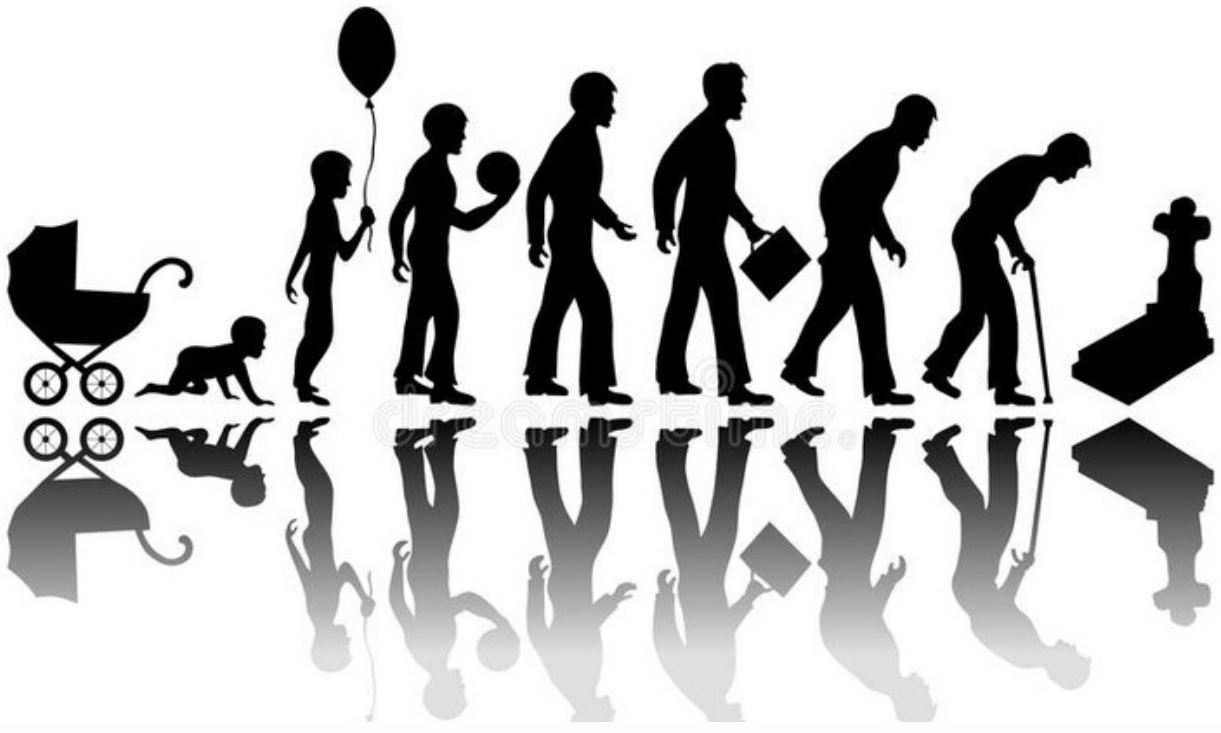


# STRAIGHT FROM THE HOOD!



## PARENTHOOD

"It ain't easy, but whether we're together or not, we have to show our children how we can get along, disagree with respect, figure out the whole child support thing and raise them jointly even if we're not together. Very important, if you're not together, please stop all intimate interactions with your child's mother ASAP! This teaches them how to have boundaries, communicate responsibly and deal with disagreements. No matter what we SAY, they DO what we DO."



## FATHERHOOD

"First of all, many of us are not really ready to be a dad but life happens. Regardless, we have to understand we are a huge part of our children's LIFELONG success. Even if we don't make the best decisions before we have kids, we have to man up and change the game when we have a child. That mindset has to drive all of our decisions. Our children's future must be one of our main motivators in life. Our children's lives depend on our relentlessness in being a good dad."

## BROTHERHOOD

"Some of us have so much anger, hate, fear and beef toward other brothers. We really don't know where it comes from, we just beef over surface stuff like women, money and street credibility. These are some of the main reasons why we are harming and killing each other. When we see our brothers going down this direction, we have to spread love, reach out, listen without judgement and show them another way. Stay connected with our brothers and be there for one other!"



## MANHOOD

"What it means to be a man can be quite complex. Some of us wear this mask everywhere we go, hiding so much pain, shame, guilt, suffering from a lot of past stuff. It's no excuse but it's real and it impacts the way we see the world. At the same time, we still have to do what we have to do to heal, survive and thrive. Facing that man in the mirror is the first step to being a real man. We must MAN UP for our children, our families, our brothers and OURSELVES!"

**"IT IS EASIER TO RAISE STRONG CHILDREN  
THAN TO REPAIR BROKEN MEN"**

FREDERICK DOUGLASS

**BY DR. JULIUS MULLEN, ED.D., LPCMH**