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Keys to Inclusion meeting emotional needs of BOYS

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- Colin Newton & Derek Wilson
- 2004

2  Welcome!

3  Welcome and LISTEN!

4  Setting the tone.....

5  If we can teach our sons to honour and value their emotional lives, if we can give boys an emotional vocabulary and the encouragement to use it, they will unclench their hearts.

Kindlon and Thompson: 2000

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7  What children need...

- Permission to have an internal emotional life
- Safe places for high activity
- To be talked to directly in their own language
- To learn that emotional courage and empathy are sources of real strength in life

- To see an adulthood of emotional attachment
- To learn there are many ways to be a adult

8 Understand the person plus the emotion underneath the behaviour

9 The long view....

10 Loss, separation and divorce

- 70–80% of children do not experience enduring problems after parents separate
- But...parental separation is an important risk factor for children's adjustment
- Boys more vulnerable than girls to developing difficulties – link to fathering

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12 False Beliefs

- that the absent parent is all they would wish them to be...

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15 Trust

- What do people do to inspire trust in others?
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- What works for you?
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- How do you behave when you don't trust someone?

16 Circle of Courage

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Permission for an internal emotional life?

- Naming feelings to build up our emotional literacy
- Confused feelings...and where they go - Uncertain feelings recycled as ANGER
- Emotional isolation...the fortress of solitude: strong and silent type?
- Need to hear older males admit to a wider range of feelings and to uncertainty
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19  Acknowledging Feelings

- the bus driver shouted at me and they all laughed
-embarrassment....
- 'sounds as if that was embarrassing'

20  Handling emotions

- What do you need when YOU are angry?
- Off Track, stressed out?
- Feeling guilty?

21  Peer support, mediation and counselling

- Training young people to listen and to get involved
- Anti bullying strategies
- Playground mediation
- Circles of Friends

22  Accommodating emotions

- Anger
- Anxiety
- Fear

- Depression
- Avoidance
- Jealousy
- Irritation
- Need for control

23 PRAISE

- When can you hear it and when can you not?

24 Dads...

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- Rough and tumble and the big male lesson...knowing when to stop...
- Show full range of emotional literacy
- Make time
- Be active
- Share discipline
- You will be copied
- Respect women

25 Ballet and Dads?

26 Mothers and sons

- Images of connection..
- Be kind warm and enjoy them and don't stop being 'close'
- Praise your son's looks: maintain unconditional love
- Let him learn consequences of actions
- Keep calm in adolescence
- Don't displace your partner

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...as a boy moves farther from his mother's protective physical presence....he needs to be able to carry her in his heart, in the security that her love provides him and the emotional education she has given him.....He needs to know that he can always find the place where he is loved "best of all".

Kindlon and Thompson,2000

28  What do you need?

29  RESTORATIVE INTERVENTIONS IN SCHOOLS

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- Can be used with incidents of...
- Bullying
- Name Calling
- Physical & Verbal Assaults
- Harassment
- Truancy
- General Misbehaviour

30  RESTORATIVE PHRASES

- “What happened?”
- “What were you thinking about at the time?”
- “What have you been thinking since it happened?”
- “Who has been affected by what you have done?”
- “How can you put it right?”

31 Learning to listen

- Moving from control to collaboration
- Attend carefully to both what is said and what is actually meant
- Regard actions as communication
- Take other people seriously!
- Ask 'who loves this person?'
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- Herb Lovett: Learning to listen (1996)

32 Boys without men in their lives

33 Worth considering...?

- Mentors (especially form 14 +)
- Boys Brigade
- Drama group
- Throwing good men in their way...good, safe, male role models
- Elders
- Therapeutic power of helping

34 Our Heroes

- Robbie Williams
- The Rock
- Shaggy

- Baddies
- Big tough men
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- Louis aged 6

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