



### **What is Boys Council?**

The Council is a group offered at Trailblazers Academy for 8<sup>th</sup> grade boys to explore a safe, strong and healthy passage through teenage years. The Council meets a core developmental need in boys for strong, positive relationships. In this structured environment, young men address masculine definitions and behaviors and build the responsibilities and values to create good lives!

### **How Does The Council Work?**

Each week, a group 15 8<sup>th</sup> grade boys meet with two facilitators for 1 hour. The group format includes warm up activities, a “council” type check in opportunity, activities that address relevant topics, and a reflection and group dialogue component. The focused activities may include group challenges, games, skits or role plays, arts, and so on.

### **Who Participates in Boys Council?**

At Trailblazers, young men in the 8<sup>th</sup> grade are asked to make a commitment to attend the meetings, and agree to follow the council agreements. These agreements are developed by the group itself and typically include: no put-downs or interruptions, offer experiences - not advice; keep the focus on yourself and your experience; and keep what’s said in the group confidential. Facilitators explain the legal and ethical limits to confidentiality in order to safeguard the boys’ well-being. Boys are free to participate at their own pace. Participants can express a range of ideas and emotions with peers and can expect respect and high regard from one another.

### **What do the Boys Talk About?**

- Competition; Bullying; Valuing Diversity
- Safe Expressions of Emotions; Rejecting Violence
- Sexual Health; Becoming Allies with Men and Women
- Mentoring and Making a Difference with Others
- Making Safe and Healthy Decisions for Themselves
- Finding and Living with Values in Difficult Times

### **How do I get more information about this group?**

We have four male staff that are trained and experienced facilitators of Boys Council. Please contact one of the following facilitators at Trailblazers to get more information

**Steve Paul**    977-5690x

**Courtney Reid**    977-5690x

