

October, 2005

Chicago Dept of Public Health



OFFICE OF VIOLENCE PREVENTION

# Violence Prevention E-Brief

## October is Violence Prevention Awareness Month

### Coaching Boys Into Men

The boys in our lives need our time, attention and energy in helping them grow into healthy young men. Boys are swamped with influences outside of the home – from friends, the neighborhood, television, the internet, music, the movies... everything they see around them. They hear all kinds of messages about what it means to “be a man” – that they have to be tough and in control. There are numerous conflicting and sometimes harmful messages being given to boys about what constitutes “being a man” in a relationship.



**October is Domestic Violence Awareness Month. Although we are ALL capable of relational violence, male violence against women remains a particularly serious problem. In 2004, in Chicago alone, there were 23 domestic violence related murders. It's important that we teach our young boys that there is no place for violence in ANY relationship!**

### Tool Box for Coaching Boys Into Men

- **Teach Early.** It's never too soon to talk to a child about violence. Let him know how you think he should express his anger and frustration – and what is out of bounds. Talk with him about what it means to be fair, share and treat others with respect.
- **Be there.** If it comes down to one thing you can do, this is it. Just being with boys is crucial. The time doesn't have to be spent in activities. Boys will probably not say this directly – but they want a male presence around them, even if few words are exchanged.
- **Listen.** Hear what he has to say. Listen to how he and his friends talk .
- **Tell/Show Him How.** Teach/show him ways to express his anger without using violence. When he gets mad, tell him he can walk it out, talk it out, or take a time out. Let him know he can always come to you if he feels like things are getting out of hand. Try to give/show him examples of what you might say or do in situations that could turn violent.
- **Bring it up.** Never hesitate to let him know you don't approve of sports figures that demean women, or jokes, video games and song lyrics that do the same.

For more information about the Coaching Boys into Men Campaign  
<http://endabuse.org/cbim/>



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