

# ARISE FATHERHOOD: BASIC TRAINING FOR DADS

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# ARISE

## FATHERHOOD:

### BASIC TRAINING FOR DADS

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# 1

## THE IMPORTANCE OF FATHERHOOD

### THE ABSENT FATHER

**Worksheet:** *Pages 39 and 40*

**Learner's Workbook:** *Pages 4 and 5*

1. Inform learners that 79 percent of those surveyed in a nationwide poll reported that the biggest social or family problem in the United States is “physical absence of the father from the home.”
2. Let volunteers take turns reading facts on worksheet page 39, Learner's Workbook page 4. Discuss each one. As a group, answer the questions about absent fathers found on page 40, Learner's Workbook page 5.

### PARENT'S ROLES

**Worksheet:** *None*

1. Ask learners, What are some things that make someone a good parent? Allow for responses and encourage them to give examples (*playing, cuddling, talking, listening, and teaching*). Give everyone a strip of paper and direct them to write one quality of a good parent.
2. Create three columns where each person can see. Title the first “mothers,” the second “both,” and the third “fathers.” Have learners look at the action on their paper and decide if it is something mothers usually do, fathers usually do, or both parents usually do. Explain that fathers tend to be more physical with their kids, address them in louder, more playful words, and be stronger disciplinarians. Mothers tend to be more verbal, use softer sounds, and are usually more comforting.
3. Have volunteers tape (or write) their suggestions in the appropriate column. Once they have had a chance to respond, talk about the list with them.

**“Becoming a father is easy enough, but being one can be very rough.”**

—*Wilhelm Busch*

## **A FATHER'S LOVE**

**Worksheet:** *Page 41*

**Learner's Workbook:** *Page 6*

1. Remind learners that many children live in one-parent households. If they are from single-parent households, which parent have they lived with? Ask the learners from single-parent households how often they saw the parent they were not living with. Share answers.
2. Explain that most kids who live with just one parent stay with their mother. Sadly, most of them do not see their fathers very much. Have each person read the facts on worksheet page 41, Learner's Workbook page 6; then challenge them to answer the questions. Review answers together when everyone has finished.

## **MY STORY**

**Worksheet:** *Pages 42 and 43*

**Learner's Workbook:** *Pages 7 and 8*

Ask for volunteers to read worksheet page 42, Learner's Workbook page 7 out loud. Discuss the story as a group. Then challenge learners to write their own short tale about themselves and their current or future children on worksheet page 43, Learner's Workbook page 8.



# **ARISE FATHERHOOD: BASIC TRAINING FOR DADS**

## **LEARNER'S WORKSHEETS**



**[www.ariseflife-skills.org](http://www.ariseflife-skills.org)**

# THE ABSENT FATHER

Read and discuss each statement. Then answer the questions on the next page.

1. The United States leads the world in fatherless families; 30 percent of all households are headed by a single parent.
2. According to data collected by the National Center for Health Statistics, approximately 29 percent of white and almost three-quarters of black children do not live with their dad.
3. One in two children (50 percent) will graduate from high school having spent at least some time in a fatherless home.
4. Of the nearly 1.2 million divorces per year in the United States, half involve kids (about one million).
5. Tonight, almost 40 percent of America's children will go to sleep in houses where their fathers do not live.
6. The United States has the highest annual divorce rate in the world: about 21 per 1,000 marriages. About half of all American marriages end in divorce.



\*Source: National Fatherhood Initiative, Gaithersburg, Maryland

# THE ABSENT FATHER (CONT.)

Give your opinions about fatherless homes by answering the questions below. Don't worry about spelling or grammar. Just do the best you can.

1. What are some of the things a child might miss growing up in a fatherless home?

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2. Write about someone you know who grew up in a fatherless home. How did it affect his or her life?

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3. What are some things a child needs from his father?

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4. Do you think it is a problem that almost 40% of American children will go to sleep tonight in houses without a father? Why, or why not?

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# A FATHER'S LOVE\*

Nothing can take the place of a father's love for his child. Sadly, far too many have to live without it.

A National Commission on Children survey asked kids ages 10 to 17 whether they feel their parents "really care" about them. Of those living with both parents, 97 percent answered their mothers cared, and 96 percent said their fathers did. But, for all other family types, the numbers are quite different. Of children living in a stepfamily, 93 percent said "yes" for their moms while 71 percent said "yes" for their dads. And, of kids living with only one parent, 94 percent said "yes" for their mothers, but only 55 percent said "yes" for their fathers.

1. What percent of children living with both parents felt their family cared about them?

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2. What percentage of kids in a one-parent home thought their mothers cared about them?

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3. How did kids in a stepfamily feel?

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\*Source: National Fatherhood Initiative, Gaithersburg, Maryland



# MY STORY

My name is Jamal. I'm 16 and have a six-month-old daughter. At first, I didn't think she was mine because her mother was with some other guy, but after a blood test, we found out for sure. It made me feel good to know.

It's really hard not living with my daughter. I don't get to tuck her into bed and kiss her good night. She's always on my mind. When I'm in school, I can't really pay attention because I'm thinking about what I have to do, like buy diapers and pick up her medicine at the drugstore.

## Activity

**Learners stop reading here. Discuss the first part of the story: What emotions do you think Jamal is feeling? Then, have another volunteer read the rest.**

It gets difficult when my friends give me a hard time because I can't hang out with them. They call me things like *Mamasita* and hassle me if I don't hang out with them. I don't care. They can think what they want. My little girl comes first.

And, let me tell you, nobody from this neighborhood better try to date my daughter when she gets older. I'm working hard to get a house far away from here, where she doesn't have to walk by pushers dealing dope or wake up at night to the sound of gun shots.

I didn't have a good dad to set an example for me. My father was out drinking and doing drugs with his friends. It made me feel really bad when I was growing up. He didn't care about me at all and would beat up my mother, too.

I want to do better for my little girl. That's why I'm getting my G.E.D. and making sure her mother gets one, too. I show her respect because I don't want my baby thinking it's okay to treat her mom badly.

# MY STORY (CONT.)

Write your own short story explaining how you will build a relationship with your children when the time comes. For these purposes, don't worry about spelling and grammar. Just do the best you can.

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