

The Boys Project

“Boys will be...”

**Andre Salvage
&
Dr. Jon Herzenberg**

Who we are

- **Andre Salvage**

Master André Salvage is a business consultant, motivational speaker, and teacher who specializes in teaching men, women, and children the skills of personal development, personal safety, and abundant living.

Andre Salvage and Associates, Inc. is a nationally acclaimed company that offers a wide variety of programs, lectures, and seminars that provide corporations, schools, and individuals with the opportunity to experience the power it takes to move through the fear that hinders growth.

Being a father of seven children Andre understands the issues that arise at each level of development. He brings this real life experience to each class that he teaches from kindergartens to high school seniors.

Whether you are concerned about personal safety, improving communication skills or resolving conflict, Andre Salvage & Associates, provides a safe place to examine these negative issues and share the tools that promote **confidence**, **power**, and **life**.

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Who we are

- **Dr. Jon Herzenberg**

Jon has worked in numerous settings in the bay area; including upper and lower schools, clinics, hospitals and private settings. He is currently the Director of School Counseling at Drew School in San Francisco. He was a doctoral student at the prestigious Mental Research Institute located in Palo Alto. His doctoral dissertation on boys, youth violence, and communal responses was honored. He recently completed the National Association of Independent Schools fellowship for Aspiring Heads. He currently has a small private practice and consulting business in San Francisco.

In addition to his professional background, Dr. Herzenberg believes in the power of lived experience. Therefore, Dr. Herzenberg appropriately incorporates his experiences as a third degree black belt in Kung Fu San Soo, NCAA collegiate soccer player, world traveler (previously residing in both China and Indonesia), avid gardener, husband, and father.

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The Boys Project

“Boys will be...”

The Carey School

Head of School Eric Temple

Feel My Courage, Face My Fear, and Be Fair

The Boys Project is committed to helping boys of all ages being better understood by themselves and the ones that care for and teach them.

We teach the practices and values of meaningful friendships, emotional awareness of their true self (self knowledge) and the power of authentic communication. It is our belief that a better understanding of boys and their behavior assists them in living and experiencing more emotionally authentic lives.

The Boys Project

“Boys will be...”

- There comes a time in every rightly constructed boy's life that he has a raging desire to go somewhere and dig for hidden treasure. Mark Twain
- One of the best things in the world to be is a boy; it requires no experience, but needs some practice to be a good one. Charles Dudley Warner
- Every genuine boy is a rebel and an anarch. If he were allowed to develop according to his own instincts, his own inclinations, society would undergo such a radical transformation as to make the adult revolutionary cower and cringe. John Andrew

Quotes on boyhood

- The code of the schoolyard, Marge! The rules that teach a boy to be a man. Let's see. Don't tattle. Always make fun of those different from you. Never say anything, unless you're sure everyone feels exactly the same way you do. Homer Simpson
- We need to teach boys that there are many ways to become a man: that there are many ways to be brave, to be a good father, to be loving and strong and successful. We need to celebrate the natural creativity and risk taking of boys, their energy, their boldness. M. Thomspen
- Connection, connection, connection. That's what they need. That is what they don't get. W. Pollack

Course Overview

- This engaging, interactive workshop creates a safe environment where boys experience the issues that they are facing or will face in school as well as in life.
- Through experiential, group and individual activities, the boys learn how to face and work through common situations in a way that increases their level of social emotional literacy..

Course Overview

- Increased social emotional intelligence, especially among boys, has been proven to not only raise academic achievement but also decrease disruptive behavior in the classroom and on campus.
- The socialization process of boys creates pressures to conform that leave them feeling inadequate to meet the expectations of school, family, and friends.

Course Overview

- This pressure only increases as boys enter middle and high school.
- Providing boys with an opportunity to learn and practice age-appropriate tools that increase their individual sense of self, ability to communicate authentically, and levels of resiliency is important.
- All of this translates into making wiser choices for themselves as well as those around them.

Course Overview

- It is important to use the natural energy of boys and young men to help them find their courage, face any fear or obstacle, while practicing fairness with honor.

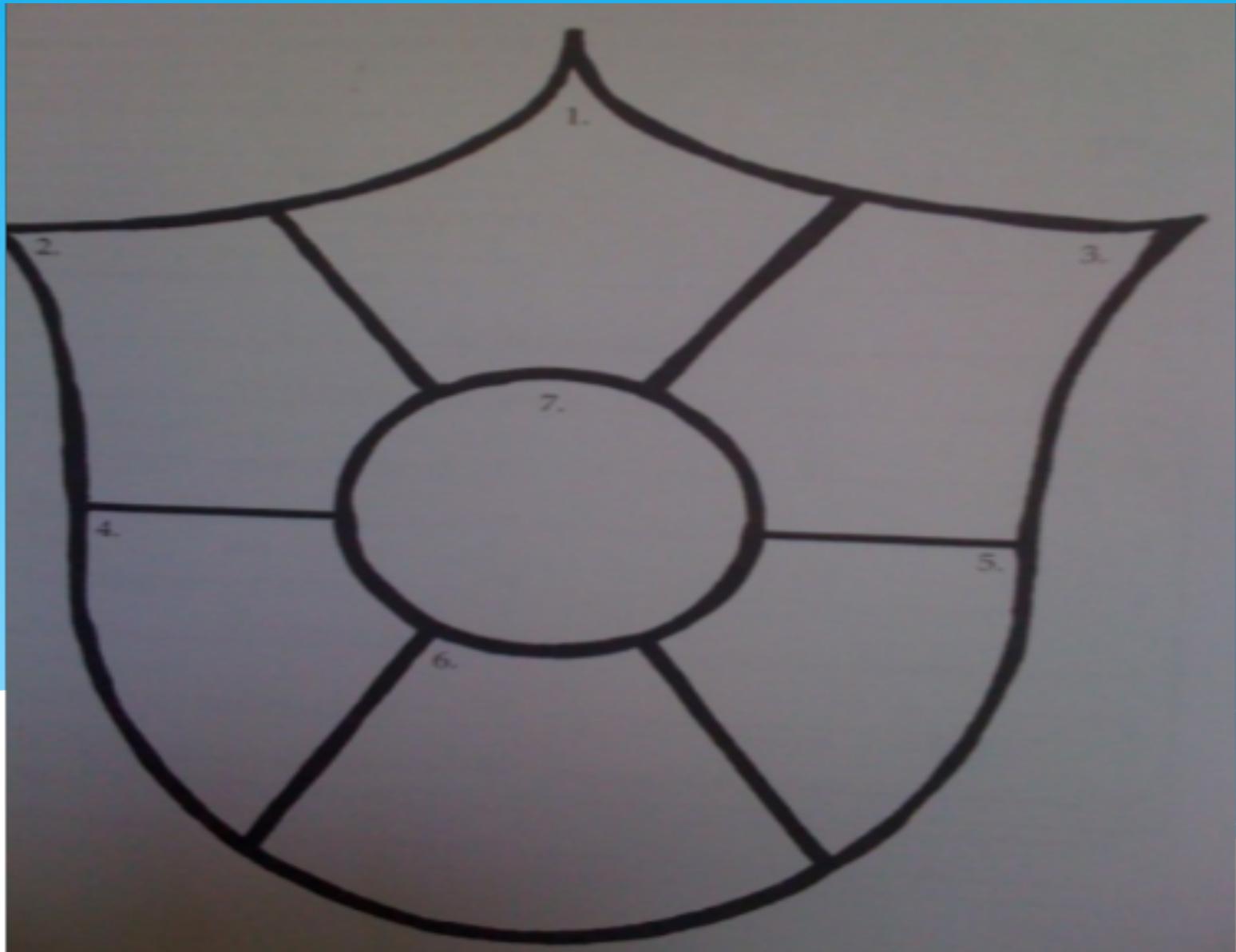
Workshop Structure

- We conducted four sessions averaging 2 hours each for 4th and 5th graders. And four sessions averaging 1.5 hours for 3rd graders. We also conducted two 1.5 hour session with parents, and one 1.5 hour session with parents, to ensure integration and continuation.
- Additionally, we met with Head of School and Assistant Head of School to discuss hopes and goals to guide program development.
- We observed student culture during recess and lunch periods to inform program development.
- We collected survey of information from teachers of the third, fourth, and fifth grades to inform program development.

Activities

- Discussion about Unfairness and ask a parent about an experience with unfairness
- Running Blindfolded which allows them to experience, face and move through fear
- Making a Questing Shield that represent their challenges, strengths and dreams, and take home and share with an important person
- Obstacle Course to deal with life challenges by using communication, strategy, and courage.
- Martial Arts or personal safety for boys to deal with conflicts, fear and bullying
- Friendship and trust exercises Friend Blind Fold Walk
- Media Literacy presentation to recognize role models that pull, influence and/or inspire us

Questing Shield



Questing Shield Questions

1. Pick one animal whose character and strengths you admire and would like to have.

Example: the power of a lion, the beauty of a butterfly, the playfulness of a dolphin

2. Pick one person whose love, wisdom, and support you will use to strengthen and guide you.

Example: someone that you respect and admire, a friend or family member, a personal hero, a historical, religious or fictional character that you admire.

3. Pick one activity or skill that gives you pleasure and makes you feel good about yourself.

Example: playing an instrument, making something, surfing, camping, community service.

4. Pick one personal strength that will help you achieve good times and get through bad times.

Example: your sense of humor, self confidence, helpfulness, friendliness, sensitivity, loyalty, dependability.

5. Pick one personal weakness you must work on to accomplish successfully your goals.

Example: lack of confidence, fear, shyness, disorganization, stubbornness, procrastination.

6. Pick one important issue or principle you would think is important and would like to change in your community.

Example: pollution, global warming, poverty, homelessness, prejudice, AIDS, hunger.

7. Pick a life goal for yourself, chose something you would like to master.

Example: you can master martial arts, musical instruments, kayaking, scouting, which are activities but you can also become an expert about dinosaurs, whales, space, airplanes.

Student Benefits

Feel My Courage Face My Fear Be Fair

- Students leave having faced their fears, felt their courage, and practiced being fair. This carries over into every aspect of their lives, from school to play to home.
- We've found that when boys have these experiences and are taught these principles and skills, they are more academically engaged and instructional times are maximized.
- Boys are more likely to work things out with each other in a healthier, less disruptive way. In the workshop, they get to see each other in ways they don't normally allow each other to see.
- This leads to stronger, more positive connections which, in turn, decrease bullying and being pulled in negative ways.

Students Quotes

Feel My Courage Face My Fear Be Fair

What I learned was when you do those three things; face your fear, feel your courage, and be fair, you will know that you can do anything.

Third grader at Carey

I learned that there are many ways to face your fear.

Fifth grader at Carey

I learned being courageous is very hard at times, facing your fears can make you anxious and being fair is usually pretty easy.

Fifth grader at Carey

So far I have solved a couple of arguments with my brother by talking.

Fifth grader at Carey

Student Quotes

Feel My Courage Face My Fear Be Fair

I learned to speak out for what you think.

Fifth grader at Carey

I learned that being fair is one of the most important skills to learn.
Fourth grader at Carey

I learned that using your voice is better than being physical.
Fourth grader at Carey

You always have to be ready to work it out and not fight.
Third grader at Carey

If you want your friends to be fair, you have to be fair to them first.
Third grader at Carey

Lessons Learned

Working with teachers

Adult preconceptions (touchy feeley)

Being on the same page (from beginning to end)

Administration, faculty, parents, and students

Need to follow up and nurture

Boys negative talk is gendered

How to bring girls and boys together once the learning is done.

Boys are labeled the problem

Your Community?

Culture

- student
- teachers
- parents

Predictable Resistances

Predictable Allies

Ideally, what you would like to have in your community?

What could be a next step towards that goal?