



MAKE INTO MEN

PMAS is a vibrant and responsive anti-bullying solution provider in schools and the community. We build core skills to create respectfully engaged citizens.

Every hour, the cycle of bullying continues in our community.

The MAKE INTO MEN project helps young men develop compassion and respect to successfully navigate the rough waters of social pressures and expectations in their transition from boyhood to manhood.

Participants learn to:

- Explore the nature of men and social perceptions about being a man
- Understand the roots and characteristics of violent masculinity
- Identify sources of anger and strong emotions
- Appreciate the impact of peer and media pressure on creating self image
- Improve communication skills for managing conflict
- Create healthier relationships through empathy, integrity, and accountability

PMAS helps people respect themselves and each other through proven, effective workshops in schools and in the community.

Together, we must put a stop to bullying.
Find out how we can help you today.

*“I learned respect
cannot be demanded
but must be earned.”*

Ernest Morrow School
Student (2012)

