



MASSACHUSETTS
GENERAL HOSPITAL

Coaching Boys Into Men

The boys in your life need you to help them grow into healthy young men. They need advice on how to behave toward girls and young women. They watch how you relate to men and women. You can teach them in a positive way that there is no place for violence in a relationship. Here are ways to get started: *

Teach Early: It's never too soon to talk to a child about violence. 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. Simply make yourself available as a resource for whatever he might need. Be present in his life.

Listen: Hear what he has to say. Listen to how he and his friends talk about girls. Is he worried about any of his friends who are being hurt in their relationships? Are any of his friends hurting anyone else?

Tell Him How: Teach him ways to express his anger without using violence. Try to give him examples of what you might say or do in situations that could turn violent.

Bring It Up: A kid will never approach you and ask for guidance on how to treat women. If you see or hear things that depict violence against women, tell him what you think about it.

Be a Role Model: Fathers, coaches and any man who spends time with boys or teens will have the greatest impact when they "walk the walk." They will learn what respect means by observing how you treat other people. Let him know how you define a healthy relationship and always treat women and girls in a way that your son can admire.

Teach Often: Let him know he can come back and talk to you again anytime. Use every opportunity to reinforce the message that violence has no place in a relationship.

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www.mghmenagainstabuse.org

