

Best Men Leadership Curriculum

The following curriculum sessions represent two and a half hours of instructional time. The program is intended for four years. This curriculum represents the required curriculum for Best Men Leadership sessions. We suggest that the coordinators review the videos or DVD's prior to the Best Men Leadership sessions. Utilize the questions from the BML Organizer and create questions specific to the 20 minute segment you have selected.

AUGUST

Introductory Event

All day (or overnight) event for Best Men Leadership and Parents/Guardians

SEPTEMBER

Session One

Collect Permission Slips

Welcome to Best Men Leadership Opening Session (15 min.)

Introduction of Membership by Coordinator (15 min.)

Administer Pre-Survey (60 min.)

Discuss: Words of Wisdom (5 min.)

Distribute Polo shirts or caps (10 min.)

Session Two

Administer Make-up Surveys (45 min.)

Distribute and Discuss Leadership Organizer (30 min.)

Complete Profile of Me (30 min.)

Discuss: Goal Setting for the New School Year (20 min.)

Discuss: Election of Officers (15 min.)

Discuss: Words of Wisdom (5 min.)

OCTOBER/NOVEMBER

Session One (October)

Conduct Elections of Officers (40 min.)

Develop Telephone Tree (10 min.)

Complete "My plan to Teach My Goals" in organizer (35 min.)

Discuss: Words of Wisdom (5 min.)

Session Two (October)

Topic: Self Respect and Friendship

Discuss: "The Gossiper" (45 min.)

Discuss Movie: "Men of Honor" (30 min.)

Discuss: Words of Wisdom (5 min.)

Session One (November)

Topic: Self Respect, Relationships "Waiting Teen" PSA's (45 min.)

Discuss Article: "Hidden World of Dating Violence" (30 min.)

Discuss: "What Do I say?" (30 min.)

"Testing Relationships" (10 min.)

Marriage: "The Best Choice for the Future" (30 min.)

Discuss: Words of Wisdom (5 min.)

Session Two (November)

College Preparation Workshop

Buffet Lunch (2 hrs., 30 min.)

Discuss: Words of Wisdom

DECEMBER/JANUARY

Session One (December)

Topic: Self Respect and Decision-Making

Discuss Video: "Self Respect: Keep it Real" (45 min.)

Discuss Video: "Can I borrow the Car" (30 min.)

Discuss: Do You Have Self-Respect? (20 min.)

Discuss: How to be a Leader in Making Decisions (30 min.)

Discuss: "Media Messages" (30 min.)

Discuss: Words of Wisdom (5 min.)

Session Two (December)

Annual Leadership Program (with Diamond Girls)

Session One (January)

Community Service Activity or Physical Fitness Event

Session Two (January)

Discuss Video: "Good Will Hunting" (30 min.)

Discuss: Words of Wisdom (5 min.)

Arrange for a guest speaker (45 min.)

FEBRUARY/MARCH

Session One (February)

Topic: Leadership, Relationships

Discuss Video: "This Ain't No Dress Rehearsal" (60 min.)

Discuss Movie: "Finding Forrester" (30 min.)

Discuss: Words of Wisdom (5 min.)

Session Two (February)

Attend Annual Career Fair with Diamond Girls (Note: This session is listed as Career or Entrepreneurship Workshop in the DG Guide) (2hrs., 30 min.)

Session One (March)

Prepare for National Best Friends Foundation Essay Contest (30 min.)

Discuss Article: "Police Investigation Death of Teen Who Was Beaten and Hit By Cars" (60 min.)

Discuss Movie: "The Mighty" (30 min.)

Discuss: Words of Wisdom (5 min.)

Session Two (March)

Community Service

Discuss: Words of Wisdom

APRIL/MAY – Lion

Present Best Men Leadership Program to 8th grade Best Men. Plan a special Presentation for eighth graders who will be Best Men Leaders next year.

Session One (April)

Topic: Drug and Alcohol use

Discuss video: "Busted: What You Need to Know about Drugs and the Law" (60 min.)

Discuss Movie: "Glory" (30 min.)

Discuss: "Words of Wisdom (5 min.)

Session Two (April)

Prepare for Annual Family and School Recognition Ceremony (30 min.)

Review My Plan to Reach My Goals (30 min.)

Discuss: Words of Wisdom (5 min.)

Session One (May)

Health and Fitness Day (3-6 hrs.)

Session Two (May)

Discuss: Words of Wisdom (15 min.)

Review College and Career planning

Discuss: Job and Internship Tips

Discuss: Resume Review

Discuss: Interview Tips

JUNE

Annual Family and School Recognition Ceremony

Last Session June

Administer Post-Survey (45 min.)

Discuss: Words of Wisdom (5 min.)

Curriculum Discussions

Curriculum sessions represent 2½ hours of instructional time. Please plan this time with care. As in the Best Men Curriculum, the centerpiece of the Best Men Leadership Curriculum are the discussions about the situations and issues young men faces in their lives. Curriculum discussions provide opportunities to give guidance. The Best Friends Foundation is confident that by adhering to the curriculum set forth in the Best Men Program Guide a positive change in overall behavior can be achieved. Best Men Leadership Words of Wisdom are discussed at the beginning of each curriculum unit. They are short, inspirational sayings to engage our Best Men in brief 5 minute discussions.