

Growing out of the UU faith tradition, this curriculum was written to parallel the UU guiding principles. The underlying foundation throughout is that participants promote:

- the inherent growth and dignity of every person
- justice, equity and compassion
- acceptance of one another and encouragement to spiritual truth
- a free and responsible search for truth and meaning
- respect for the interdependent web of all existence



For more information or to purchase curriculum, please contact:

Linda Scacco

[LScaccophd@aol.com](mailto:LScaccophd@aol.com)

860-561-5759

860-490-6699

(cost- \$ 90<sup>1st</sup> copy/ \$45 additional copies)

# Who Are We? Fathers and Sons Growing Together

A Curriculum for Fathers and Their Sons



by Linda Ann Scacco, Ph.D.

Funded by the Unitarian Sunday School Society,  
The UUMen's Network, and The Universalist Church  
of West Hartford, CT.

Boys in our culture are socialized to be tough, competitive and aggressive. They live in a world whose model for what it means to be a man restricts them from expressing a full range of human emotions and behaviors. This model places boys at risk, and indeed there is growing evidence that boys are experiencing increasing behavioral and emotional difficulties growing up in the world today.

This curriculum is designed to teach boys and their fathers about the male socialization process and the problems boys face in our culture. The curriculum promotes father-son bonding and offers a model of masculinity based on the strengths of connection, wholeness and full emotional expression.

“Who Are We?” is designed for fathers (or male mentors) and their middle-school aged sons. The program is facilitated by 2 male co-leaders.

The program consists of 13 sessions, utilizing a format with 3 components:  
psychoeducation  
discussion  
planned activities

### Highlights of Curriculum Goals

- to promote awareness of the male socialization process
- to create a supportive and nurturing environment that will foster communication between fathers and sons
- to promote intergenerational connections, a “village” of caring and connection
- to help fathers and sons explore their relationship through discussion and planned activities

### Highlights of Curriculum Topics

Getting to know ourselves and one another

Boys and feelings

What do you believe in? Boys and spirituality

What about sports?

How are we changing? Boys and their bodies

Boys and the natural world

Who are our fathers?

Who are our women?

Boys and bullying

Boys and homophobia

Boys and the media

