

**April 2014**

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# manAlive Youth

## Newsletter

### 2014 —

With the end of Term 1 fast approaching, 2014 is already shaping up to be a busy year. We are hoping to squeeze a little more out of summer and hope you can all do the same. The beginning of the year can be a stressful time as young people find their way back into school and tackle new challenges that are in their paths. We have several programmes running this year, including, Te Wero Aki, a free programme for 12-15 year old boys; Boys Alive our group programme for younger boys; as well as one-one counseling to help our young men navigate tricky periods in their lives on their paths to Manhood. Please read on for details.

### Thank You

We would like to thank the RNZAF and Auckland police who supported our Boys Alive programme this year by raising money at their annual Christmas Party. The money will be used as a grant to fund places for young boys on the programme where funding cannot be found.

We also want to thank all our clients and referrers for your continued support in 2014. 2013 was a very busy year for the youth team, running many programmes and working with over 50 male youth and their families per week. We've appreciated working with you to help change lives in our community.

### New Faces

We have recently added Tom Didovich to the Youth Team. Tom is an experienced counselor and is working with us two days a week. We are also lucky to have Nigel Peterson working with us this year. Nigel is a third year social work student and is helping to deliver our Boys Alive programmes this year.

### New Free Programme

We have a new Te Wero Aki programme beginning in term 2 this year. The places are fully funded but are limited. See details in this newsletter for how to reserve places and refer.



manAlive Youth

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**Helping young men and families create better futures**

One-to-One Counselling, Life Skills and Anger Management Programmes for Male Youth 8—17 years

# manAlive Youth

## 2014 Programmes

2014 is shaping up to be an exciting year for the Man Alive Youth Team. As usual we will be delivering our 9 week Boys Alive programme Designed for boys aged 8-12, and our 12 week anger management, Growing Men Programme delivered through 1-1 counseling sessions. Adding to these in term 2, in conjunction with Adventure Specialties we will be delivering the Te Wero Aki programme, which combines one to one counseling and outdoor pursuits to help young men aged 12 to 15 become the men they want to be. This will



Man Alive and Adventure Specialties Trust, in conjunction with Child Youth and Family present

## TE WERO AKI "THE CHALLENGE"



## Growing MEN

For more information please contact:  
Whitney Beasy—Youth Administrator  
Phone: 835-6508 ext 812  
Email: whitney@manalive.org.nz  
Post: PO Box 21 063, Henderson, Auckland 0812

Growing Men is a twelve week anger management and life skills one-to-one counselling programme, based on Waiora, the total wellbeing of the person. It's designed for male youth 8–17 years of age who are finding it difficult to control defiance, anger, aggression or violence. It aims to develop Manaakitanga, the behaviour which acknowledges the Mana of others as having equal or greater importance as their own. It encourages male youth to grow, become more self-aware, deal with underlying issues, understand the impact of their choices on themselves and others. This is achieved through Whanaungatanga, the building of relationships within themselves, the whānau, Hāpai and Iwi (Family and wider community). Underlying this is the Mana of the individual and their development of more responsibility for their thoughts, emotions and actions.

**Overview**  
The 12 week programme the overarching themes of: Waiora, Manaakitanga, Mana, Whanaungatanga, Hāpai and Iwi are covered. These themes run throughout the all the below highlighted topics. Different participants move through topics or issues at different rates. As each participant's emphasis may be needed on different topics, or topics may need to be dealt with in a different order, counsellors flexibility to deal with specific participant issues. Parents/Caregivers (involved for half the first session) can be involved throughout the entire course of counselling depending on the participant's needs. In this programme they are at least involved in Sessions 1, 6 & 12.

**Sessions 1–2**  
**Tookū Ake Mana - (Who am I? Why am I here?)**

- Assessment Session
- (Parents/Caregivers involved for half the first session)
- Who am I? Why Am I Here? & Where am I going?

**Sessions 3–5**  
**Whātūmanawa— (Tools that develop healthy expression of emotion)**

- Responsibility (Five Part Respond Ability Model)
- Tension Scale
- Time Out
- Triggers

**Session 6–9**  
**Whanaungatanga - (Relationships With Myself and Others)**

- Parents/Caregivers Session (Family Strength Based Work)
- (Parents/Caregivers involved for the whole of session six)
- Forgiveness
- Relationships
- Communication
- Self Esteem

**Session 10-11**  
**Waiora - (Total well being)**

- Identified Need Topics Could Include:
- Extra sessions on previous topics
- Family Therapy, Grief & Loss, Shame, Drugs & Alcohol, Trauma & Hurt, Other identified issues and Future Focus.

**Session 12**  
**Poroporoaki— (Farewell)**

- Bringing all parties together to review, farewell and look forward to the future.
- Parents/Caregivers involved for the whole session (Family Strength Based Work)

# Boys Alive

Group Mentoring  
Programme



For more information please contact:  
Whitney Beasy—Youth Administrator  
Phone: 835-0509 ext 812  
Email: whitney@manalive.org.nz  
Post: PO Box 21 963, Henderson, Auckland 0612.

Boys Alive is a fun filled, action packed, nine session group mentoring programme for twelve, year 4-8 boys (8-12 years old) who may have a lack of positive male role models, behavioural difficulties, or issues around anger, self-control, relationships, communication, or self-esteem.

The programme involves a weekly 2½ hour programme and three activity days, including an overnight experience running for eight consecutive weeks during school term time, as well as an additional follow up session approximately three months later. Using the group process, relationship skills are built. The learning from this process link the boys with their own experiences, so they are helped to understand and develop increased personal responsibility surrounding thoughts, feelings and actions.

### Boys Alive Purpose

To provide a male positive environment where boys are mentored by supportive male role models. Through this environment the boys will be affirmed, as well as being challenged, encouraged and equipped to develop increased responsibility for their own thoughts, feelings and actions and move towards their full potential and wholeness.

### Overall Aims Of The Boys Alive Programme

The Boys Alive programme aims to resource and empower the participants to:

- Have established and experienced positive relationships with adult and peer males.
- Have experienced, learnt and practiced positive communication and conflict resolution skills with both adult men and peer males.
- Have an increased respect and empathy for others.
- Develop increased personal responsibility surrounding thoughts, feelings and actions.
- Have learnt the importance of self-control and setting personal boundaries and gained increased ability to do this.
- Developed an increasingly balanced sense of self-esteem and understanding of who they are.
- Have an increased understanding of and desire for trust, maturity, personal integrity and honesty.
- Have an increasing desire to integrate the physical, mental, emotional, spiritual, relationship and cultural aspects of who they are as a person.

### Programme Overview

Each session one or two of the below themes are explored.

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# Growing MEN

manAlive  
Youth

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## Programme Overview

During the course of the 12 week programme the overarching themes of: Waiora, Manaakitanga, Mana, Whanaungatanga, Wairuatanga are covered. These themes run throughout the all the below highlighted topics.

The session outline is fluid as different participants move through topics or issues at different rates. As each participant is different, more or less emphasis may be needed on different topics, or topics may need to be dealt with in a different order.

Sessions 10 & 11 are designed to allow counsellors flexibility to deal with specific participant issues.

Whanau (Parents/caregivers and wider family) can be involved throughout the entire course of counselling depending on the participant and the issues. In this programme they are at least involved in Sessions 1, 6 & 12.

### Session 1-2

#### Tooku Ake Mana - (Who am I? Why am I here?)

- Assessment Session  
(Parents/Caregivers involved for half the first session)
- Who am I?, Why Am I Here? & Where am I going?

### Sessions 3—5

#### Whatumanawa— (Tools that develop healthy expression of emotion)

- Responsibility (Five Part Respond Ability Model)
- Tension Scale
- Time Out
- Triggers

### Session 6 –9

#### Whanaungatanga - (Relationships With Myself and Others)

- Parents/Caregivers Session (Family Strength Based Work)  
(Parents/Caregivers involved for the whole of session six)
- Forgiveness
- Relationships
- Communication
- Self Esteem

### Session 10-11

#### Waiora - (Total well being)

- Identified Need Topics Could Include:
  - Extra sessions on previous topics
  - Family Therapy, Grief & Loss, Shame, Drugs & Alcohol, Trauma & Hurt, Other identified issues and Future Focus.

### Session 12

#### Poroporoaki— (Farewell)

- Bringing all parties together to review, farewell and look forward to the future.  
Parents/Caregivers involved for the whole session (Family Strength Based Work)

# Te Wero Aki

## Programme Description

Te Wero Aki programme is for youth referred by Police or Child, Youth and Family. The programme is a 10 week course (plus a follow up activity) combining the best elements of one-to-one counselling, group process and outdoor adventure including a 6 day wilderness adventure. The programme is designed for 12-15 year old male youth, medium risk who have been identified as having potential energy towards positive change. The programme is being delivered in collaboration with Adventure Specialties Trust.

## Programme Purpose

Using the mediums of one-to-one counselling, group process and outdoor adventure a male positive environment will be created. Through these mediums the participants will be challenged to grow individually and as a group. Participants will be provided with opportunities and motivated to develop responsibility for thoughts, feelings and actions and to make positive changes in their lives.

## Referral Criteria

- Male youth between 12 –15 years who are low or medium risk.
- The participant must have been identified as having potential energy towards change and is a suitable and willing participant for a group programme.

To make a referral please contact youth@manalive.org.nz or call us on (09) 835 0509 x 812

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