**Class Assignments**

**Chapter 11: Health Disparities and Help-Seeking Behaviors among Boys**

1. Goal:  Increase student competence as facilitators of client-identified help-seeking behaviors regarding troublesome thoughts, behaviors, emotions, and situations.
   1. Begin class by having the students briefly research and identify 2-3 commonly unmet psychology needs in boys. Have the class take an additional 10 minutes or so to find a brief, well-validated, scale that screens for one or more of theses issues.
   2. Have the students all come together to create a list of issues and a list of screening tools they were able to find.
   3. Divide the class up into groups with different scales and have then discuss, each measure, development as boys, ways that they could concretely get boys interested in their mental health and while increasing their willingness to take said surveys as an entryway into treatment.
2. Goal: To increase awareness of local resources for boys.
   1. Have students generate a list of common troublesome thoughts, feelings, and experiences for which boys may be reluctant to get help.
   2. b. If your community does not have a community resource guide, have students work together to find 1-2 resources for each issue. The resource should include location, contact information, services provided, how to access services, coats of services, etc. Encourage students to be creative in this process.
   3. Develop creative community and school based interventions that raise awareness and decrease stigma around common problems, and then discuss ways to help boys seek services through adults or friend groups that they trust.