

Overview of Man Up! Inc. “Boyz Club” Curriculum/Mentorship Program

Tier 1: Ages 5-8

This tier focuses on foundational skills through fun, interactive, and age-appropriate activities. The goal is to introduce positive habits and concepts in a welcoming environment.

- **Hygiene:** Emphasize the **why** behind habits like washing hands, brushing teeth, and daily bathing. Use songs, games, and colorful charts to make learning memorable and engaging.
 - **Youth Leadership Development:** Introduce the building blocks of leadership: **sharing, taking turns, and helping others**. Simple tasks like being the "line leader" or "snack helper" can build a sense of responsibility.
 - **Conflict Resolution:** Teach simple strategies for resolving disagreements, such as using "I feel" statements and asking for help from an adult. Use puppets or role-playing to practice these skills.
 - **STEM:** Focus on hands-on, play-based learning. Use LEGOs for engineering, mix safe household items for simple chemistry, or explore nature to learn about biology.
 - **Games/Activities:** Incorporate cooperative games and physical activities that promote teamwork and communication.
 - **Educational/Vocational/Workforce Development:** Connect learning to future possibilities by introducing the idea that **"learning is a superpower."** Talk about different jobs and the skills needed for them in simple terms.
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Tier 2: Ages 9-12

This tier builds on the basics, introducing more complex topics and responsibilities as boys become more independent. The focus is on self-awareness and active participation.

- **Hygiene:** Discuss personal care as a form of self-respect. Cover topics like using deodorant, showering regularly, and the importance of healthy habits for their changing bodies.
 - **Youth Leadership Development:** Focus on **group leadership**. Boys will learn to run small-group meetings, present ideas, and work together on projects. Introduce concepts like public speaking and accountability.
 - **Conflict Resolution:** Teach advanced strategies like active listening, negotiation, and understanding different perspectives. Introduce the role of a peer mediator.
 - **STEM:** Engage them with project-based learning. This could include building and coding simple robots, exploring video game design, or conducting more detailed science experiments.
 - **Games/Activities:** Introduce strategic board games and team sports that require critical thinking, strategy, and collaboration.
 - **Educational/Vocational/Workforce Development:** Connect skills to careers. Bring in guest speakers from various professions, host a "Career Day," and have them research a job they find interesting.
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Tier 3: Ages 13-15

This tier prepares boys for young adulthood by focusing on advanced life skills, mentorship, and career readiness. The curriculum emphasizes a sense of purpose and community responsibility.

- **Hygiene:** Discuss the link between personal grooming and professional appearance. Cover advanced skin care, grooming, and the importance of self-presentation in social and professional settings.
- **Youth Leadership Development:** Focus on **mentorship**. Older boys can mentor younger participants, take on leadership roles in the community (e.g., organizing a small event), and develop their own personal mission statements.
- **Conflict Resolution:** Dive into complex topics such as de-escalation techniques, understanding the root causes of conflict, and the role of emotions. Practice formal mediation skills.

- **STEM:** Challenge them to solve real-world problems. This could involve building and programming complex robotics, developing a website or app, or conducting a research project on a topic that matters to them.
- **Games/Activities:** Continue with team sports, but also introduce community service projects and volunteering opportunities.
- **Educational/Vocational/Workforce Development:** This is the most crucial part of this tier. Cover topics like **resume building, financial literacy, job interview skills, and exploring post-secondary education and trade school options.** Connect them with a mentor in a career field they admire.



Boyz Club Curriculum in Practice

Tier 1: Ages 5-8

This curriculum uses a dynamic approach with frequent activity changes to keep younger boys engaged. The focus is on foundational skills, teamwork, and fun.

Weekly 3-Hour Session Breakdown

1. Welcome & Energizer (30 min)

- **Purpose:** Get settled, build excitement, and introduce the day's theme.
- **Activities:** Welcome circle, check-in questions ("What are you excited about today?"), and a fun warm-up game like "Follow the Leader" to practice listening and motor skills.

2. Thematic Workshop (45 min)

- **Purpose:** Introduce a core curriculum topic through an interactive lesson.
- **Activities:** Use stories, songs, and visual aids. For **Hygiene**, a lesson on "germs and superheroes." For **Conflict Resolution**, use puppets to act out a disagreement and practice sharing.

3. Snack & Story Time (15 min)

- **Purpose:** A low-energy break to refuel and listen.
- **Activities:** Boys enjoy a healthy snack while a leader reads a book related to the day's theme (e.g., a story about friendship and sharing for the conflict resolution week).

4. Hands-On Activity (45 min)

- **Purpose:** Reinforce the lesson through a fun, practical activity.
- **Activities:** For **STEM**, build with LEGOs or conduct a "volcano" experiment with baking soda and vinegar. For **Educational Development**, use craft supplies to make a "My Dream Job" poster.

5. Reflect & Wrap-Up (45 min)

- **Purpose:** End the session with a sense of accomplishment and a takeaway message.
- **Activities:** A "circle of sharing" where each boy shares one thing he learned. A final, high-energy group game, followed by a closing song or cheer.

Tier 2: Ages 9-12

This curriculum is designed to be more structured, combining direct instruction with project-based learning to keep older boys challenged and focused.

Weekly 3-Hour Session Breakdown

1. Group Check-In & Topic Intro (30 min)

- **Purpose:** Settle in, review last week's goal, and introduce today's workshop.

- **Activities:** A quick check-in ("Highs and Lows from the week") and a brief discussion to set the stage for the day's topic.

2. Core Workshop (60 min)

- **Purpose:** Dive into a key curriculum area with more depth.
- **Activities:** For **Youth Leadership Development**, discuss the qualities of a good leader and have boys create a short presentation on a person they admire. For **Conflict Resolution**, lead a workshop on "Active Listening," including a role-playing exercise to practice.

3. Break & Social Time (15 min)

- **Purpose:** A brief break to decompress and connect with peers.
- **Activities:** A short game or simply time to talk and grab a snack.

4. Project-Based Learning (60 min)

- **Purpose:** Apply the skills learned in the workshop to a hands-on project.
- **Activities:** For **STEM**, work on a robotics challenge or learn basic coding to create a simple game. For **Educational Development**, research a career path and prepare a short presentation to share with the group the following week.

5. Debrief & Goal Setting (15 min)

- **Purpose:** Reflect on the day's session and set a goal for the week ahead.
- **Activities:** A group discussion on what they learned. Each boy writes down one goal on a sticky note to share with the group and take home.

Tier 3: Ages 13-15

This curriculum treats the group as a collective, with a focus on practical life skills, mentorship, and preparing for the future. The sessions are interactive and dialogue-driven.

Weekly 3-Hour Session Breakdown

1. Group Dialogue & Review (30 min)

- **Purpose:** Discuss relevant topics, and review the goals set from the previous week.
- **Activities:** A facilitated discussion on current events affecting young Black men, or a "What's on Your Mind?" session to discuss personal challenges and triumphs.

2. Core Skill Workshop (60 min)

- **Purpose:** Build a key life skill through a focused workshop led by an expert or a knowledgeable facilitator.
- **Activities:** For **Workforce Development**, host a resume writing workshop. For **Youth Leadership Development**, a public speaking or formal debate session. For **Conflict Resolution**, a workshop on "De-escalation and Peer Mediation."

3. Break & Mentorship (15 min)

- **Purpose:** A break to relax and engage in one-on-one or small-group discussions with leaders and mentors.
- **Activities:** An opportunity for boys to ask questions and seek advice in a less formal setting.

4. Skill Application & Planning (60 min)

- **Purpose:** Apply the skills learned in the workshop to a real-world project or scenario.
- **Activities:** For **Workforce Development**, hold mock interviews. For **STEM**, a coding or robotics competition. For **Leadership**, plan a small community service project (e.g., a park clean-up).

5. Reflection & Next Steps (15 min)

- **Purpose:** A final wrap-up to reflect on the session and prepare for the week ahead.
- **Activities:** A closing circle where each boy shares a personal insight from the day. Discuss plans for the upcoming week and set an individual action item.