulfills its potential as a leader on the African continent.

A strong South African society can only be built when its men and women take active roles as citizens, participating national elections, holding our government to the principles that underpin our nation's constitution.

In a country that appears divided and scarred by poor leadership and corruption, our boys should understand how powerful citizenship can be.

Part of being South African is about discovering the symbols and traditions that connect us rather than divide.

South Africa is home to one of the most diverse landscapes, abundant wildlife and world-renowned cities. And its no wonder why our country remains the adventure capital of the world.

Sadly South Africa is has also earned a notorious reputation for poor leadership, weak governance and staggering crime levels fuelled by growing poverty and the highest unemployment levels in decades.

Talk to your boys about what could be potential solutions to some of our country's biggest challenges. And what they can do in their schools and communities to affect the changes they see are necessary.