

Mentoring & Coaching Boys

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Strong and compassionate leadership in our homes, schools and communities creates a place where boys want to belong and feel loved.

1. Understand how shame and the boy-code restrict our boys.
2. Learn about boys' hereditary and unique communication needs.
3. Assist boys to develop an emotional vocabulary. Teach boys that courage and empathy are the sources of real strength.
4. Create an environment where emotions are accepted.
Fathers and men need to share their own emotional struggles.
Use an "emotional barometer" when words are hard to find.
5. Boys need action-talk and indirect-talk with lots of quiet time to process their feelings and thoughts.
6. Discuss the boy code, teasing, bullying and other daily stresses.
7. Utilize a boy's natural desire for adventure and problem solving.
8. When disciplining boys provide clear and caring limits.
Don't back him into the corner!
9. Discuss sex, intimacy and relationship issues along with the pressure to "be a stud."
10. Celebrate and honour boys' gifts. Laugh and have fun with boys!