

Raising boys

Raising boys is a rewarding yet challenging journey for parents and caregivers. It involves shaping young minds and helping them develop into responsible, confident and empathetic individuals. As boys grow, they face numerous physical, emotional and social changes, and it is the role of parents to provide guidance and support during this crucial time. Raising boys means creating a safe and nurturing environment, teaching them important life skills, and instilling values such as respect, honesty and empathy. With patience, understanding and a positive approach, parents can help their sons grow into well-rounded, confident young men.

Empower confidence. Start the conversation using these strategies:

- 1. Healthy masculinity**
Discuss the importance of this and encourage your son to embrace a positive, respectful and inclusive view of masculinity.
- 2. Consent and sexual health**
Teach your son about consent, boundaries and sexual health, including healthy relationships, contraception and STI prevention.
- 3. Emotional intelligence**
Encourage your son to express his emotions and provide a safe and supportive environment for him to do so.
- 4. Gender roles and stereotypes**
Discuss the impact of toxic masculinity and help your son understand the importance of rejecting harmful gender stereotypes.
- 5. Body image and self-esteem**
Teach your son about positive body image and encourage him to embrace and respect his own body, as well as others.
- 6. Diversity and inclusion**
Discuss the importance of respecting others, regardless of differences in race, religion and gender.
- 7. Social skills with peers**
Encourage your son to be a positive role model and leader among his peers, helping him to develop strong social skills.
- 8. Digital citizenship**
Teach your son about responsible and safe use of technology, including online privacy, cyberbullying and digital reputation.
- 9. Mental health**
Discuss the importance of mental health, encourage him to talk about his feelings, seek help if needed, engage in regular exercise and get plenty of sleep.
- 10. Discuss risks**
Discuss the dangers of these substances and help your son understand the importance of making healthy choices.