



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

UTTC Lifeskills Lessons – Relationships & Family

Lesson 20: Being a Man

LS0020

Men Helping Men

Families are at the heart of all cultures. There is no work more important than fatherhood and motherhood. And yet, today, many people and agencies view fathers as the cause of many family and social problems. *"Fatherhood is Sacred"* takes the position that fathers are not the problem, but the solution and must take the lead in keeping families together. The training focuses on men helping other men make positive changes to love the people whom they serve and the support they bring to them.

"Fatherhood is Sacred" uses an approach based on a culturally rich model that inspires and self-motivates through natural techniques. Trained facilitators help fathers devote their best efforts in teaching and raising their children to develop the potential and attributes needed for success in life. The teaching method is to uplift, encourage, assist, and guide. The goal is to fill life with hope, gratitude, and understanding making a powerful effect in changing attitudes and behavior. Fatherhood is Sacred founder, Albert Pooley states, "There is no better way."

RESOURCES

- Fatherhood is Sacred. [Training schedule found at www.landgrant@uttc.edu](http://www.landgrant@uttc.edu)
- www.nativeamericanfathers.org
- www.blackfeetmanpower.org (Blackfeet Healthy Marriage Project)
- www.acf.hhs.gov/programs/ana/relevant/grantawardsarchive/2008/details/2008_ni_details (The Good Road of Life: Responsible Fatherhood Project)
- www.ag.ndsu.family/fathertimesnewsletter

Life Lessons Passed Down Through Generations

Kiamichi-tet remembers his father as someone who "could swear with the best of them" but was never angry with anyone. His father told him he learned that lesson from his father, Kiamichi-tet's grandfather.

The grandfather was a World War II veteran and tribal leader with the Caddo Nation. He raised eight kids during the 1950s and '60s. He died in 1978, and his grandson, Kiamichi-tet, never got a chance to meet him. On a visit, Kiamichi-tet asked his dad about his grandfather and his dad said, "He wasn't the biggest guy, but people reacted to him like he was giant." He explained he saw his father as a kindhearted man who wasn't afraid to cry. "When I was young, I came home one day and I said, 'Dad, I was told men don't cry.' He looked at me and said, 'Son, that's a lie. If you don't cry, you don't get rid of that poison that's in your body, that hurt, that pain. That's the only way you can truly be strong.'"

Kiamichi-tet told about a time when he was young and several of his friends and himself were bullying a child with lower intellect. Dad said a bunch of the boys started throwing bottle caps at him the boy the father stated, "I picked one up and threw it the weaker child - it smacked the poor boy in the head. I turned around and my dad (the grandfather) was standing there. And I thought, 'Oops, I'm really in trouble now.' but my dad looked at me, tears in his eyes, and he said, 'I didn't teach you how to look after others. That's my fault.' "You know, he could've stabbed me in the heart and it wouldn't have hurt as much." Kiamichi-tet's father added, "That was the most powerful thing that I ever learned from your grandfather - a powerful lesson of the importance of a father's responsibility and of kindness and compassion. Fathers have a lot of lessons to be told. A good father knows school is always in session for his children. Children learn quickly and early from their fathers. Fathers need to be there. Plan before a child is created!"

Warriors are not
what you think of
as warriors.

The warrior is not
someone who
fights.

Chief Sitting Bull



20 THINGS BOYS CAN DO TO BECOME MEN

by Kareem Abdul-Jabar



1. Learn who you are as an individual. Figuring out who you are, what you care about, what you believe in, and what you stand for is the most important—and most difficult—challenge of becoming a man.

2. Stand up for yourself and your beliefs. Be strong. Defend your opinions and beliefs. If you think it's wrong to be racist but someone in your group says something racist (or sexist, or ant-Semitic, or anti-gay), then tell them you don't agree and that you don't think they should make such statements. That's how these verbal bullies are eventually defeated.

3. Avoid a physical fight—if you can. There's a Chinese proverb that says, "The man who throws the first punch has lost the argument." It's always the weakest, dumbest guy who resorts to violence.

4. Play a team sport. Playing on a team teaches you how to interact with others, adjust to various personalities, work together as a team, be generous, and many other character-building traits.

5. Choose your friends for the right reasons. Good friends see you through a lot of the tough parts of growing up.

6. Fight your fear of the unknown. Becoming a man means growing, learning, and understanding—not cowering under a blanket with a handful of comforting notions.

7. Listen to advice. Listening to people's advice doesn't always mean taking it. You have to decide which advice is right for you. But it might be a good idea to collect some quotes from those who came before you so you can refer to them when you need to.

8. Be politically aware. One clear difference between children and adults is an awareness of your community outside your circle of friends and family. Read newspapers, watch the news. Discuss these subjects with your friends, but always respect the opinion of others.

9. Mind your manners. Shake hands, keep your elbows off the table, and offer guests food. Becoming a man is the realization that manners don't all make sense. What matters is how following rules and showing respect effects relationships.

10. Be patient in love. Most of the information boys have about girls is WRONG! WRONG! WRONG! Love is necessary and a man NEVER hurts or hits a woman.

11. Stay fit. Eating somewhat healthily and maintaining an exercise regimen will not only help fight off diseases and aging, they'll also help ensure an active lifestyle for many years because it is a habit.

12. Never, never do something on a dare. The person who dares you is counting on your not being strong or smart enough to see this challenge as laughable. The person who refuses a dare displays intelligence, courage, and independence.

13. Get organized. One main difference between a boy and a man is that boys talk about what they want to do and men actually do those things. Keep a calendar to help you finish things you need to finish. You will be much more successful.

14. Find heroes to copy. Find heroes—real or fictional—that have the values that you want to have, not the bank account you think will make you happy

15. Be independent. A man can take care of his own daily needs. Make your bed, do your laundry, learn to cook, hang up your clothes. Messiness is the sign of an immature mind.

16. Question authority. Respect your elders but don't think of them as perfect. To be your own man, you will have to make up your own mind about things.

17. Get smart. A man knows how to educate himself in finding truth.

18. Express yourself. Go ahead grow your hair long or shave it off. Wear comfortable clothes that show respect to you (pull up your pants). Do not do permanent things, like tattoos, because; just like your taste in clothes, hair styles, music; your thoughts about pretty much everything will change and you will not want something that makes you look childish forever.

19. Pay attention to the short run. People who care about you are always talking about your future, but you should take time to play safely and enjoy today.

20. But, keep your eye on the long run. Most of what's important to you now won't be in a few years. Friends will change. Priorities will shift. "The price of being a man is eternal vigilance." Know who you are, what you stand for, and be open for change