

# Michael Auden's Teaching Boys Emotional Literacy

## Interactive Training Modules



Be an  
empowering teacher

© Michael Auden 2014

The Village Teacher

[www.MichaelAden.com.au](http://www.MichaelAden.com.au)

# **Michael Auden's Teaching Boys Emotional Literacy**

Created by Michael Auden © 2014

The Village Teacher  
94 Greenwich Road Greenwich NSW 2065  
Email: [Michael@michaelauden.com.au](mailto:Michael@michaelauden.com.au)  
Web: [www.MichaelAuden.com.au](http://www.MichaelAuden.com.au)

## **Empowering the Boys in Our Classroom**

How a boy feels about himself is one of the basic pillars upon which his future success in school and in life depends.

We adults have so much influence, whether we realize it or not.

Whether or not exhorting kids to feel good about themselves has any effect at all on their self-esteem, helping them to do something they can be proud of is bound to help.

Of all the judgments and beliefs that each one of us own, none is more important than the ones we have about ourselves. As a teacher, one of our primary concern ought to focus on what boys think of themselves.

The beliefs about themselves are the single most telling factors in determining a boy's success and happiness in life.

A boy's self-image is a direct result of the kind of reinforcements he receives from you and his parents on a daily basis.

Don't ask, "What do I think of this boy?" or "What do his parents think of him?" but...

... "What does he think of himself?"

Does he feel good about the way he looks?

Does he have confidence in his ability to undertake challenges?

Does he think of himself as worthy?

Does he feel intelligent?

The barriers we erect to our own growth and development are almost always internal barriers.

The job of motivating a boy to have greater aspirations in life is essentially the task of working on their self-pictures in all areas of their young life.

Any area where you find negativity, pessimism, or indifference about their abilities or dreams, you have an assignment for self-improvement to work on.

## **A teen boy's self-portrait**

### **Self-Worth**

This term describes his view of himself as a person. It may begin with how he sees other people viewing him. If you treat a boy as important, worthy, attractive, then he will generally come to believe the same things about himself.

Teach boys to look within. Encourage him to see himself as worthwhile, even if he fails at something.

If he is encouraged to see himself as worthwhile, as significant and important regardless of performance, then he will have self-worth.

It is critical that we accept responsibility to do all we can to keep a boy from assessing himself as worthless.

Chronic underachievers have an inner attitude of "I'm really not worthwhile, no one ever thought of me as successful, and I just don't think of myself as very important."

### **Self-Confidence**

A boy with a positive self-worth may lack confidence in parts of his life.

He may feel self-confident around his mother but be a nervous wreck in the company of his teacher for instance.

Self-confidence is measured in behaviour terms, while self-worth is assessed in attitudinal ways.

Teaching a boy new behaviours is the avenue for building and sustaining self-confidence.

Self-confidence is made up of:

- Willingness to take risks

- Ability to challenge oneself
- Capacity for courage and assertiveness

All of these themes revolve around one key word:  
ACTION

You build confidence by doing: not by worrying, thinking about it, talking about it, but by doing.

We must keep in mind in helping boys to gain self-confidence the importance of their becoming people who challenge themselves, who are willing to take risks, and who have no fear of unwillingness to take risks.

Treating a boy as if he is already what he can become is the greatest self-confidence booster there is.  
Don't be the teacher who points out flaws and reminds him that he has limited abilities.

Convey to him that you believe in his abilities.

A boy's self-worth must be a given, not something to be proven.

### **Basic principles for building self-esteem in a boy**

- You must model self-respect
- Treat each boy as an individual
- A boy is not his actions but a boy who acts
- Provide opportunities to be responsible and make decisions
- Teach enjoyment of life every day
- Provide praise rather than criticism
- We become what we think about

## **Strategies for raising a boy's self-portrait**

- Encourage boys to be a risk-taker rather than always taking the safe road
  - Discourage boys from any and all self-put-downs
  - Make an effort to reduce the emphasis on external measures of success
  - Work at reducing complaining and whining behaviour
  - Focus your criticisms on actions, not on the value of the person
  - Encourage boys to be excited about everything in life.
  - Help them avoid the "I'm bored" routine.
- 
- Encourage boys to be independent rather than dependent
  - Teach boys to be non-judgmental
  - Encourage a boy to be honest with himself
  - Be aware of the importance of appearance in teen boys

### **Also try these:**

- Encourage boys to think in healthy rather than in sick ways
- Catch a boy doing something right, and remind them on a regular basis of how terrific they are
- Treat a boy as though he has arrived as a total, complete human
- Give each boy an opportunity to be a unique and special person
- If you want him to feel attractive, beautiful, competent, and healthy, then show him a person who lives that way
- Listen carefully to boys
- Be involved in his age-related activities
- Read aloud with him at all ages
- Be supportive of his efforts to be independent
- Help him develop positive self-pictures in his head
- Teach him to avoid self-destructive self-talk

A teen boy's self-image is the most important factor in his happiness and fulfillment.

A boy who believes that the world is a good and miraculous place, and that he is special and loved, has a tremendous advantage over a boy who is doubting and negative.

When you send highly charged positive signals to a boy, he begins to have an expectation of happiness and success, he becomes eager to meet new people, he enjoys challenges, and – most important – he will be loving, open, and generous toward others.



## Two Page Plan – Be an Empowering Teacher

*Describe the qualities you have that enable you to empower people in your life*

*What tips have you learned in this session that would you would use in empowering boys in your classroom*

1.

2.

3.

4.

5.

6.

# **Michael Auden's Teaching Boys Emotional Literacy**

## **Interactive Training Modules**

Created by Michael Auden © 2014

The Village Teacher  
94 Greenwich Road Greenwich NSW 2065  
Email: [Michael@michaelauden.com.au](mailto:Michael@michaelauden.com.au)  
Web: [www.michaelauden.com.au](http://www.michaelauden.com.au)