



24:7 DAD[®] A.M.
FOURTH EDITION

SAMPLE
ONE-ON-ONE DELIVERY

**National
Fatherhood
Initiative[®]**



24:7 DAD[®] A.M.
FOURTH EDITION

FACILITATOR'S MANUAL
ONE-ON-ONE DELIVERY

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24:7 Dad® Fatherhood Program

Now in its Fourth Edition!

Facilitator's Kits include everything you need to facilitate the program "out-of-the-box":

- Facilitator's Manual with Program and Session Guides
- 1 Fathering Handbook with Pocket Cards for facilitator's reference
- Support Resources Packet (download): Contains evaluation tools and handouts in English and Spanish, 26 videos to enhance program delivery, PowerPoint® decks, and more.

\$899

Facilitator's
Kit



Available in English and Spanish!

The nation's #1 evidence-based fatherhood program is better than ever! Used by family-serving organizations nationwide, this strengths-based program helps fathers become the dads they were meant to be. Research shows that 24:7 Dad® successfully builds pro-fathering attitudes, knowledge, and skills. 24:7 Dad® can be delivered in person or virtually, and Facilitator's Manuals are now available in group-based and one-on-one delivery options!

The 24:7 Dad® Difference

24:7 Dad® rests on a solid foundation of behavior-change theory and evidence that transforms fathers, families, and communities. It focuses on five cross-cultural characteristics of nurturing and effective fathering. It comes in two versions: A.M. for foundational skill-building and P.M. for advanced skill-building. Each 24:7 Dad® version has 12 sessions that build on each other.

24:7 Dad® A.M. Foundational Topics:

- Family History
- What it Means to Be a Man
- Showing and Handling Feelings
- Men's Health
- Communication
- The Father's Role
- Disciplining Children
- Children's Growth
- Getting Involved with Your Child(ren)
- Working with Mom & Co-Parenting

24:7 Dad® P.M. Advanced Topics:

- Fathering and the 24:7 Dad
- Boyhood to Manhood
- Dealing with Anger
- Knowing Myself (Self-Worth)
- Family Ties
- Sex, Love, Relationships
- Power and Control
- Competition and Fathering
- Improving My Communication Skills
- Fun with the Kids

24:7 DAD® FOURTH EDITION

The 24:7 Dad® curriculum will require each man to really examine himself, his relationship with his children and the relationship with the mother of his children. If every man who enters this program is open to change, I have no doubt in my mind he will change and for the better.

~Sterling Alexander, Vice-President, M.E.N.

If I had to rate this program [24:7 Dad®], one word: 'priceless.' It's absolutely priceless. I would say that every father, potential father and anyone thinking about being a father should be a part of this program.

~Howard Tayari, 24:7 Dad® participant



Learn more and access samples at: store.fatherhood.org/247-dad-am-4th-ed-facilitators-kit
or store.fatherhood.org/247-dad-pm-4th-ed-facilitators-kit

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WHAT'S NEW IN 24:7 DAD® A.M. AND P.M.

YOU ASKED, WE ANSWERED! *24:7 Dad® was updated based on feedback from facilitators like you.*



Separate Facilitator's Manuals for group-based and one-on-one delivery!

Facilitators can select a manual customized for working with groups of dads or with one dad at a time—or both! This takes the guess work out of customizing the program for delivery during home visits, as part of one-on-one case management, and in other settings that require or are ideal for serving dads individually.



Session scripts!

Facilitator requests and NFI staff's observation of program facilitation argued for restructuring program content to make it even easier to deliver. Session Guides now contain scripts for delivering content concisely, quickly, and powerfully! Scripts make it easier for seasoned facilitators to take their delivery to another level. They also make it easier for new facilitators to learn the program more quickly so they can hit the ground running.



New videos and engaging content!

Gone are outdated animated videos. In are inspiring videos of real dads, children, and families! These professionally-crafted videos engage dads and enhance their learning. Shown during the Welcome and Warm-Up activity, the videos cover what dads will learn motivating them at the start of every session. They also make the program easier and more fun to facilitate! NFI also added videos describing the program's incredible impact on building the five characteristics of a 24:7 Dad, as told by program graduates!



Improved flow of activities!

NFI staff identified gaps in the flow of some program activities, such as procedures that lacked clarity or suffered from omissions. We closed those gaps with clearer or additional content, some of which reflect facilitators' tips integrated into activities as vital content rather than treating them as "thoughts to consider." These improvements include those in the My 24:7 Dad® Checklist and Closing, Comments, and Evaluation activities that close out sessions.



Sources for evidence-based and evidence-informed content!

Facilitators asked for even more sources supporting the program's content, so now the Session Guides integrate more data sources. We also added new tips and guidance on communication, healthy relationships, and more.



Improved Fathering Handbook!

We added content reflecting new tips and guidance. We also redesigned it to eliminate clutter and make better use of space.



New PowerPoint® slide decks!

Facilitator requests and NFI staff observations of program delivery—especially virtually—led to the addition of a slide deck for each version. They reinforce some of the most critical program content while including just enough to engage dads visually but not distract them from engaging with each other or the facilitator.



Improved Fathering Surveys!

Based on feedback from facilitators, we revised questions for clarity in the evaluation tool for each version.



Additional design improvements!

We reduced clutter in the Session Guides and formatted the content to easily pick out the new scripts. Gone is the tiny flash drive with supporting resources—such as handouts for some sessions and program fidelity tools—that was so easy to misplace. In is a dedicated webpage containing those supporting resources updated for use with the new edition. And we added new resources, such as a guide on using the program with teen dads. Continue to access the resources there or download them to your hard drive or a shared drive.

Facilitator Training Available!

- On-demand in our Academy
- Public webinar training
- Custom webinar or in-person training for organizations

Visit www.fatherhood.org/solutions/staff-training to learn more and register!



Learn more and access samples at: store.fatherhood.org/247-dad-am-4th-ed-facilitators-kit
or store.fatherhood.org/247-dad-pm-4th-ed-facilitators-kit

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SHARED CONTENT	OPTIONAL INTRODUCTORY SESSION	SHARED CONTENT
	#1 Welcome and Warm-Up	
	#2 My Hopes for the Program	
	#3 The Impact on the Relationship with my Children	
	#4 Ground Rules	
	#5 What Motivates Me to Attend	

SESSION 1: Family History
1.1 Welcome and Warm-Up
1.2 What it Means to be a Man and My Role
1.3 Roles of Dad and Mom
1.4 The 24:7 Dad®
1.5 Closing, Comments, and Evaluation
SESSION 2: What It Means to Be a Man
2.1 Welcome and Warm-Up
2.2 Today's Man
2.3 Body Image
2.4 My 24:7 Dad® Checklist Items
2.5 Closing, Comments, and Evaluation
SESSION 3: Showing and Handling Feelings
3.1 Welcome and Warm-Up
3.2 Holding Feelings Inside
3.3 Grief and Loss
3.4 My 24:7 Dad® Checklist Items
3.5 Closing, Comments, and Evaluation
SESSION 4: Men's Health
4.1 Welcome and Warm-Up
4.2 Stress and Anger
4.3 Physical Health
4.4 My 24:7 Dad® Checklist Items
4.5 Closing, Comments, and Evaluation
Session 5: Communication
5.1 Welcome and Warm-Up
5.2 Ways to Communicate
5.3 Talking with Children
5.4 My 24:7 Dad® Checklist Items
5.5 Closing, Comments, and Evaluation
Session 6: The Father's Role
6.1 Welcome and Warm-Up
6.2 The Ideal Father
6.3 What Kind of Father and Partner Am I?
6.4 Benefits of Marriage
6.5 My 24:7 Dad® Checklist Items
6.6 Closing, Comments, and Evaluation
SESSION 7: Disciplining Children
7.1 Welcome and Warm-Up
7.2 Morals and Values
7.3 Rewards and Punishment
7.4 My 24:7 Dad® Checklist Items
7.5 Closing, Comments, and Evaluation
SESSION 8: Children's Growth
8.1 Welcome and Warm-Up
8.2 Goals and Self-Worth
8.3 Nature or Nurture?
8.4 My 24:7 Dad® Checklist Items
8.5 Closing, Comments, and Evaluation
SESSION 9: Getting Involved
9.1 Welcome and Warm-Up
9.2 Ways to be Involved
9.3 Helping My Child Do Well in School
9.4 My 24:7 Dad® Checklist Items
9.5 Closing, Comments, and Evaluation
SESSION 10: Working with Mom and Co-Parenting
10.1 Welcome and Warm-Up
10.2 Parenting Differences
10.3 Walking a Mile in Her Shoes
10.4 I'm Okay, She's Okay
10.5 My 24:7 Dad® Checklist Items
10.6 Closing, Comments, and Evaluation
SESSION 11: Dads and Work
11.1 Welcome and Warm-Up
11.2 Work and Family
11.3 Balancing Work and Family
11.4 My 24:7 Dad® Checklist Items
11.5 Closing, Comments, and Evaluation
SESSION 12: My 24:7 Dad® Checklist
12.1 Welcome and Warm-Up
12.2 Skills I Learned
12.3 Assessing My Fathering Skills (OPTIONAL)
12.4 My 24:7 Dad® Checklist
12.5 Celebrate (OPTIONAL)

SESSION 1: Fathering and the 24:7 Dad
1.1 Welcome and Warm-Up
1.2 My Story
1.3 My Fathering Skills
1.4 The 24:7 Dad®
1.5 Closing, Comments, and Evaluation
SESSION 2: Boyhood to Manhood
2.1 Welcome and Warm-Up
2.2 Differences Between the Male and Female Brain
2.3 Learning to be a Man and Dad
2.4 My 24:7 Dad® Checklist Items
2.5 Closing, Comments, and Evaluation
SESSION 3: Dealing with Anger
3.1 Welcome and Warm-Up
3.2 This is Anger
3.3 Showing and Dealing with Anger
3.4 My 24:7 Dad® Checklist Items
3.5 Closing, Comments, and Evaluation
SESSION 4: Knowing Myself
4.1 Welcome and Warm-Up
4.2 Building Self-Worth
4.3 Self-Worth Survey
4.4 My 24:7 Dad® Checklist Items
4.5 Closing, Comments, and Evaluation
SESSION 5: Family Ties
5.1 Welcome and Warm-Up
5.2 Building Closeness
5.3 A Plan for Family Ties
5.4 Closing, Comments, and Evaluation
SESSION 6: Sex, Love and Relationships
6.1 Welcome and Warm-Up
6.2 Sexual Self-Worth
6.3 A Healthy Relationship
6.4 My 24:7 Dad® Checklist Items
6.5 Closing, Comments, and Evaluation
SESSION 7: Power and Control
7.1 Welcome and Warm-Up
7.2 The Difference Between Power and Control
7.3 Positive Power and Control
7.4 Power Struggles
7.5 My 24:7 Dad® Checklist Items
7.6 Closing, Comments, and Evaluation
SESSION 8: Competition and Fathering
8.1 Welcome and Warm-Up
8.2 Competitive and Non-Competitive Fathering
8.3 Living Through My Children
8.4 My 24:7 Dad® Checklist Items
8.5 Closing, Comments, and Evaluation
SESSION 9: Improving My Communication Skills
9.1 Welcome and Warm-Up
9.2 Criticism vs. Confrontation
9.3 Negotiation
9.4 Identifying and Solving Problems
9.5 My 24:7 Dad® Checklist Items
9.6 Closing, Comments, and Evaluation
SESSION 10: Fun with the Kids
10.1 Welcome and Warm-Up
10.2 Fathering and Fun
10.3 A Plan for Fun
10.4 My 24:7 Dad® Checklist Items
10.5 Closing, Comments, and Evaluation
SESSION 11: Stress, Alcohol, and Work
11.1 Welcome and Warm-Up
11.2 Drinking and Stress
11.3 Work and Stress
11.4 My 24:7 Dad® Checklist Items
11.5 Closing, Comments, and Evaluation
SESSION 12: My 24:7 Dad® Checklist
12.1 Welcome and Warm-Up
12.2 Skills I Learned
12.3 Assessing My Fathering Skills (OPTIONAL)
12.4 My 24:7 Dad® Checklist Items
12.5 Celebrate (OPTIONAL)

24:7 DAD® LOGIC MODEL

PROBLEM

- One in four children in the U.S. grow up in a home without a biological, step, or adoptive father.
- Lack of father involvement increases the risk that children will suffer from a range of social, emotional, and physical ills.
- Lack of pro-fathering knowledge, attitudes, and skills reduces the likelihood that fathers will be involved, responsible, and committed to their children.

INPUTS/ACTIVITIES

- 24:7 Dad® Curriculum:
 - ▶ 24:7 Dad® Facilitator's Manual (A.M. or P.M. Version)
 - ▶ 24:7 Dad® Fathering Handbook
 - ▶ My 24:7 Dad® Checklist
 - ▶ Evaluation Tools
- Videos
- 24:7 Dad® Pledge
- Planning Prompt (Reminder) Card
- Fidelity Tools

OUTPUTS

- Facilitator conducts 12 sessions (if A.M. or P.M.) or 24 sessions (if A.M. and P.M.) that cover a holistic approach to fathering.
- Fathers complete pre and post-surveys that measure the impact of the program.
- Fathers use the Fathering Handbook during the program, for homework, and reference after completing the program.
- Fathers participate in activities during sessions that reinforce learning objectives and increase the frequency with which they interact with their children.
- Fathers develop and refine their My 24:7 Dad® Checklist as they progress through the program and use it after completing the program.
- Fathers might participate in one or more of the following supplemental activities: programs or workshops that address other needs (e.g., child-support and job training).

OUTCOMES

- Increases:
- Increase in the habits of good fathering/father involvement.
 - Increase in pro-fathering knowledge, attitudes, and skills.
 - Increase in fathers' frequency of and healthy interaction with their children.
 - Increase in fathers' healthy interaction with the mother (or main caretaker) of their children.
- Decreases:
- Decrease in the habits of poor fathering/father absence.
 - Decrease in anti-fathering knowledge, attitudes, and skills.
 - Decrease in children's social, emotional, and physical ills.



(OPTIONAL)



(OPTIONAL)

SESSION 4

MEN'S HEALTH

SESSION DESCRIPTION:

This session increases the Dad's awareness and knowledge about the importance of his physical and mental health. The Dad learns ways to appropriately handle his stress and the importance of keeping in shape physically and mentally.

24:7 Dad® CHARACTERISTICS (2):

- Self-Awareness
- Caring for Self

PRE-SESSION PROCEDURES:

1. Review the standard Pre-Session procedures in Chapter VI of the Program Guide.
2. For Activity 4.1, write the statements you'll have the Dad complete on the flip chart.
3. For Activity 4.2, divide a piece of flip chart paper into two columns. Label one column **HEALTHY WAYS TO HANDLE STRESS** and the other **UNHEALTHY WAYS TO HANDLE STRESS**.
4. Prepare a piece of flip chart paper for use during Activity 4.3 by writing **MEN DON'T GO TO THE DOCTOR BECAUSE . . .** at the top of it.
5. For Activity 4.3, write the statements you'll have the Dad complete during Procedure #7 on the flip chart.
6. For Activity 4.3, make a copy of the "My Workout Plan" handout, located at the password-protected webpage for facilitators (www.fatherhood.org/247dad-support-resources), for the Dad. Consider making enough copies for the Dad to have at least two copies so he can include as many activities as he desires.

Some fathers have limitations with physical exercise (e.g., because of a disability). Be sure you know whether the Dad has limitations before you conduct the final portion of this activity, which involves creating an exercise plan.
7. For Activity 4.1, if you won't use the optional slide deck, prepare the "Welcome to 24:7 Dad® A.M. Session 4" video for play through your digital projection system. (The video is embedded in the slide deck.) You can find the video at the password-protected webpage for facilitators (www.fatherhood.org/247dad-support-resources).

ACTIVITY 4.1

Welcome and Warm-Up

MATERIALS:

Flip chart, markers, Fathering Handbook, video and digital projection system, (optional) 24:7 Dad® Pledge, (optional) Slide Deck

FACILITATOR'S GOAL:

To welcome the Dad to Session 4 and initiate discussion on the importance of physical and mental health.

LEARNING COMPETENCIES:

The Dad demonstrates capacity to identify how well he cares for his health.

PROCEDURES:

1. **SAY:** Welcome to Session 4 of the 24:7 Dad® A.M. program. Today's session focuses taking care of your physical and mental health. But first, would you like to share your experience trying some of the actions you put in your My 24:7 Dad Checklist? For example, perhaps you revised or eliminated an action or added another action.

2. *(Give the Dad an opportunity to share.)*
3. *(Optional: Have the Dad recite the 24:7 Dad® Pledge.)*

4. *(Turn to the flip chart paper you prepared for this activity.)* **SAY:** Please complete the following statements in your Fathering Handbook on page 16:
 - On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my physical health as a _____.
 - On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my mental health as a _____.
 - One thing I can do to improve my physical health is _____.
 - One thing I can do to improve my mental health is _____.

(Ask the Dad for his responses and write them on the flip chart. Discuss any that stand out.)

5. *(Show the "Welcome to 24:7 Dad® A.M. Session 4" video.)*

On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my physical health as a...

One thing I can do to improve my physical health is...

On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my mental health as a...

One thing I can do to improve my mental health is...



(OPTIONAL)



SLIDE #16

MATERIALS: Flip chart, markers, Fathering Handbook, (optional) Slide Deck and digital projection system

To increase the Dad's awareness and knowledge of how to manage stress and anger.

1. The Dad increases awareness and knowledge of the term “mental health.”
2. The Dad increases capacity to recognize and express stress and anger in healthy ways.

1. (Write the term **MENTAL HEALTH** on the flip chart.)

SAY: Let's brainstorm the meaning of "mental health." What does that term mean to you?

(Write his response on the flip chart and then offer the following meaning.)

SAY: Mental health is the ability to adjust to and meet the demands of everyday life. “Good” mental health means the ability to think things through so that you can adjust to and meet the demands in your life in ways that don’t harm you or others.

(Optional: Project the slide.) Your mental health affects your physical health and vice versa. If you have a problem with your mental health, it will show up in your body. If you have a problem with the health of your body, it will affect your mind and how you see the world.¹⁹

2. (Write the word **STRESS** on the flip chart.)

SAY: Stress is one of the main signs of the link between mental and physical health.

(Ask the Dad to stand up and put his body in a position that shows how he feels inside when he's stressed and then identify one word or noise that best describes his stress. Ask why he chose that position and word or noise.)

Mental Health

Stress

—continued

¹⁹ Dubash, S. (2024). The interplay of depression symptoms and physical activity: Bidirectional insights from 25-years of the Americans' changing lives panel. *Mental Health and Physical Activity*, 26, 1–11.

CORRESPONDING PAGE IN FATHERING HANDBOOK**SESSION 4** | Men's Health

If you have a problem with your mental health, it will show up in your body. If you have a problem with the health of your body, it will affect your mind and how you see the world.

SESSION 4

MEN'S HEALTH

Welcome and Warm-Up

On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my physical health as a _____.

On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my mental health as a _____.

One thing I can do to improve my physical health is _____.

_____.

One thing I can do to improve my mental health is _____.

_____.

Stress and Anger

Mental health is the ability to adjust to and meet the demands of everyday life. "Good" mental health means the ability to think things through so that you can adjust to and meet the demands in your life in ways that don't harm you or others.

Mental health affects your physical health and your physical health affects your mental health. If you have a problem with your mental health, it will show up in your body. If you have a problem with the health of your body, it will affect your mind and how you see the world.

Tips for handling stress:

- **Work Out.** Working out increases your strength and stamina. Work out with a friend.
- **Eat Right.** Stress and diet are closely linked. You know what you should eat. Don't settle for unhealthy, fast foods. It's okay to have a treat now and then, but you need to eat healthy every day.

—continued



3. (Write the word **STRESSORS** on the flip chart.)

SAY: Stressors are the things in life that cause or contribute to stress.

ASK: What are the stressors in your life?

Stressors

(Write the stressors on the flip chart. Have the Dad identify the ones over which he has control and those he doesn't or can't control.)

4. (Turn to the flip chart paper you prepared for this activity.) **SAY:** Although you can't control some of the stressors in your life, you can control the way you handle stress.

What are some healthy and unhealthy ways people handle their stress?

Healthy ways to handle stress	Unhealthy ways to handle stress

(Write his responses on the flip chart in the appropriate column. Discuss any that stand out.)

5. **SAY:** Please locate the tips for handling stress in your Fathering Handbook on pages 16-18.

(Consider having the Dad read the tips aloud instead.)

- **Work Out.** Working out increases your strength and stamina. Work out with a friend.
- **Eat Right.** Stress and diet are closely linked. You know what you should eat. Don't settle for unhealthy, fast foods. It's okay to have a treat now and then, but you need to eat healthy every day.
- **Get Enough Sleep.** Get at least six to eight hours sleep a night. Take naps during the day if you can't get enough sleep. Even "power naps"—15 to 30 minutes of rest where you close your eyes—help reduce stress.
- **Be Flexible.** Be less rigid and competitive. Be more patient.
- **Get Real.** Think about all the "shoulds," "woulds," "coulds," and "musts" in your life. Figure out which are worth keeping and which to get rid of.
- **Be Content.** This is easier said than done. Try to look at the good instead of the bad in the world. When you always look for the bad in everything, you develop an unhappy view of people and their actions. Don't complain about stuff.
- **Laugh and Have Fun.** Laugh and have fun with your children. Laugh and have fun with others and yourself to reduce stress. A sense of humor goes a long way.
- **Share Your Feelings.** But only when it's safe to do so. Don't keep things bottled up inside. Getting problems out in the open, talking about them, and solving them reduces stress.
- **Get Rid of Clutter.** Life can get so busy that it gets out of hand. Make a list of things that need to get done in order of importance and knock them out. Don't worry about the small stuff. Leave it alone and focus on what's most important. Clean your office, your garage, and anything else that's messy.

—continued



CORRESPONDING PAGE IN FATHERING HANDBOOKMen's Health | **SESSION 4**

- **Get Enough Sleep.** Get at least six to eight hours of sleep a night. Take naps during the day if you can't get enough sleep. Even "power naps"—15 to 30 minutes of rest where you close your eyes—help reduce stress.
- **Be Flexible.** Be less rigid and competitive. Be more patient.
- **Get Real.** Think about all the "shoulds," "woulds," "coulds," and "musts" in your life. Figure out which are worth keeping and which to get rid of.
- **Be Content.** This is easier said than done. Try to look at the good instead of the bad in the world. When you always look for the bad in everything, you develop an unhappy view of people and their actions. Don't complain about stuff.
- **Laugh and Have Fun.** Laugh and have fun with your children. Laugh and have fun with others and yourself to reduce stress. A sense of humor goes a long way.
- **Share Feelings.** But only when it's safe to do so. Don't keep things bottled up inside. Getting problems out in the open, talking about them, and solving them reduces stress.
- **Get Rid of Clutter.** Life can get so busy that it gets out of hand. Make a list of things that need to get done and knock them out. Don't worry about the small stuff. Leave it alone and focus on what's most important. Clean your office, your garage, and anything else that's messy.
- **Leave Work at Work.** Get away from work and leave it behind. Bringing your work home is a sure way to stress yourself and your family. Keep in mind that you can bring work home in your head as well as your hands. Leave your thoughts of work at the door and focus on your family.





- **Leave Work at Work.** Get away from work and leave it behind. Bringing your work home is a sure way to stress yourself and your family. Keep in mind that you can bring home work in your head as well as your hands. Leave your thoughts of work at the door and focus on your family.
 - **Spend Time With Friends.** Friends have a way of making things seem better. They can help you get real and tell you when you're full of it. If you have a choice to spend a night alone or with friends, choose friends. If you don't have a lot of friends, make some.
 - **Volunteer.** Helping others is a good way to reduce stress because it builds self-worth. It also has a way of showing us that our lives are not as bad as we think when we help someone in worse shape.
 - **Find a Hobby.** A hobby can help you get away from life's pressures and relax. A hobby helps you focus your time and energy on something you really enjoy. A hobby you do with others, such as your children or friends, has added benefits.
6. **SAY:** Anger often comes with or results from stress.

(Write the term **SECONDARY EMOTION** on the flip chart.)

SAY: Anger is what's called a "secondary emotion." Do you know the meaning of the term?

(If the Dad doesn't know the meaning ...)

Secondary
Emotion



CRITICAL POINT

It's how the energy shows itself that gets people into trouble.

SAY: A secondary emotion is one that results from or is caused by something else. Anger is how men show past pain or hurt, especially when they aren't allowed to or don't know how to show it any other way. Anger becomes really bad when it results from pain or loss that men keep bottled up. When a feeling is not allowed to show itself, it's like stepping on a spring. When the pressure is off, feelings spring out. Remember that feelings and thoughts have energy. It's how the energy shows itself that gets people into trouble.

One of the best ways to care for your mental health is to deal with your anger in a healthy way. Unfortunately, many men learn early in their lives that punching, kicking, or throwing something is a healthy way to deal with anger. What this lesson teaches is that being violent is the way for a man to deal with anger.

7. **SAY:** Please complete the following statements in your Fathering Handbook on page 18.



- The way I show my anger is _____.
- I learned this way from _____.
- One way my children show their anger is _____.
- They learned this way from _____.

(Have the Dad share his responses.)

—continued

CORRESPONDING PAGE IN FATHERING HANDBOOK**SESSION 4** | Men's Health

Feelings and
thoughts
have energy.

It's how
the energy
shows itself
that gets
people into
trouble.

- **Spend Time with Friends.** Friends have a way of making things seem better. They can help you get real and tell you when you're full of it. If you have a choice to spend a night alone or with friends, choose friends. If you don't have a lot of friends, make some.
- **Volunteer.** Helping others is a good way to reduce stress because it builds self-worth. It also has a way of showing us that our lives are not as bad as we think when we help someone in worse shape.
- **Find a Hobby.** A hobby can help you get away from life's pressures and relax. A hobby helps you focus your time and energy on something you really enjoy. A hobby you do with others, such as your children or friends, has added benefits.

When a feeling isn't allowed to show itself, it's like stepping on a spring. When the pressure is off, feelings spring out. Feelings and thoughts have energy. It's how the energy shows itself that gets people into trouble.

The way I show my anger is _____

I learned this way from _____

One way my children show their anger is _____

They learned this way from _____

—continued

8. **SAY:** To show your anger in healthy ways, use the same rules of the 24:7 Dad that you learned during the last session.

- Respect Yourself: Don't disrespect yourself.
- Respect Others: Don't disrespect others.
- Respect the Earth: Don't disrespect the Earth.

(Have the Dad repeat the rules aloud two or three times.)

(Facilitator Tip: Consider providing the Dad with tips on anger management, especially if he has significant anger/anger-management issues. You can find such tips on the websites of the American Psychological Association [<https://www.apa.org/helpcenter/controlling-anger.aspx>] and the Mayo Clinic [<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434>]).

SAMPLE
NOT FOR
DISTRIBUTION

CORRESPONDING PAGE IN FATHERING HANDBOOKMen's Health | **SESSION 4**

To show your anger in healthy ways, use the same rules of the 24:7 Dad you learned during the last session.

Respect Yourself: **Don't disrespect yourself.**
Respect Others: **Don't disrespect others.**
Respect the Earth: **Don't disrespect the Earth.**

Physical Health

Men are raised to bury and ignore their physical problems. They're taught that their bodies should be able to "take a licking and keep on ticking." This leads men to abuse their bodies and ignore warning signs telling them to get help. What often happens is men ignore the signs for so long that by the time they go to the doctor, it's too late.



The part of my physical health I'm most concerned about is _____

To take better care of my physical health, I need to _____

Taking care of my physical health teaches my children _____

Messages From My Child

Name of Child: _____

Message #1: _____

Message #2: _____

Message #3: _____

—continued

What often happens is men ignore the signs of poor health for so long that by the time they go to the doctor, it's too late.

ACTIVITY 4.3

Physical Health

MATERIALS:

Flip chart, markers, Fathering Handbook, My Workout Plan handout, (optional) Slide Deck and digital projection system

FACILITATOR'S GOAL:

To increase the Dad's awareness and knowledge of the value in taking care of his physical health.

LEARNING COMPETENCIES:

1. The Dad increases awareness and knowledge of the value in taking care of his physical health.
2. The Dad increases capacity to develop a realistic exercise plan.

PROCEDURES:

1. *(Turn to the flip chart paper you prepared for this activity.)* **SAY:** This activity focuses on taking care of your body—your physical health.

ASK: Why do men not like going to the doctor?

(Write his response on the flip chart. Share other reasons you can think of and write them on the flip chart.)

2. *(Optional: Project the slide.)* **SAY:** Men are raised to bury and ignore their physical problems. They're taught that their bodies should be able to "take a licking and keeping on ticking." This leads men to abuse their bodies and ignore warning signs that tell them they need help. What often happens is men ignore the signs for so long that by the time they go to the doctor, it's too late.^{20, 21}

Do you remember last session when you put your feelings on pieces of paper, covered them with your feet and hand, and tried to move around? Men have a giant shoe on their bodies. This shoe is a social norm that doesn't allow them the freedom of movement they need to show what's happening with their feelings and bodies.

3. **SAY:** Before we take the next step in this activity, I want you to reflect for a couple of minutes on a few questions. At the end of those two minutes, you can share your thoughts.
 - When was the last time you saw the doctor and why?
 - Do you avoid going to the doctor for many of the same reasons listed on the flip chart pages?
 - Should those reasons keep you from going to the doctor?

Men don't go to the doctor because...



CRITICAL POINT

What often happens is men ignore the signs for so long that by the time they go to the doctor, it's too late.

—continued

²⁰ Mahalik, J.R., & Dagirmanjian, F.R.B. (2018). Working Men's Constructions of Visiting the Doctor. *American Journal of Men's Health*, 12(5), 1582-1592.

²¹ Cleveland clinic survey: Men will do almost anything to avoid going to the doctor. Cleveland Clinic. Retrieved 10/23/24 from <https://newsroom.clevelandclinic.org/2019/09/04/cleveland-clinic-survey-men-will-do-almost-anything-to-avoid-going-to-the-doctor>



SLIDE #18

CORRESPONDING PAGE IN FATHERING HANDBOOKMen's Health | **SESSION 4**

To show your anger in healthy ways, use the same rules of the 24:7 Dad you learned during the last session.

Respect Yourself: **Don't disrespect yourself.**
Respect Others: **Don't disrespect others.**
Respect the Earth: **Don't disrespect the Earth.**

Physical Health

Men are raised to bury and ignore their physical problems. They're taught that their bodies should be able to "take a licking and keep on ticking." This leads men to abuse their bodies and ignore warning signs telling them to get help. What often happens is men ignore the signs for so long that by the time they go to the doctor, it's too late.



The part of my physical health I'm most concerned about is _____

To take better care of my physical health, I need to _____

Taking care of my physical health teaches my children _____

Messages From My Child

Name of Child: _____

Message #1: _____

Message #2: _____

Message #3: _____

—continued

What often happens is men ignore the signs of poor health for so long that by the time they go to the doctor, it's too late.



(Give the Dad time to reflect and then share his thoughts.)

4. *(Turn to the flip chart paper you prepared ahead of this activity.)*
SAY: Please complete the following statements in your Fathering Handbook on page 19.

- The part of my physical health I'm most concerned about is _____.
- To take better care of my physical health, I need to _____.
- Taking care of my physical health teaches my children _____.

The part of my physical health I'm most concerned about is _____.

To take better care of my physical health, I need to _____.

(Give the Dad just a couple of minutes. Then ask for his responses and write them on the flip chart.)

5. **SAY:** The next part of this activity involves pretending to be one of your children. Write three or four short messages to include in a letter to their father—who is you—telling them to take care of their health so that they'll be around to see their child graduate, get married, have children, etc. Write short messages, not an entire letter. Include some of the things you just wrote in the handbook to take better care of your health. Use the space on page 19 in your handbook following the statements you just completed. Be sure to write your child's name.

Taking care of my physical health teaches my children _____.



(Give the Dad about 10 minutes and then ask him to share his messages.)

6. *(Give the Dad about 15 minutes to create a plan for regular physical exercise. Give him at least one copy of the "My Workout Plan" handout. Explain the three parts of the plan: "What" he'll do to for regular physical exercise; "When/How Often" he'll do it; and "Who Else" he'll involve (e.g., a friend). Tell him that if he has health problems, he should talk with a doctor before starting his plan.)*
7. *(Have the Dad share his plan and encourage him to build on it over time.)*
8. *(Optional: Consider sharing the parts of your physical health you need to take better care of. Put those into the My Workout Plan template and share what you're doing or have done to address it. This will help further develop rapport with the Dad.)*

CORRESPONDING PAGE IN FATHERING HANDBOOKMen's Health | **SESSION 4**

To show your anger in healthy ways, use the same rules of the 24:7 Dad you learned during the last session.

Respect Yourself: **Don't disrespect yourself.**
Respect Others: **Don't disrespect others.**
Respect the Earth: **Don't disrespect the Earth.**

Physical Health

Men are raised to bury and ignore their physical problems. They're taught that their bodies should be able to "take a licking and keep on ticking." This leads men to abuse their bodies and ignore warning signs telling them to get help. What often happens is men ignore the signs for so long that by the time they go to the doctor, it's too late.



The part of my physical health I'm most concerned about is _____

To take better care of my physical health, I need to _____

Taking care of my physical health teaches my children _____

Messages From My Child

Name of Child: _____

Message #1: _____

Message #2: _____

Message #3: _____

—continued

What often happens is men ignore the signs of poor health for so long that by the time they go to the doctor, it's too late.



ACTIVITY 4.4 My 24:7 Dad® Checklist Items

MATERIALS: My 24:7 Dad® Checklist Worksheet located before the What I Learned Log in this session of the Fathering Handbook

FACILITATOR'S GOAL:

To help the Dad use what he learned during today's session and identify action items he'll consider including in his final My 24:7 Dad® Checklist.

LEARNING COMPETENCIES:

The Dad demonstrates capacity to identify action items that, given his unique situation, will help him develop the habits of an involved, responsible, committed father.

PROCEDURES:

(Facilitator Tip: Stress the importance of identifying actions that are simple to perform. There are four elements to consider in determining whether an action is simple: time, money, effort [physical and mental], and how easy it is to repeat the action. The Dad should identify actions he has time to complete, can afford, don't take a lot of effort, and can repeat often.

The influence of these elements will differ depending on each father's unique situation [e.g., custodial, residential, marital, and financial status].)

1. **SAY:** Please locate the My 24:7 Dad® Checklist Worksheet in your Fathering Handbook. It's at the end of this session.
2. **SAY:** Use what you learned during today's session and identify up to three actions that will help you develop the habits of an involved, responsible, committed father—a 24:7 Dad. Here are the things to keep in mind:
 - Identify actions to take on a daily, weekly, monthly, or one-time basis that will have the most impact on your ability to be involved in your children's lives. When you write down an action, check whether you'll do it daily, weekly, monthly, or only one time. It's okay if you can't identify three actions. The most important thing is that the actions will have the most impact.
 - Focus primarily on daily and weekly actions. The more frequently you take actions, the easier you'll find it to be a 24:7 Dad.
 - Identify actions that are realistic, given your unique situation, and as easy to do as possible. Set yourself up for success not failure.
 - Finally, identify actions that are clear, specific, and—except for those that will only occur one time—repeatable.
 - Use the “When” and “If” formats for your actions. They help create clear, specific actions that include a trigger (or reminder) to take the action.

—continued

CORRESPONDING PAGE IN FATHERING HANDBOOK**SESSION 4** | Men's Health

**Be sure to
follow your
Workout
Plan!**

**My 24:7 Dad® Checklist Worksheet**

Apply what you learned during this session to create checklist items that you could perform on a daily, weekly, monthly, or one-time basis that will help you to be a 24:7 Dad.

Include checklist items that:

- Are clear, specific, and—except for those that will only occur one time—which you can repeat as often as possible.
- Focus mostly on daily and weekly actions. The more often you take actions, the easier you'll find it to be a 24:7 Dad.
- Are realistic, given your situation, and as easy to do as possible. Set yourself up for success not failure.

Examples of Checklist Items as "When/If" Statements:

- When it's Monday, I'll take Steven to the park.
- When it's Friday at 5:00 PM, Latesha and I will talk for at least 30 minutes about her week.
- If my boss will give me Wednesday off, I'll attend Vanessa's school program at 10:00 AM.
- If it's the weekend, I'll take Julian and his mom to the movies.

☐ Daily ☐ Weekly ☐ Monthly ☐ One Time

☐ Daily ☐ Weekly ☐ Monthly ☐ One Time

☐ Daily ☐ Weekly ☐ Monthly ☐ One Time

(Facilitator Tip: Because this is the first time the Dad has used the worksheet, share the examples of “When” and “If” statements at the top of the worksheet. Create your own examples to share. Ask the Dad if he’s clear about how to use the “When” and “If” formats. Then continue saying the instructions below.)

- Consider actions you already do that connect you to your children.
- Remember that you’re working on the items you might include on your final checklist at the end of the program. Don’t be concerned about listing an action you might not include in your final checklist. It’s fine to include anything you want to try because you’ll have a chance during Session 12 to refine your list, such as removing actions.

(Have the Dad share his items. Coach the Dad if he didn’t correctly use the “When” and “If” formats.)

3. **SAY:** Before the next session, you can add or eliminate actions based on thoughts you might have on actions you should take.

SAMPLE FOR DISTRIBUTION

CORRESPONDING PAGE IN FATHERING HANDBOOK**SESSION 4** | Men's Health

**Be sure to
follow your
Workout
Plan!**

**My 24:7 Dad® Checklist Worksheet**

Apply what you learned during this session to create checklist items that you could perform on a daily, weekly, monthly, or one-time basis that will help you to be a 24:7 Dad.

Include checklist items that:

- Are clear, specific, and—except for those that will only occur one time—which you can repeat as often as possible.
- Focus mostly on daily and weekly actions. The more often you take actions, the easier you'll find it to be a 24:7 Dad.
- Are realistic, given your situation, and as easy to do as possible. Set yourself up for success not failure.

Examples of Checklist Items as "When/If" Statements:

- When it's Monday, I'll take Steven to the park.
- When it's Friday at 5:00 PM, Latesha and I will talk for at least 30 minutes about her week.
- If my boss will give me Wednesday off, I'll attend Vanessa's school program at 10:00 AM.
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☐ Daily ☐ Weekly ☐ Monthly ☐ One Time

☐ Daily ☐ Weekly ☐ Monthly ☐ One Time

☐ Daily ☐ Weekly ☐ Monthly ☐ One Time



SLIDE #19 & #20

ACTIVITY 4.5

Closing, Comments, and Evaluation

MATERIALS:

Fathering Handbook (What I Learned Log and Evaluation Questions), (optional) 24:7 Dad® Pledge, (optional) 24:7 Dad® Planning Prompt (Reminder) Card, (optional) Slide Deck and digital projection system

FACILITATOR'S GOAL:

To bring the session to a close by helping the Dad process what he learned, evaluating whether he acquired the learning competencies of the session, and allowing him to comment on and end the session.

LEARNING COMPETENCIES:

The Dad demonstrates capacity to complete the What I Learned Log entries for Session 1 located in the Fathering Handbook.

PROCEDURES:

1.
SAY: Please complete the following statements in the What I Learned Log in your Fathering Handbook.

- One thing new I learned today is _____.
- On a scale from 0 - 5, how likely am I to use what I learned? (0 = Not at all likely; 5 = Very likely)

0
1
2
3
4
5

- What I learned will help me be a better dad because: _____.

2.
(Have the Dad share what he learned and give you his rating on how likely he'll be to use it. If the Dad gives you a rating of 3 or lower, ask him why he chose that rating. The response can give you insight into barriers that will prevent him from using what he learned. Consider helping the Dad outside the group to address the barrier or as you close the session.)

3.
SAY: To help us know whether you learned the most important information in today's session, please answer the questions in your Fathering Handbook *(and that appear on this slide)*. This isn't a test. No pressure. I'll give you a minute to think about the correct answers. Then I'll ask you for your answers.

(Facilitator Tip: An alternative approach is to read the questions and answers aloud. If you do, read them exactly as written. Say the answer choices slowly and twice. This approach will be more effective with fathers who have literacy challenges.)

—continued

CORRESPONDING PAGE IN FATHERING HANDBOOKMen's Health | **SESSION 4****What I Learned Log**

One thing new I learned today is _____

On a scale from 0 - 5, how likely am I to use what I learned?

0 = Not at all likely

5 = Very likely

0 1 2 3 4 5

What I learned will help me be a better dad because: _____

_____**Fathering Questions**

Circle the best answer. Select only one answer for each question.

Question #1: Which of the following isn't a healthy way to handle stress?

- a. Change jobs
- b. Keep it inside
- c. Hit a pillow or throw an object
- d. Find a hobby
- e. Get enough sleep
- f. a and b
- g. b and c

Question #2: Why do most men not like to visit the doctor?

- a. They're taught to ignore pain and suck it up.
- b. They can't pay for it.
- c. They don't think the problem is serious enough.
- d. They don't trust doctors.
- e. I'm not sure

4. *(After a minute, ask for the Dad's answers. Use the key below to share the correct answers whenever you want.)*

- Question #1: Which of the following isn't a healthy way to handle stress?
 - a. Change jobs
 - b. Keep it inside
 - c. Hit a pillow or throw an object
 - d. Find a hobby
 - e. Get enough sleep
 - f. a and b
 - g. b and c

Correct Answer: g

- Question #2: Why do most men not like to visit the doctor?
 - a. They're taught to ignore pain and suck it up.
 - b. They can't pay for it.
 - c. They don't think the problem is serious enough.
 - d. They don't trust doctors.
 - e. I'm not sure

Correct Answer: a

5. *(Spend the remaining time asking the Dad if he has any comments on today's session.)*
6. *(Thank the Dad for attending and remind him of the time and date of the next session.)*
7. *(Optional: Have the Dad recite the 24:7 Dad® Pledge.)*
8. *(Optional: Have the Dad complete a 24:7 Dad® Planning Prompt (Reminder) Card. The Dad must complete it himself; otherwise, it won't have as much impact on retention. Don't complete it for him.)*



(OPTIONAL)



(OPTIONAL)

CORRESPONDING PAGE IN FATHERING HANDBOOKMen's Health | **SESSION 4****What I Learned Log**

One thing new I learned today is _____

On a scale from 0 - 5, how likely am I to use what I learned?

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0 1 2 3 4 5

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Circle the best answer. Select only one answer for each question.

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- g. b and c

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- c. They don't think the problem is serious enough.
- d. They don't trust doctors.
- e. I'm not sure



24:7 DAD[®] A.M.
FOURTH EDITION

FATHERING HANDBOOK

If you have a problem with your mental health, it will show up in your body. If you have a problem with the health of your body, it will affect your mind and how you see the world.

SESSION 4 MEN'S HEALTH

Welcome and Warm-Up

On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my physical health as a _____.

On a scale from 1 to 5, with 1 being very low and 5 being very high, I rate how I take care of my mental health as a _____.

One thing I can do to improve my physical health is _____
_____.

One thing I can do to improve my mental health is _____
_____.

Stress and Anger

Mental health is the ability to adjust to and meet the demands of everyday life. "Good" mental health means the ability to think things through so that you can adjust to and meet the demands in your life in ways that don't harm you or others.

Mental health affects your physical health and your physical health affects your mental health. If you have a problem with your mental health, it will show up in your body. If you have a problem with the health of your body, it will affect your mind and how you see the world.

Tips for handling stress:

- **Work Out.** Working out increases your strength and stamina. Work out with a friend.
- **Eat Right.** Stress and diet are closely linked. You know what you should eat. Don't settle for unhealthy, fast foods. It's okay to have a treat now and then, but you need to eat healthy every day.

—continued

- **Get Enough Sleep.** Get at least six to eight hours of sleep a night. Take naps during the day if you can't get enough sleep. Even "power naps"—15 to 30 minutes of rest where you close your eyes—help reduce stress.
- **Be Flexible.** Be less rigid and competitive. Be more patient.
- **Get Real.** Think about all the "shoulds," "woulds," "coulds," and "musts" in your life. Figure out which are worth keeping and which to get rid of.
- **Be Content.** This is easier said than done. Try to look at the good instead of the bad in the world. When you always look for the bad in everything, you develop an unhappy view of people and their actions. Don't complain about stuff.
- **Laugh and Have Fun.** Laugh and have fun with your children. Laugh and have fun with others and yourself to reduce stress. A sense of humor goes a long way.
- **Share Feelings.** But only when it's safe to do so. Don't keep things bottled up inside. Getting problems out in the open, talking about them, and solving them reduces stress.
- **Get Rid of Clutter.** Life can get so busy that it gets out of hand. Make a list of things that need to get done and knock them out. Don't worry about the small stuff. Leave it alone and focus on what's most important. Clean your office, your garage, and anything else that's messy.
- **Leave Work at Work.** Get away from work and leave it behind. Bringing your work home is a sure way to stress yourself and your family. Keep in mind that you can bring work home in your head as well as your hands. Leave your thoughts of work at the door and focus on your family.



Feelings and thoughts have energy.

It's how the energy shows itself that gets people into trouble.

- **Spend Time with Friends.** Friends have a way of making things seem better. They can help you get real and tell you when you're full of it. If you have a choice to spend a night alone or with friends, choose friends. If you don't have a lot of friends, make some.
- **Volunteer.** Helping others is a good way to reduce stress because it builds self-worth. It also has a way of showing us that our lives are not as bad as we think when we help someone in worse shape.
- **Find a Hobby.** A hobby can help you get away from life's pressures and relax. A hobby helps you focus your time and energy on something you really enjoy. A hobby you do with others, such as your children or friends, has added benefits.

When a feeling isn't allowed to show itself, it's like stepping on a spring. When the pressure is off, feelings spring out. Feelings and thoughts have energy. It's how the energy shows itself that gets people into trouble.

The way I show my anger is _____

I learned this way from _____

One way my children show their anger is _____

They learned this way from _____

—continued

To show your anger in healthy ways, use the same rules of the 24:7 Dad you learned during the last session.

Respect Yourself:	Don't disrespect yourself.
Respect Others:	Don't disrespect others.
Respect the Earth:	Don't disrespect the Earth.

Physical Health

Men are raised to bury and ignore their physical problems. They're taught that their bodies should be able to "take a licking and keep on ticking." This leads men to abuse their bodies and ignore warning signs telling them to get help. What often happens is men ignore the signs for so long that by the time they go to the doctor, it's too late.



The part of my physical health I'm most concerned about is _____.

To take better care of my physical health, I need to _____.

Taking care of my physical health teaches my children _____.

Messages From My Child

Name of Child: _____

Message #1: _____.

Message #2: _____.

Message #3: _____.

—continued

What often happens is men ignore the signs of poor health for so long that by the time they go to the doctor, it's too late.

Be sure to
follow your
Workout
Plan!



My 24:7 Dad® Checklist Worksheet

Apply what you learned during this session to create checklist items that you could perform on a daily, weekly, monthly, or one-time basis that will help you to be a 24:7 Dad.

Include checklist items that:

- Are clear, specific, and—except for those that will only occur one time—which you can repeat as often as possible.
- Focus mostly on daily and weekly actions. The more often you take actions, the easier you'll find it to be a 24:7 Dad.
- Are realistic, given your situation, and as easy to do as possible. Set yourself up for success not failure.

Examples of Checklist Items as “When/If” Statements:

- When it's Monday, I'll take Steven to the park.
- When it's Friday at 5:00 PM, Latesha and I will talk for at least 30 minutes about her week.
- If my boss will give me Wednesday off, I'll attend Vanessa's school program at 10:00 AM.
- If it's the weekend, I'll take Julian and his mom to the movies.

☐ Daily ☐ Weekly ☐ Monthly ☐ One Time

☐ Daily ☐ Weekly ☐ Monthly ☐ One Time

☐ Daily ☐ Weekly ☐ Monthly ☐ One Time

What I Learned Log

One thing new I learned today is _____

_____.

On a scale from 0 - 5, how likely am I to use what I learned?

0 = Not at all likely

5 = Very likely

0 1 2 3 4 5

What I learned will help me be a better dad because: _____

_____.

Fathering Questions

Circle the best answer. Select only one answer for each question.

Question #1: Which of the following isn't a healthy way to handle stress?

- a. Change jobs
- b. Keep it inside
- c. Hit a pillow or throw an object
- d. Find a hobby
- e. Get enough sleep
- f. a and b
- g. b and c

Question #2: Why do most men not like to visit the doctor?

- a. They're taught to ignore pain and suck it up.
- b. They can't pay for it.
- c. They don't think the problem is serious enough.
- d. They don't trust doctors.
- e. I'm not sure