

NATIONAL SAVE OUR SONS NIGHT

February 6, 2015

Activity Guide





The literature conveys it, the research affirms it and the outcomes legitimize it; active and engaged fathers improve outcomes for children.

So why are we having such a hard time changing outcomes?

The impact of fatherlessness is far from being fully understood; especially as it relates to people of African decent. Today more of our children across the board are being born into out-of-wedlock homes, further sealing the reality that our children will spend some or all of the lives with the impact of not having their biological fathers living in the same house. Yet we clearly understand from history that not being born with married parents, doesn't regulate you to a life of doom and gloom. This world is riddled with the faces of a fatherlessnation, yet through that struggle we still find a way to make it through.

We might find some comfort in the fact that while 43% of our nations children are born into unmarried homes, intimate fatherhood engagement increases. Fathers are more apt to change diapers, feed, do homework and stay-at-home than ever before. This willingness to contribute to the well being our children is both welcomed, but misunderstood and often under appreciated.



While fathers are more engaged, we're not lost on the fact that parenting is not an automatic skill set given at birth. Parenting is a learned behavior based on what we've seen modeled in our own lives and what we are taught by the multiplicity of images we see each day.

Thus it is no surprise that men have a more difficult time knowing in all cases how to spend meaningful time with their children. Whether you have grown up in a house with a physically present, but emotionally absent father, a physically absent, but emotionally present father or both physically and emotionally absent, men (and women) have a lot to be taught about exactly how to give our children the best of our parenting.

This guide is not an all-inclusive way to spend time with your children, but we understand that the smallest moments can have the greatest impact. In this small guide we will attempt to give you some options in spending time with your sons. Time spent that can create lasting memories and a behavior that may also have a positive impact on your grandchildren to come.



BIG RULE TO CONSIDER Turn off and stay away from ALL social media; both adults and youth. NO Facebook, twitter, instagram, vine or any other popular social marketing platform. If you want to take pictures of your evening; do so; but commit to NOT POSTING until your evening is over.

Mutual Do's and Don'ts

These are things to consider as you make your plans for National Save Our Sons Night.

Do's

- + Make it fun, yet teachable and bonding
- + Allow all ideas to be considered
- + Think outside of the box
- + Enjoy the Moments
- + Smile and laugh a lot

Don'ts

- × The day is about sons/boys not YOU!
- × Do not use the day to hear yourself speak...Facilitate, not dictate.
- × Don't be bringing up "old" stuff.
- × Don't over intellectualize your activity. Make sure your activity is age appropriate.
- × You don't have to exclude mom, but remember the night is NOT about her, Not about you, it is about celebrating our sons.



**The following pages will give you
ideas on activities to plan for
National Save Our Sons Night.**

A READING

Reading is one of the earliest activities you can have with your children. Research shows that reading stimulates the mind of child in ways that develop their ability to learn. Consider also spending some time in the library. In fact sign up to receive a library card. Having a library card gives you access to other activities in the library.

▶ Consider going to the library or even surf the internet as a project to learn about something you don't already know.

B OUTDOOR ACTIVITIES

(One on one or Group)

1. Go for a walk or run
2. Ride a bike
3. Batting Cage
4. Golf Driving Range
5. (go for a ride) visit a place you've never seen before

C INDOOR ACTIVITIES

(One on one or Group)

1. Board Games
2. Cooking
3. Repairs
4. Video Games
5. Plan a trip/outing

D PROJECTS AND HOBBIES

1. Build a model airplane/car
2. Build a go cart
3. Start a collection
4. Go to a hobby store
5. Build a new room onto the house (mancafe)

E TRADITIONS

1. Begin looking at your family history
2. Plan a family reunion or gathering
3. Plan a day that you set aside to something together every year on the same day forever.
4. Start a journal
5. Plan to do the same thing every first Friday of February for the rest of your life

F TEACHABLE ACTIVITIES

1. Go to the Library
2. Visit Museum
3. Go on a City Tour
4. Visit your local tourism office to find historical places to visit
5. Purchase a globe and talk about the places you would like to visit some day

G CONVERSATIONS

There never seems to be a good time to have a conversation. However most conversations are good when they just start.

▶ Go to your local book store and ask for books on having hard conversations with your children.

1. Sex
2. Bullying
3. Domestic Violence
4. Drugs
5. Education

H OLD SCHOOL – NEW SCHOOL

1. Listen to and talk about the differences in music
2. Look through old photo albums and recent phone pic
3. Watch two movies that the other person doesn't want to watch
4. Bring out items in your house that will make your children laugh ie: Rotary Phone, Cassette Tape



DR. TIM ELMORE

1. Talk over the issues you wish you would've known about adulthood.
2. Allow them to attempt things that stretch them and even let them fail.
3. Discuss future consequences if they fail to master certain disciplines.
4. Aid them in matching their strengths to real-world problems.
5. Furnish projects that require patience, so they learn to delay gratification.
6. Teach them that life is about choices and trade-offs; they can't do everything.
7. Initiate (or simulate) adult tasks like paying bills or making business deals.
8. Introduce them to potential mentors from your network.
9. Help them envision a fulfilling future, and then discuss the steps to get there.
10. Celebrate progress they make toward autonomy and responsibility.

I LEARNING

1. Host a rap session
2. Plan a community meeting
3. Research and discuss a social issue
4. Hold a forum in your school and invite youth organizations to talk about their work
5. Sign up to take a CPR course at the YMCA or Red Cross

J WEEKEND ACTIVITIES

1. Plan to go visit out of town relatives
2. Go camping
3. Plan several activities across the weekend; to possibly include; eating, recreational, church and time to talk.

K COMMUNITY SERVICE

1. Volunteer at a Senior Citizen Facility
2. Volunteer at a local non-profit organization
3. Plan an activity or fundraiser for a charity

L ENTERTAINING

1. Movies
2. Concert/Play
3. Sporting Event
4. Arcade
5. Gym

M GROUP ACTIVITIES AND EVENTS

1. Rap Session
2. Movies and Dinner
3. Having a recognition event
4. Talent Show/Open Mic
5. Training on the Principles of Dr. Kings Non-Violence Movement
6. Discussion on the history of protest in Black America
7. Muhammad Ali's Six Core Principles (Confidence, Conviction, Dedication, Giving, Respect and Spirituality)



FAQ's

1. Can women participate?

Absolutely, we are attempting to increase the bond between men and boys, however remember the goal is to create healthy and productive activities for our sons/boys. If a family activity works, that's fine as long as it is centered on the son/boy. In cases when there is a group of women who want to do something with boys. Go for it; I would however suggest that you try your very best to find some able bodied men to be involved.

2. Do I have to be Black/African American to participate?

No, you don't. Again, recent events have increase the attention and need to strengthen and improve environments for Black Boys, but that doesn't negate the fact that all of our boys can use increased attention from men.

3. What about daughters/girls?

We have not forgot our precious girls. In fact we have already designated a National Save Our Daughters Night for May 8th. Details to follow immediately after we are complete with our NSOSN.



Version 1.0