

**\*\*\*\* DRAFT \*\*\*\* RAISING HEALTHY BOYS \*\*\*\* DRAFT \*\*\*\***

*a year of programs, activities and support for boys, parents, and community*

**THE MASK YOU LIVE IN**

**February 23, 2017, 6:30 p.m. @ LOLMS Auditorium**

A community screening of this thought provoking documentary, followed by a facilitated discussion. The film explores how our culture's narrow definition of masculinity is harming our boys, men and society at large and unveils what we can do about it.

**BOYS COUNCIL**

**March 6, 13, 20, 27, 2017, 2:15-4:00 p.m.**

For middle school boys – Four week program

The Council aims to promote boys' natural strengths, and to increase their options about being male in today's world. The Council challenges myths about how to be a "real boy" or "real man". It engages boys in activities, dialogue, and self-expression to question stereotypical concepts and to increase boys' emotional, social, and cultural literacy by promoting valuable relationships with peers and adult facilitators.

**PARENTING & MASCULINITY with Andy Buccaro**

**Monday, March 13, 7:00 p.m. at LOLHS Media Center**

Strategies for parents to provide boys an alternative to the traditional masculinity construct. Topics include modeling, overcoming fears, trauma, emotional literacy, self-care and self-awareness, parenting strategies.

**INTERNET GAMING DISORDER: A VIRTUAL ADDICTION with Dr. Paul Weigle**

**May 2, 7:00 p.m. @ LOLMS**

Regular video game play and internet habits among youth have rapidly escalated in recent years and have dramatically changed the landscape of childhood and adolescence. Learn how to promote safe and healthy media habits.

**CIRCLE OF SECURITY: A parenting workshop series**

**April 20, 27, May 4, 11, 18, 6:30 p.m. @ LYSB**

Interactions between parents and their children are full of disruptions, miscommunications and misunderstandings. This workshop series is designed to give parents with children of any age a 'map' for understanding and responding to their children's emotional needs and behaviors. Parents will learn new ways to see their child's needs and gain skills that will increase cooperation.

**BOLD: BOYS OUTDOOR LEADERSHIP DEVELOPMENT – Summer date tba 2017**

Outdoor Leadership Development is a foundational program serving 7-12 year old boys, teaching tolerance, respect, listening, and teamwork. A one week summer camp format.

**HOW TO MOTIVATE YOUR SON with Daryl Capuano – September tba 2017**

Help for parents with sons! Daryl Capuano and his company The Learning Consultants have helped thousands of shoreline area parents motivate their teenagers to success. Since lack of motivation among teen boys has become epidemic, this workshop provides specific advice to help your sons. If you are tired of nagging and want to learn how to inspire your children so they can become self-motivated, learn how from an expert.

**SCREENAGERS**

**October 2017**

A community screening of the documentary Screenagers, which explores parental struggles over social media, video games, academics and internet addiction and offers solutions to help kids find balance. Followed by a facilitated discussion. Co-sponsored with Lyme-Old Lyme Education Foundation.

**PROACTIVE PARENTING 101: Parent Up!**

**November 2017**

A four week session drug prevention education workshop for parents wishing to gain the knowledge of how to keep their children safe. Parents will learn effective communication strategies; gain confidence to talk to their children about the dangers of drugs; understand how to set clear rules and boundaries with their children related to use of alcohol, tobacco and other drugs; and gain confidence in knowing how to deal with substance abuse among their children. The course covers: teen drug use trends and party culture; guidance to help reduce the risk of substance abuse; communication and listening skills; how to help your child handle stress; warning signs; what to do if use or abuse is suspected and much more.