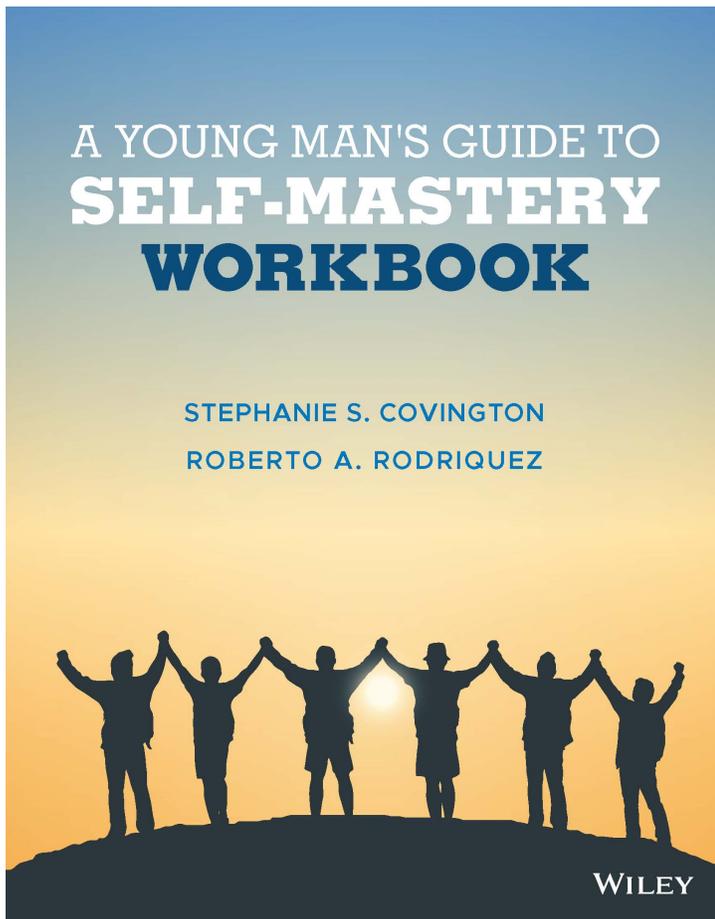


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## ***A Young Man's Guide to Self-Mastery***

***By Stephanie S. Covington and Roberto A. Rodriguez***

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This 14-session program addresses the unique needs of adolescent boys and young men between the ages of 12 and 18. Boys live in a world that is complicated as they attempt to navigate their psychological and physical development. The typical adolescent male is caught up in a maelstrom of hormonal, social, and cultural shifts that would be difficult to deal with even in ideal conditions. Chances of atypical or disordered development increase exponentially in the midst of troubling experiences. In fact, for many young men, typical male socialization can be characterized as a series of traumatic events. Boys who suffer adverse or troubling life events also experience significant impairment in neural development. This can lead to trouble in critical thinking, trouble in reconciling emotional events, and antisocial behavior.

This program focuses on the effects of adversity and trauma on the lives of young men and is designed to help them to mitigate some of those effects, such as abuse of alcohol and other drugs. The techniques described in this curriculum are meant to create an atmosphere of safety and of mutual learning. Some of the topics included are: cyber-bullying, substance misuse, emotional development, process of trauma and what it means to be a man in today's world.