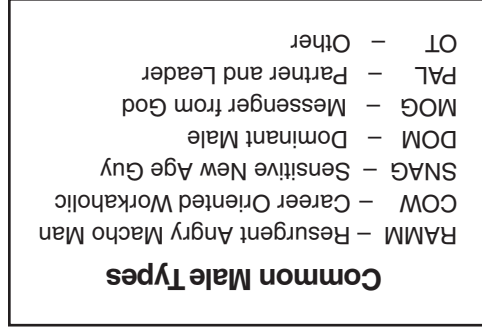
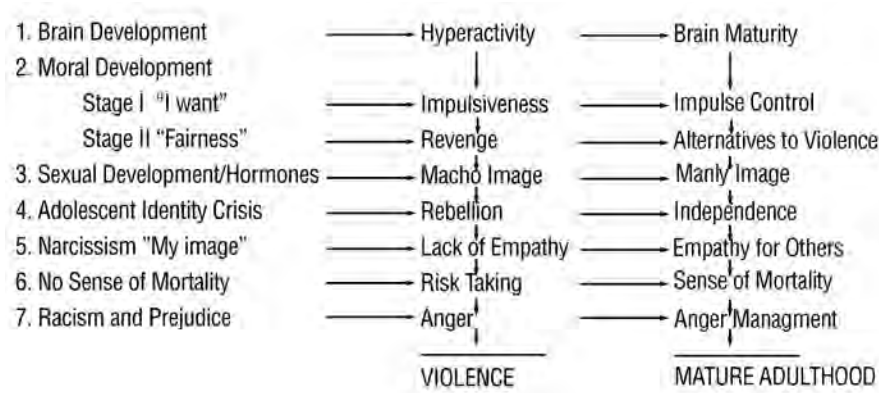


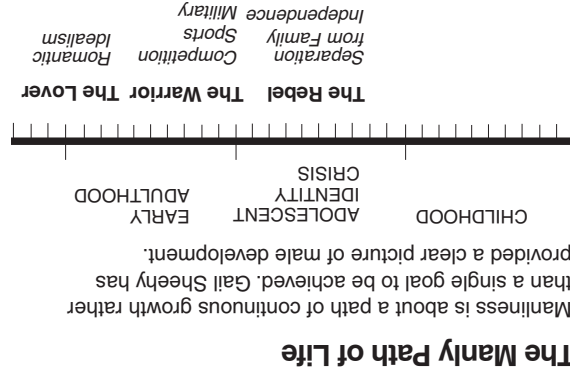
The Seven Steps to Manliness

Stages of Adolescent Development



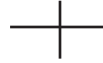
Our role models as a child affect us throughout our lives. It is important to first become aware of the role models for manliness that we had when we were growing up. These role models were usually our fathers or the other influential men in our lives and they often have had a profound effect on our lives and our roles as men.

Role Models for Manliness



Manliness is about a path of continuous growth rather than a single goal to be achieved. Gail Sheehy has provided a clear picture of male development.

Gail Sheehy has written extensively about adult development. This includes the original "Passages" book, the "New Passages" that focuses on the '90s and "Men's Passages" that focuses on the second half of men's lives. These books are based on extensive research surveys and data.



Adulthood is into the following major stages :

- First Adulthood
- Provisional Adult or Young Adult
- Adolescence and the Adolescent Identity Crisis
- Midlife Identity Crisis
- Second Adulthood

Peace Pledge

1. I pledge to make Sing Sing a safer, more peaceful place for me and my brothers and sisters and I pledge that that this commitment is based on truth.
2. I realize that my habits become changed through increased awareness of nonviolent alternatives.
3. I pledge that no matter what, I have a new belief system which encourages me to love, respect and be thankful for this new way of life.
4. I pledge to think twice before reacting once.
5. I pledge to think how my fellow brothers and sisters, no matter what age, color or position would feel if I insulted them.
6. I pledge to find an alternative way to control my anger and not take it out on anyone else.
7. I pledge to speak to someone I trust when I have a problem.
8. I pledge to carry the word of peace to at least one other person.

2. Spiritual Growth

- Maintain strong moral values
- Be in touch with my inner spiritual feelings
- Look for a higher power to guide my life
- Develop a sense of mission in my life
- Be willing to forgive others
- Live a life of honesty and truth

3. Social Responsibility

- Be aware of how my decisions can affect my family and my community
- Provide material and moral support for the family
- Contribute to the health of my community
- Reach out and help those in need
- Work for social change in the society
- Be a positive role model
- Become a mentor to empower young men

Man n, pl, men

1. A human being; person; one of the species of primates, having the most developed brain and articulate speech (homo sapiens).
2. The human race; mankind.
3. An adult male human being.

Webster's New World Dictionary

We are all more than this definition of a "man." We are more than society's definition of a "man." We will deal with the common masculine stereotypes and the "Macho" image such as:

- Strong
 - Courageous
 - Tough
 - Provider
 - Successful
 - Angry
 - Warrior
 - Powerful
 - Smart
 - Hip
 - Athletic
 - Rich
 - Dominant
 - Winner
 - Lover
- in this workshop, we will look beyond all these stereotypes to find true manliness, maturity and authenticity. We will seek to find your true potential.



The Transforming Power Mandala

Transforming Power for Men

1. Men seek to resolve conflicts by reaching for common ground.
2. Men reach for that which is good in others.
3. Men listen before making judgments.
4. Men base their position on truth.
5. Men are ready to revise their position, if it is wrong.
6. Men expect to experience great inward power to act.
7. Men risk being creative rather than violent.
8. Men use surprise and humor to defuse conflicts.
9. Men trust their inner sense when to act and when to withdraw.
10. Men are willing to suffer for what is important.
11. Men are patient and persistent.
12. Men build a community based on honesty, respect and caring.

You grow up the day you have the first real laugh at yourself. – *Ethyl Barrymore*

When a man has pity on all living creatures, then only is he noble. – Buddha

Those who cannot remember the past are condemned to repeat it. – George Santayana

What is honored in a country will be cultivated there. – Plato

He that is without sin among you, let him first cast a stone. – *Jesus*

No man is an island, entire of himself: every man is a piece of the continent, a part of the main. – *John Donne*

And what doth the Lord require of thee, but to do justly, to love mercy, and to walk humbly with thy God. – *Mica*

What a man is, is the basis of what he dreams and thinks, accepts and rejects, feels and perceives. – *John Mason Brown*

Quotations

Hate the sin and love the sinner. – *Gandhi*

In nothing do men approach so nearly to the gods as doing good to men. – Cicero

Man – a being in search of meaning. – *Plato*

The salvation of mankind is to make everything the concern of all. Alexander – Solzhenitsyn

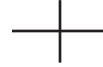
The superior man understands what is right. The inferior man understands what will sell. – *Confucius*

The greatest discovery of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives. – *William James*

Life is not a problem to be solved but a reality to be experienced. – *Kierkegaard*

He that cannot forgive breaks the bridge that he must pass over himself, for every man has a need to be forgiven. – *Thomas Fuller*

In some cases non-violence requires more militancy than violence. – *Cesar Chavez*



Man's Right to Empowerment

1. As a man, I have a right to show my feelings and express my fears and frustrations.
2. As a man, I have the right to change and the right to choose the directions of my changes.
3. As a man, I can ask for help when I need it and offer help when I think it is needed.
4. As a man, I have the right to ask for what I want and the wisdom to know that I cannot always get it.
5. As a man, I have a right to tell people when I cannot fulfill their expectations of me.
6. As a man, I have a right to consider new ways of thinking, acting and relating to people.
7. As a man, I am not obliged to live up to the stereotypes of how I am supposed to be.
8. As a man, I am responsible for my own moral, ethical and spiritual development.
9. As a man, I have the right to take responsibility for my own actions and not allow other people's behavior to push me into choices I do not want to make.
10. As a man, I have the right to show my strength by choosing not to hit someone who angers me.

Mainly Awareness Tips for a Lifetime

1. You are responsible for your own happiness. No one can make you feel inferior unless you allow them to do it. People won't stay angry at you long if you say, "I was wrong, and I'm truly sorry. I hope you will forgive me."
2. When something is troubling you, tell someone you trust instead of trying to cover it up. You will be surprised to learn that the other person has been through something similar.
3. Don't pass up an opportunity to tell someone that you care about them. You may never get another chance. If you enjoy work and life, you are rich. If you aren't happy with either, how can money help?
4. Don't be afraid to try something that you think you can't do. Nothing ventured, nothing gained.
5. You can respect and learn from people, even if you don't like them. Be aware that you can learn something from everyone because everyone in the world knows something that you don't know.
6. There's no such thing as a perfect woman. Look for the best overall package of kindness, consideration, ambition and intelligence. Otherwise, you will spend your life alone.

Blocks to Manliness

1. **Brain Development** – As the brain develops in young people, everything becomes wired to every-thing else. No wonder kids are "wired" and have ADHD. By about age 25 that unused circuits are eliminated and the brain is mature.
2. **Moral Development** – The "I Want" phase is driven by desires that can lead to impulsiveness. Choices are based on fear of punishment instead of an inner sense of right and wrong.
3. **Sexual Development** – As hormones change the body physically and emotionally, testosterone leads to sexual desires and aggressiveness. This is often expressed in the "macho" image.
4. **Adolescent Identity Crisis** – As an adolescent begins to separate from the family and become more independent, it is natural to rebel from the rules and authority of the parents. This may also lead to rebelliousness against society.
5. **Adolescent Self-Centeredness** – Adolescents normally are very concerned with their own image and feelings. Often they fail to understand the feelings of others. This can result in a lack of empathy.
6. **No Sense of Mortality** – Teenagers normally lack a sense of their own mortality and consequently may indulge in risky and dangerous behavior
7. **Dealing with Prejudice/Racism** – Youth are often subject to prejudice and racism and that the anger can tip the already precarious emotional balance to violence.

The Seven Problems – The problems of normal adolescent development can easily lead to violence. It is not just youth who are poor. Black or live in the inner city. All teenagers are vulnerable.

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Stage II – The "Fairness" phase. No one has a greater sense of fairness than an 8 year old boy. If my sister gets an ice cream cone, it is "fair" that I should get one too. If Sammy hits me, it is "fair" that I hit him back. Fairness can easily be interpreted as revenge.