

**A Leader's Guide to**

# Real Men

# Real Stories

Urban Teens Write  
About How to Be a Man



By Youth Communication and  
Development Without Limits



## Curriculum Planner—36 Sessions

PEOPLE WHO SHAPE US					
<b>SESSION 1 (P. 16):</b> Introducing the Program	<b>SESSION 2 (P. 20):</b> Deciding My Own Worth <i>The power of supportive relationships</i>	<b>SESSION 3 (P. 31):</b> Step-Family Ties <i>Expanding your notion of family</i>	<b>SESSION 4 (P. 39):</b> My Father: I Want to Be Everything He's Not <i>Establishing emotional boundaries</i>	<b>SESSION 5 (P. 49):</b> Back in Touch <i>Reconnecting with an absent father</i>	<b>SESSION 6 (P. 57):</b> My Father, My Friend <i>Staying close to a parent when you don't live together</i>
PLACES THAT SHAPE US			HOW DO WE DEFINE OURSELVES?		
<b>SESSION 7 (P. 63):</b> My Street Brothers <i>The influence of friends</i>	<b>SESSION 8 (P. 74):</b> Hear No Evil... <i>Thinking for the long-term</i>	<b>SESSION 9 (P. 82):</b> Goodbye Harlem <i>Reconciling your past and your future</i>	<b>SESSION 10 (P. 92):</b> Following the Leader <i>How our environment shapes our goals</i>	<b>SESSION 11 (P. 104):</b> Crewsin' for a Bruisin' <i>The limits of playing a role</i>	<b>SESSION 12 (P. 118):</b> Color Me Different <i>What does it mean to be black?</i>
COPING WITH DIFFICULT FEELINGS					
<b>SESSION 13 (P. 127):</b> Getting Ghetto <i>Adapting to different situations</i>	<b>SESSION 14 (P. 135):</b> I'm Not What You Expect Me to Be <i>Fighting stereotypes</i>	<b>SESSION 15 (P. 145):</b> The Soundtrack of My Life <i>Expressing yourself through music</i>	<b>SESSION 16 (P. 154):</b> Gay in Da Hood <i>Dealing with harassment</i>	<b>SESSION 17 (P. 164):</b> Clean and Kind of Sober <i>Learning to cope without substances</i>	<b>SESSION 18 (P. 175):</b> Letting It Out <i>Expressing emotions through writing</i>
GETTING AN EDUCATION					
<b>SESSION 19 (P. 183):</b> Karate Killed the Monster in Me <i>The power of self-control</i>	<b>SESSION 20 (P. 193):</b> Don't Keep It Inside <i>How therapy can be helpful</i>	<b>SESSION 21 (P. 202):</b> Will the Tortoise Win the Race? <i>Dealing with frustration and failure</i>	<b>SESSION 22 (P. 209):</b> No More Hand-Holding <i>Taking charge of your own educational success</i>	<b>SESSION 23 (P. 218):</b> Community College Is a Second Chance <i>Embracing opportunities</i>	<b>SESSION 24 (P. 228):</b> Freshman Year Is a Fresh Start <i>Reinventing yourself in college</i>
GETTING MONEY			FINDING CONNECTION		
<b>SESSION 25 (P. 236):</b> How I Found My Job <i>Starting a job search</i>	<b>SESSION 26 (P. 245):</b> Going Back to Preschool <i>Meaningful work</i>	<b>SESSION 27 (P. 252):</b> Young and Hungry <i>Persistence pays</i>	<b>SESSION 28 (P. 263):</b> Maxed Out <i>Learning about credit traps</i>	<b>SESSION 29 (P. 278):</b> Brick by Brick <i>Developing a trusting relationship with a parent</i>	<b>SESSION 30 (P. 285):</b> Opening Up to My Shorty <i>The benefits of a committed relationship</i>
THEMES OF MANHOOD IN ALTERNATIVE HIGH DVD					
<b>SESSION 31 (P. 293):</b> I Have Faith in My Church <i>Supportive communities</i>	<b>SESSION 32 (P. 300):</b> Some POPS Are Hanging In <i>How fathers can reconnect</i>	<b>SESSION 33 (P. 312):</b> Becoming a Father <i>Making changes in your life to meet your goals</i>	<b>SESSION 34 (P. 322):</b> No Failure, Only Feedback <i>Learning how to reframe failure</i>	<b>SESSION 35 (P. 326):</b> Heading for the Unknown <i>Identifying challenges to change</i>	<b>SESSION 36 (P. 336):</b> Getting Help <i>Finding the courage to ask for help</i>

Note: Three sessions in this curriculum are built around the DVD *Alternative High*. We have included those sessions at the end of the curriculum. However, you may include them at any point in the curriculum—such as at the beginning—or you can skip these sessions if you do not have the DVD. You can also use Sessions 35 and 36 without the DVD.

# Table of Contents

## How to Use Real Men

How to Use This Curriculum—An Overview .....	7
Outline of the Lessons .....	10
About the Techniques Used in the Leader’s Guide.....	12
Why This Curriculum Works .....	14
The First Workshop: Introducing the Program .....	16

## Who We Are & Where We Come From

### 1. People Who Shape Us

Deciding My Own Worth, <i>Juelz Long</i> .....	20
Step-Family Ties, <i>Jordan Temple</i> .....	31
My Father: I Want to Be Everything He’s Not, <i>Troy Shawn Welcome</i> .....	39
Back in Touch, <i>Eric Benson</i> .....	49
My Father, My Friend, <i>Macario DeLaCruz</i> .....	57
My Street Brothers, <i>Derrick B.</i> .....	63

### 2. Places That Shape Us

Hear No Evil..., <i>Curtis Holmes</i> .....	74
Goodbye, Harlem, <i>Antwaun Garcia</i> .....	82
Following the Leader, <i>Anonymous</i> .....	92

### 3. How Do We Define Ourselves?

Crewsin’ for a Bruisin’, <i>Troy Shawn Welcome</i> .....	104
Color Me Different, <i>Jamal Green</i> .....	118
Getting Ghetto, <i>Fred Wagenhauser</i> .....	127
I’m Not What You Expect Me to Be, <i>Jordan Yue</i> .....	135
The Soundtrack of My Life, <i>Otis Hampton</i> .....	145
Gay in Da Hood, <i>Jeremiyah Spears</i> .....	154

## **Where We Are, and Where We Want to Go**

### **4. Coping With Difficult Feelings**

Clean and Kind of Sober, <i>Antwaun Garcia</i> .....	164
Letting It Out, <i>Ashunte Hunt</i> .....	175
Karate Killed the Monster Inside Me, <i>Robin Chan</i> .....	183
Don't Keep It Inside: Talk It Out, <i>Norman B.</i> .....	193

### **5. Getting an Education**

Will the Tortoise Win the Race?, <i>Eric Green</i> .....	202
No More Hand-Holding, <i>Edgar Lopez</i> .....	209
Community College: A Second Chance, <i>Jordan Temple</i> .....	218
Freshman Year Is a Fresh Start, <i>Ferentz LaFargue</i> .....	228

### **6. Getting Money**

How I Found My Job, <i>Sharif Berkeley</i> .....	236
Going Back to Preschool, <i>Gamal Jones</i> .....	245
Young and Hungry, <i>Joseph Alvarez</i> .....	252
Maxed Out, <i>Xavier Reyes</i> .....	263

### **7. Finding Connection**

Building Trust, Brick by Brick, <i>Manny S.</i> .....	278
Opening Up to My Shorty, <i>Antwaun Garcia</i> .....	285
I Have Faith in My Church, <i>Stephen Simpson</i> .....	293
Some POPS Are Hanging In, <i>Antwaun Garcia</i> .....	300
Becoming a Father, <i>Michael Orr</i> .....	312

**Lessons for *Alternative High DVD***

No Failure, Only Feedback ..... 322  
Heading for the Unknown: Behind the Scenes with Troy Shawn Welcome ..... 326  
My School Is Like a Family, *Troy Shawn Welcome* ..... 336

**About Running Groups**

Group Guidelines ..... 346  
Ten Tips and Tricks for Leading Groups..... 347  
Facilitation Troubleshooting ..... 350

About Youth Communication ..... 351  
About Development Without Limits ..... 352  
About the Real Stories Program ..... 353  
About the Editors and Writers..... 354