



Father Friendly Initiative Curriculum

Participants of the Father Friendly Initiative are required to attend a 16 lesson curriculum that is designed to provide fathers with a forum for self-development. In particular, its aim is to assist fathers by assessing and improving their roles as partners, fathers, and members of the community.

The Curriculum, which consists of 16 lessons of one and one-half hours each, achieves the above goal by first providing a culturally appropriate context for discussing manhood and self-development. The overarching idea behind this curriculum is that by helping fathers address their personal developmental issues and understanding their relationship with the mothers of their children, that birth outcomes for children will improve because family relationships will improve.

The classes cover the following topics:

- Personal development – assessing personal attitudes and coping patterns that significantly impact their self-esteem and functioning;
- Nature of manhood within the context of gender related stressors and relationship expectations;
- Self-examination of attitudes about relationships with women and the influence of cultural expectations and social construction of these attitudes;
- Men's attitudes and values about fathering based on their personal experiences With their own fathers;
- Parenting practices
- Child development from the prenatal periods to adolescence.