



What about the guys? Engaging Young Men in PP

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Reunite, Reignite, Re-energize: Innovating for the Future
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Administration on Children, Youth and Families (ACYF),
Family and Youth Services Bureau (FYSB) Adolescent
Pregnancy Prevention Program Grantee Conference

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Learning Objectives

By the end of the session, participants will be better able to:

- Describe why it is crucial to involve young men in adolescent pregnancy prevention;
- Apply an intersectional ecological lens to their work, including an analysis of gender, ethnicity, class, and sexual orientation; and
- Adapt specific strategies and tools to work with young men in pregnancy prevention.
- Learn about effective strategies to engage high-risk and hard-to-reach young men in fatherhood programming.

Idea Generation

Why is it important to engage young men in pregnancy prevention?

Young men:

- Matter
- Use coercion
- Care
- Don't know better
- Want to be agents of change

Where do these dynamics come from?

Let's investigate what young people learn it means to "be a man."

Exercise: Act like a man!

Men do

Men don't

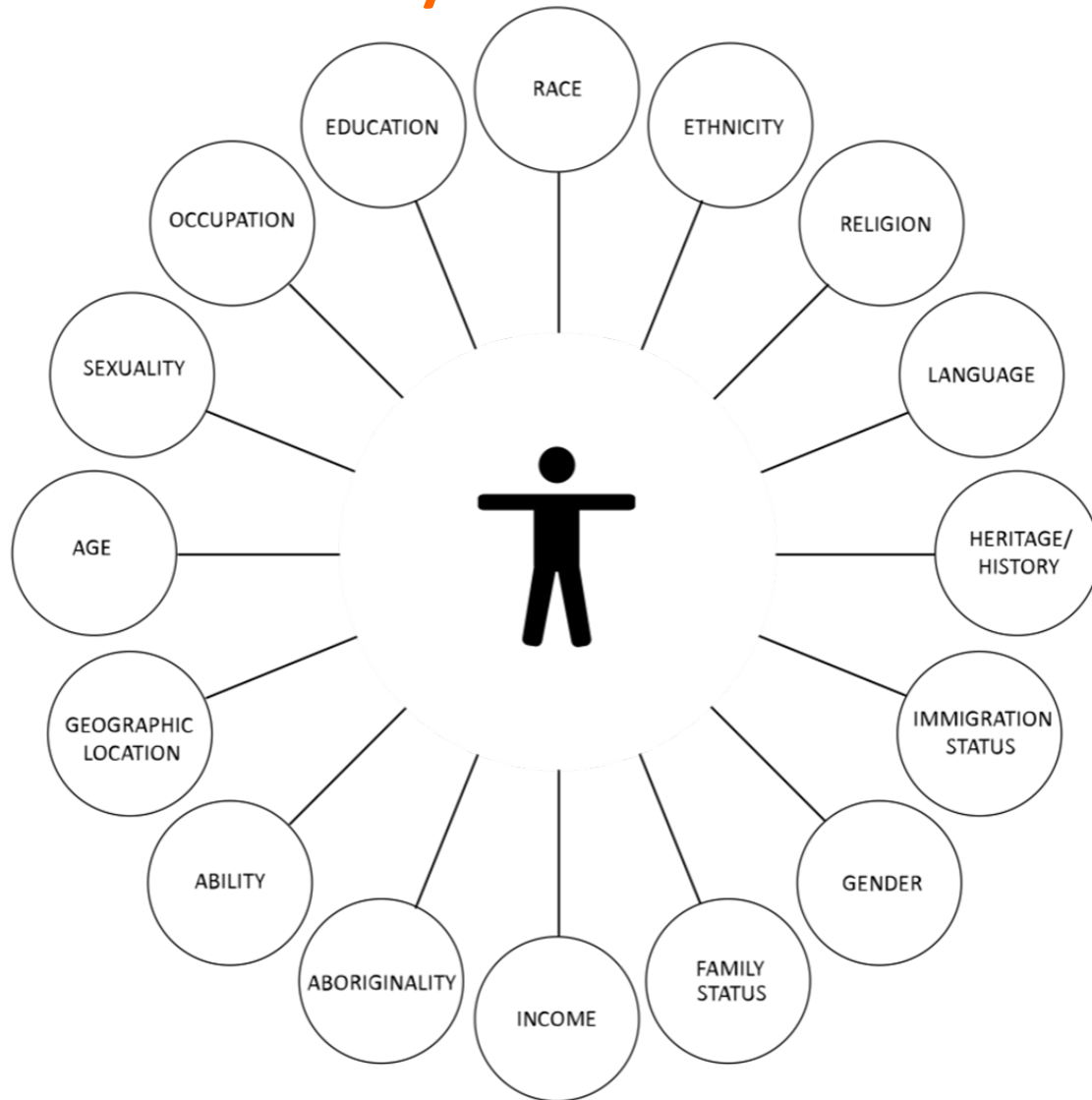
“Man Box” Takeaways

- Rigid gender roles hurt everyone and create cycles of violence.
 - Relationships & Abuse
 - Mental Health
 - Unplanned Pregnancies
- Gender is policed – Boys and men are punished for acting outside the “man box.”

“Man Box” Takeaways

- Strategies to reach young men must be grounded in **gender-transformative approaches** which:
 - Facilitate an examination of gender, sexuality, and other identities.
 - Intervene early to influence the socialization of young boys to foster gender equitable attitudes, behaviors, and healthy sexuality.

Intersectionality



Exercise

Think about a personal problem you are dealing with.

What would you need to share all the details in front of this group?

Young men need:

- Support
- Information
- Safe spaces to share
- Compassionate accountability
- Positive examples from adults

One Example: Coaching Boys Into Men

- An evidence-based violence prevention program that leverages sports & the influences of coaches to create positive cultural change.
- A series of 12 weekly sessions on topics such as: Understanding Consent; Respect & Personal Responsibility; and Insulting Language.
- A model for mentorship and coaching young men with the aim of promoting healthy relationships and positive mental health.

CBIM Video – Locker Room Talk





Roca

THE CHALLENGE

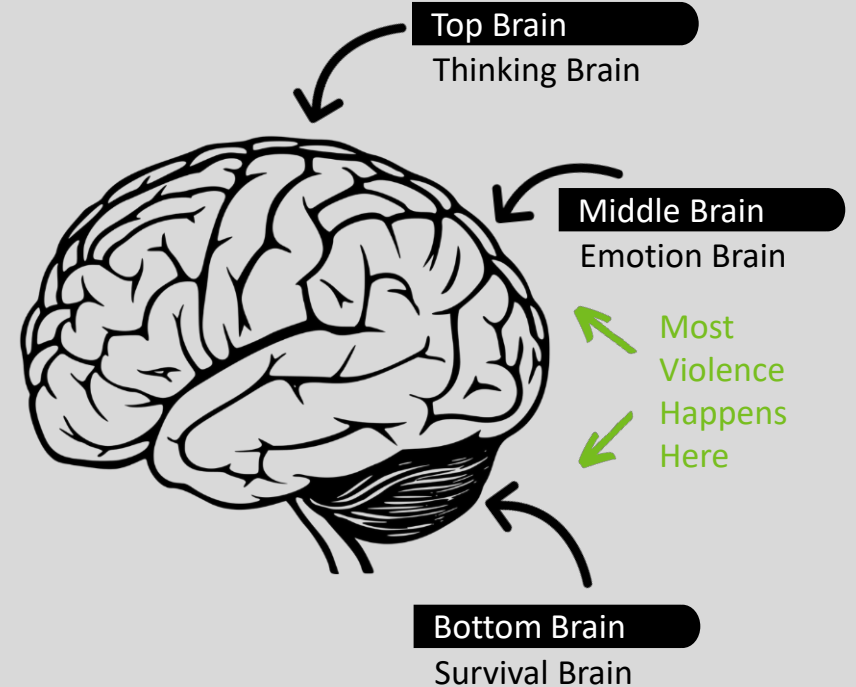
Across the country, courageous individuals and agencies work day in and day out to reduce violence by helping the young adults at the center of it turn their lives around.

BUT...A KEY PIECE IS MISSING



THE SOLUTION

Using **BRAIN SCIENCE** and **BEHAVIOR CHANGE** concepts to help reduce urban violence, promote equity, and break intergenerational cycles of violence.





ABOUT ROCA

To be a relentless force in disrupting incarceration, poverty, and racism by engaging the young adults, police, and systems at the center of urban violence in relationships to address trauma, find hope, and drive change.

We work with 16-to-24-year-olds with extensive trauma who are most likely to shoot or be shot.



Criminal Justice System Involvement



Gun, Gang, or Drug Involvement



No Formal or Sustained Employment History



No High School Diploma or Equivalency



Failed/Dropped Out of Programs, Schools, & Jobs



Young Parents



ABOUT ROCA'S YOUNG FATHERS

- **Over 35% of Roca's young men are fathers.** Less than 10% of them have custody of their children. But, 80% are involved in their children's lives.
- **Are not ready, willing, or able to show up or change, even for their children.**
- **Are usually non-custodial** because of their involvement in violence and criminal activity, gangs, and drug use.
- Their children, and the mothers of their children, are at risk of domestic violence.
- Many **have no father present in their own lives**, leaving these young men with little sense of what healthy, engaged fatherhood looks like.
- Existing fatherhood programming assumes that fathers embrace their role and are a stable presence for their children.

THINGS TO REMEMBER ABOUT YOUNG FATHERS

PARENTING IS HARD FOR EVERYONE BUT EVERYONE CAN DO IT

- **HAVING CHILDREN MOTIVATES YOUNG PARENTS TO GIVE THEIR CHILDREN WHAT THEY DIDN'T HAVE**

YOU CANNOT BE AN EFFECTIVE PARENT WITHOUT HAVING CONTROL OVER YOUR EMOTIONS

- **POOR EMOTIONAL REGULATION TRANSMITS TO CHILD AND IMPACTS PARENT-CHILD RELATIONSHIP**

REMEMBER, THEIR BRAINS ARE STILL DEVELOPING

- **SELF-FOCUS**
- **BELIEF THAT BEHAVIOR DOES NOT IMPACT CHILD**
- **PARENTING IS “NOT WHAT THEY THOUGHT IT WOULD BE”**
- **NO ROLE MODELS, LIMITED SUPPORT NETWORK, MISJUDGE CHILDREN'S ABILITIES**

➤ WORKING WITH YOUNG FATHERS – OUR ROLE

- Window of opportunity to empower dads through **building self-regulation, reducing risk behavior, and interrupting cycles of negative parenting behaviors** (domestic violence, child abuse/neglect)
- This, combined with **trusting relationships with caring adults** and a little bit of **knowledge of child development and parenting** is all it takes!!
- Acknowledge that **it is hard** and **they are missing out.**



ROCA'S APPROACH TO PARENTING

1. **Informational** – Teaching the basics of child development and the nuts and bolts of parenting
2. **Situational** – Helping fathers manage their emotions and change their behaviors
3. **Operational** – working with the systems fathers and their children engage with (child welfare, transitional assistance, department of revenue, early intervention, early education, healthcare)



SITUATIONS THAT MAKE IT HARD FOR YOUNG FATHERS

- Not getting along with the baby's mother and staying away to avoid fights.
- Wanting to be more involved but feeling pushed away from the child by the baby's mother.
- The baby's mother's new boyfriend doesn't want me around or my new girlfriend is jealous of the baby's mother and doesn't like when I go over there.
- Feeling like the only thing I'm good for is money. And most of the time I don't have any. So what's the point of seeing my child?
- The baby's mother makes me feel like I don't know how to take care of my child or I'm not sure what to do when the baby cries.
- I got so much pressure to do other things.



CBT and Parenting

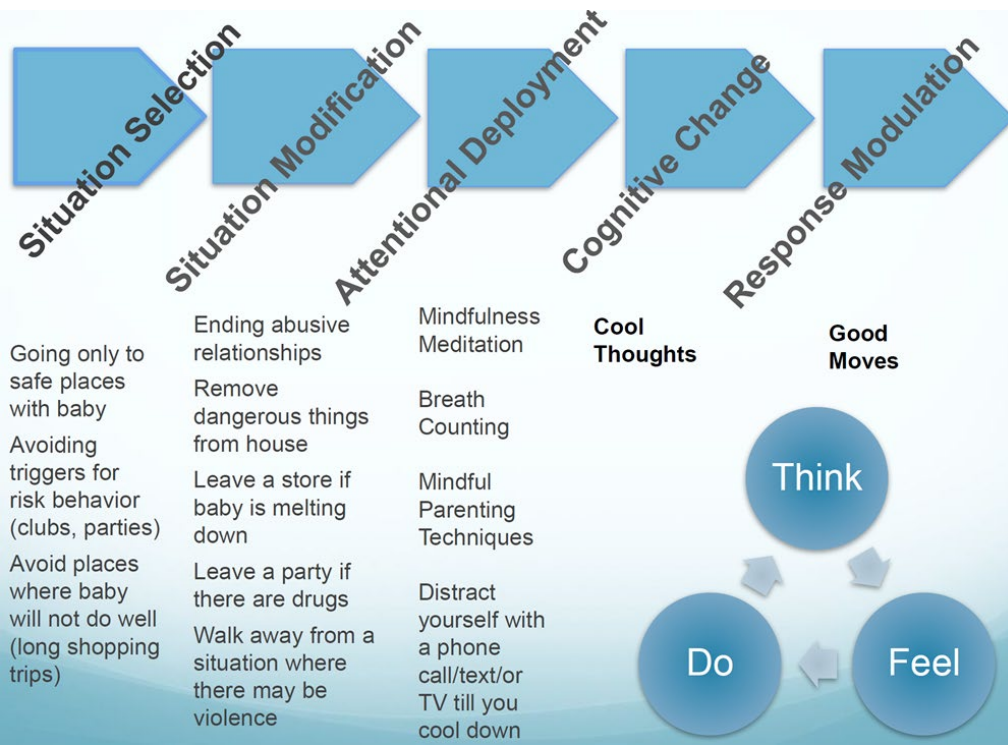


SESSION 2: Handling the Stress of Parenting

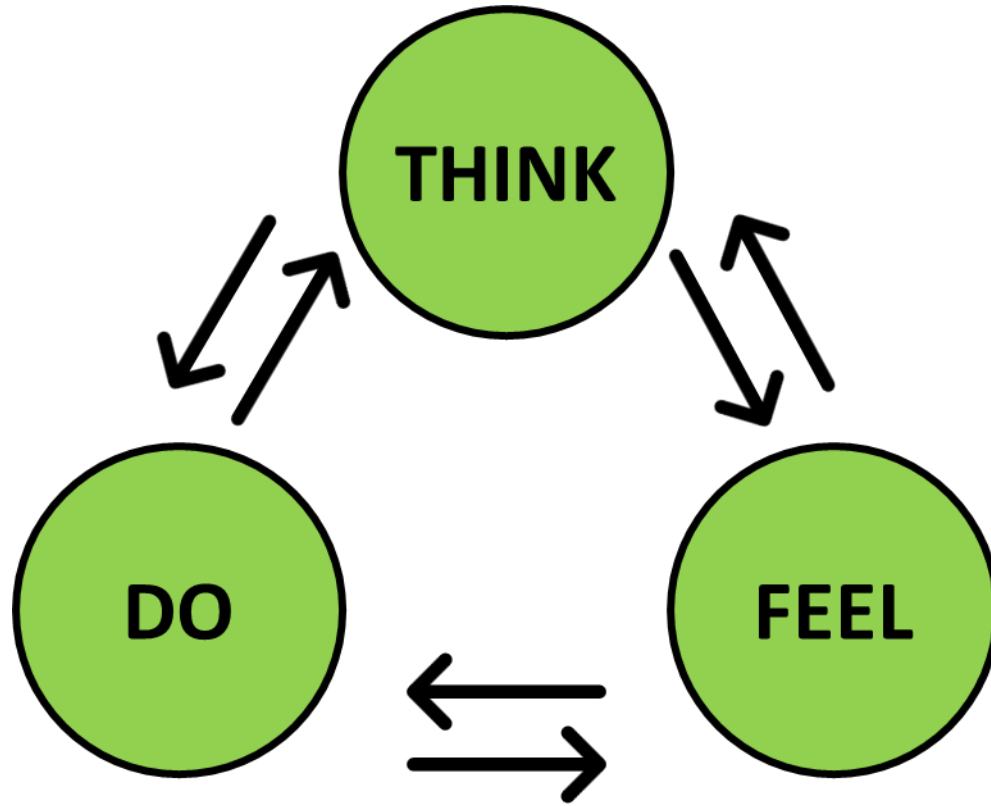
But there were a few times when I was having a bad day with my family and at work. I just felt so stressed out and like no one was there to help me only to make it worse they give me a hard time. To make matters worse, a couple a times when I went home Aisha was acting up and I hit her - pow pow. Then I thought about it and I said to myself that is messed up. That's just what my mother did to me and I felt so bad that I cried. But when your in the moment with all that stress tearing at you, you just want it all to stop.

17-year-old participant

According to the CDC, parenting stress is one of the major causes of child maltreatment...really?



➤ **Let's Practice!**



Questions and Comments

Thank You!

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Session Evaluation

Please complete a brief evaluation form for all workshops and panels on Tuesday, May 23 and Wednesday, May 24 by scanning the QR code below or visiting the following link:

<https://tinyurl.com/SessEval232323>

