



An in-school mentoring program by Lowcountry Youth Services

YOUNG MEN RISE

www.lowcountryyouth.org

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AN IN-SCHOOL MENTORING PROGRAM

Young Men Rise is a strengths-based in-school approach to mentorship intended to cultivate a social environment that effectively helps young men identify 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 2008.

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



WHY THIS APPROACH?

Supportive peers and caring adults, a climate of respect for self and others, activities to examine masculinity definitions and unhealthy behaviors, meaningful participation to develop new norms to live, shared stories that promote positive cultural identity, stimulating activities and discussions using motivational interviewing practices to increase the boys' reasons to act in healthy ways toward a purposeful, pro-social life.

These asset-building and motivational strategies reduce the potential for risk behaviors. Also, through this approach, the participating youth can reclaim their hidden and disconnected emotions, thereby increasing their capacity to develop a safer and more sustainable male identity, including healthy risk-taking. YMR also offers young men access to the strengths and resources of their community to open more beneficial and more culturally positive pathways to manhood.

HOW DOES THE PROGRAM WORK?

- 10 Sessions
- 45-60 minutes per session
- 15 - 20 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

7 STEP COUNCIL PROGRAM

1

opening ritual

2

theme introduction

3

warm-up

4

check-in

5

activity

6

reflection

7

closing ritual



WHO HAVE WE WORKED WITH?

We love this program, and I am willing to do anything you all need to help share it with other schools.

- Principal Heather Ducker, M. Ed.

I like that everyone have trust with each other by telling us about their life and how they feel also that is very entertaining to learn how to be a man and I would like to join it if I was invited to it again.

- SFM student

I ll learned a lot of new things about different subjects of life

- DPMS student

I liked that I was able to say my feelings without being judged or worrying about somebody telling people that are not in our group.

- DPMS student

I liked that i could get a future perspective of being an adult/man

- SFM student

I haved like what we had talked about and its like were a cool group

- SSE student



POST YMR SESSION SURVEY RESULT

31 TOTAL RESPONDENTS (10 MHES | 13 DPMS | 8 SSE)



Says that they feel more confident about themselves



Says that they feel a greater sense of self-worth



Says that they are more optimistic about their future



Says that they are more aware of how their individual actions affect others



Says that they are more aware of how the actions of others affect themselves



Says that if YMR was offered again, they would join

LOWCOUNTRY YOUTH SERVICES

WHAT DO WE DO?

At Lowcountry Youth Services, we aim to ensure that "Every Child Wins." In order to achieve this vision, we offer several programs that provide Berkeley, Charleston and Dorchester County youth with the tools they need to succeed in every area of their lives. Life is challenging at times, and for some children, it's more challenging than normal. Our 1-on-1, group mentoring, and youth development programs address these needs, and our programs are intentional about providing positive role models and teaching children various life, social, and problem-solving skills.

Our programs are available to young people from all ethnic, social and economic backgrounds. It doesn't matter if a child is a straight-A student who happens to be distracted by a traumatic situation at home or a child who has been charged with multiple juvenile offenses and labeled "high-risk". The reality is every child can benefit from structured support, and every child can win if given the opportunity!



WHY SHOULD YOU JOIN US?

In this program, we will ensure that your student is connected to a positive atmosphere (mentors, peers, community), improving their relationship between themselves, their family, and friends and at the end, make them more aware of the positive ways they can impact themselves and their community.



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