Decreasing Aggressive Behaviors:

Interventions to “Build a Better Man” in American Schools

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Indiana IEP Resource Center
BLAQUESMITH, LLC

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Building a Better Man  
(Seymour, Smith, Torres)

- Intra-Personal Development
- Inter-Personal Development
- Involvement
INTRA-PERSONAL DEVELOPMENT
The Masculinity Developmental Hierarchy

Promoted Development (Dynamic)

Dependent Acquisition

Positive Input
Negative Input

Conscious Transformation

Majority of Males
Typically Younger Males
Older Males
Fewer Males

Psychology
Biology
Society
Culture
Patriarchy
Family
Media
Evolution
Depressed Development (Static)
Adverse Childhood Experiences

Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan
Effects of Trauma on the Brain
Limbic System

- Limbic cortex (mood)
- Septal area
- Thalamus
- Hippocampus (memory)
- Amygdala (emotions, such as fear/anxiety)
- Hypothalamus (limbic output)
Sequelaes of Trauma

People who have experienced trauma are:

- 4 times more likely to become an alcoholic
- 4 times more likely to develop a sexually transmitted disease
- 4 times more likely to inject drugs
- 15 times more likely to commit suicide
- 2.5 times more likely to smoke tobacco
- 3 times more likely to have serious job problems
- 3 times more likely to experience depression
- 3 times more likely to be absent from work
- Use antidepressant medication
3-Year-Old Children

Markedly shrunken cortex

Normal
Smaller corpus colosum

Extreme Neglect
Smaller Hippocampus
Dependent Acquisition
Cognitive Dissonance

- **Conscious Transformation** -Active Awareness
- **Natural Maturation (IT)** -True Success
- **Great Victories (IT)** -Us v. Me
- **Humbling Losses (IT)** -Lasting Legacy
- **Interactions (ET)**
- **Readings (ET)**
- **Observations (ET)**
INTERPERSONAL DEVELOPMENT
MENTORSHIP

WISE ADVISOR

TRUSTED ADVISOR

TRAINER

GUIDANCE PROVIDED BY SOMEONE WITH EXPERIENCE

MENTOR CAN BE YOUNGER OR OLDER (JUST NEEDS A LEVEL OF EXPERTISE)
7 C’s- Every Successful Male Needs:

• Coach
• Curator
• Counselor
• Conscience
• Crazy One
• Cousin
• Curtain
COACH

Parental Figure. The person who teaches you your morals, values, and ethics. Teaches you right from wrong. Shows you how to survive in life.

Example: Father, Mother, Grandfather, Uncle, Coach, Brother, Pastor
WISE. AGED COUNSEL. This is the Ol’ G in your life who explains history from lived experience. A person who has lived life and can share things from times in the past. 

Example: Grand’s, Great’s, Old Neighbors, Teachers, Pastors, Elderly neighbors.
7 C’S

Counselor

Counselor: A person who helps one navigate through problem(s). Sometimes it is a listening ear, advice, or another viewpoint.

Example: Psychologist, Counselor, Social Worker, Minister, Guidance Counselor, Family and/or Friends.
7 C’S
CONSCIENCE

Moral Compass: This is the person who loves you enough to tell you the truth when it may hurt your feelings. To help you make good decisions when you are acting out of character.

Example: Friend, Uncle, Elder, Minister, Faith, Sibling

He who passively accepts evil is as much involved in it as he who helps to perpetrate it. He who accepts evil without protesting against it is really cooperating with it. -MLK
7 C’S

CRAZY ONE

WILD Friend: This is the friend who can make you laugh when you do not want to laugh. Can make you try things you do not want to try or do. This is the friend who helps you to come out of your comfort zone.

Example: Cousin, Sibling, Neighbor, Teammate, Friend, Favorite Uncle
7 C’S

CURTAIN

Protector. This is the person who will have your back and you know you can trust to protect you and be there for you.

7 C’S COUSIN

SWISS ARMY KNIFE. This is a person who can play all the roles of 7 C’s. Your cousin is your best friend. Someone you can depend on in good and bad times.

EX: Father, Mother, Grandfather, Uncle, Coach, Sibling, Friend.
7 C’s Baseball
THE SEVEN ‘Cs’

7 C’s Football

Cousin: ___________________
Coach /You: ______________
Crazy One: ________________
Curtain: _________________

Curator: __________________
Counselor: ________________
Conscience: _______________
The Seven ‘C’s’

Your House
Church
Friend’s House
Boys and Girls Club
Playground
School
Cousin’s House

7 C’s Neighborhood
7 C’s

![Diagram of a basketball court with various labels: Counselor, CrazyOne, Cousin, Curator, Coach, Conscience, Cradle]
7 C’s & 6 P’s

- Profits
- Parasites
- Piranhas
- Paupers
- Past People
- Pitiful Ones
Questions & Answers....