

Why The Council?

The mission of The Council is to offer adolescent young men a solid pathway toward healthy identity development, recognizing their strengths and capacities, challenging stereotypes, questioning unsafe attitudes and encouraging solidarity through personal and collective responsibility.

What to expect:

In weekly sessions, a group of six to ten young men of similar age and development meet with a facilitator for 1.5 hours for 10 weeks.

(Times and Locations may vary.)

At the last session, youth will participate in a completion celebration, allowing them to reflect on their time spent in The Council.

Youth are also welcome to continue attending groups after completion, if desired.

Developmental Assets Strengthened:

- Integrity
- Honesty
- Responsibility
- Planning and Decision Making
- Interpersonal Competence
- Cultural Competence
- Resistance skills
- Peaceful Conflict Resolution
- Personal Power
- Self-Esteem
- Sense of Purpose
- Positive View of Personal Future

The Council
is NOT therapy,
but has the goal of supporting
young men in making positive
choices for their futures.



For more information contact
Judy Pearce

Clackamas County Juvenile Department

Phone: 503 650-3152
E-mail: jpearce@clackamas.us

Clackamas County Juvenile Department



A skills group
for
young men*

*for youth who
identify as male

In this structured environment, youth participate in group activity which provide an opportunity to:

- Learn to Make Positive Choices
- Express Ideas
- Work as a Team
- Strengthen Resiliency

The Council encourages understanding, critical thinking, pride and unity in an active environment where youth can share at their own pace and building on each member's individual strengths and unique capabilities.



Theme Topics

- Peer Pressure
- Values
- Bullying
- Conflict Resolution
- Mentoring
- Competition
- Tolerance
- Relationships
- Goal Setting
- Life Skills
- Boundaries
- Maturity

Format:

- **Opening Ritual:** An opening activity that marks the commencement of the council process.
- **Theme Introduction:** A short synopsis of what is planned for the meeting.
- **Warm-Up:** Light activities designed to get group members interacting with one another.
- **Check-In:** A time for participants to check in with the council and express whatever they wish and/or something about the theme.
- **Activity:** An experiential or creative activity that can be fun, stress-reducing, and challenging.
- **Reflection:** Allows participants the opportunity to reflect on the meaning of the activity through a guided discussion.
- **Closing Ritual:** Brings the group to a close and sends the members off with a positive tone.



Risk factors increase the likelihood a youth will participate in risky or illegal behavior while specific protective factors work as a powerful force to overcome these risk factors.

The Council works to address the following risk and protective factors:

- ⇒ Increases empathy for others.
- ⇒ Strengthens their expectation of their future.
- ⇒ Strengthens positive relationships with friends who are academic achievers.
- ⇒ Promotes youth having an adult in their life (other than a parent/guardian) he can talk to.
- ⇒ Increases problem solving and coping skills.
- ⇒ Activities and discussion regarding constructive extra-curricular activities curricular activities.