



# YOUNG MEN RISE

AN IN-SCHOOL MENTORING PROGRAM

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CREATED BY:

**LOWCOUNTRY YOUTH SERVICES**



**LOWCOUNTRY**  
— YOUTH SERVICES —

# WHAT IS YOUNG MEN RISE?



Young Men Rise is a **strengths-based** in-school approach to mentorship which is intended to **cultivate** a social environment that effectively competes with risk-taking norms of young men and better meets their most critical **needs for belonging, self-worth, competency, acceptance, purpose, and meaningful identities.**

This program uses the **evidence-based curriculum** created by The Council for Boys and Young Men Research in addition to the experience that Lowcountry Youth Services has gained in the field of youth development since its inception in 2010.

Young Men Rise provides an **inclusive** environment that honors cultural, family, and spiritual beliefs and incorporates aspects of cultural practices in the program.



## WHY THIS APPROACH?

Supportive peers and caring adults, high expectations to challenge and be challenged to examine masculinity definitions and unhealthy behaviors, meaningful participation of group members to create new norms by which to live, and positive cultural identity as expressed through stories, activities, and a climate of respect - build upon boys' capacities for respect of self and others.

Stimulating activities and discussions utilizing motivational interviewing practices increase boys' motivations to act in healthy ways toward a purposeful, pro-social life. These asset building and motivational strategies reduce the potential for risk behaviors.

Youth can reclaim their hidden, disconnected, emotions, and hereby increase their capacities for healthy risk-taking. Together, they engage positive resources and assets toward developing a safer, more sustainable male identity.

Young Men Rise offers boys and young men access to the strengths and resources of their community to reduce risks and to develop healthy and culturally positive identities and pathways to manhood.

# HOW DOES THE PROGRAM WORK?

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- 2 sessions per month
- 60 minutes per session
- 18 sessions
- 20 - 25 youth of similar developmental age
- 1 adult male facilitator
- Physically, culturally, and emotionally safe; protected, confidential
- Co-created group guidelines and expectations based in mutual respect, caring, inclusion, confidentiality
- Legal, ethical guidelines

## THEORETICAL FOUNDATION & RESEARCH-BASED COMPONENTS

- Relational-Cultural Theory & integrates complementary approaches:
- Resiliency Theory; Strengths/Assets-based
- Male Responsive; Masculinity Identity development
- Gender-Transformative: critically explores cultural norms, stereotypes
- Preventative and Restorative
- Adolescent Brain Development
- Trauma-Informed, Trauma- Responsive
- Motivational Interviewing
- Rites of Passage
- Positive Youth Development

## CONTACT US

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# 7-STEP COUNCIL FORMAT

1

OPENING RITUAL

2

THEME  
INTRODUCTION

3

WARM-UP

4

CHECK-IN

5

ACTIVITY

6

REFLECTION

7

CLOSING RITUAL



## ABOUT LOWCOUNTRY YOUTH SERVICES

Since 2010, Lowcountry Youth Services has offered youth engagement programs that have provided Berkeley, Charleston and Dorchester county youth with the tools they need to succeed in every area of their lives. Our flagship program, the Distinguished Gentlemen's Club Mentoring Program has impacted the lives of young men in their most challenging moments and seen them go on to become great men. Originally focusing on community based group mentoring, we have added community workshops and trainings for not only young men, but also young ladies and parents. We believe that to address the needs of our youth, our programs must be intentional about providing positive role models and teaching children various life, social, and problem-solving skills. With each step, Lowcountry Youth Services wants ensure that we live up to our vision statement, EVERY CHILD WINS!

For more information about us and our work in the community, please visit our website, [www.lowcountryyouth.org](http://www.lowcountryyouth.org).