

THE CODE OF MEN

Youth Male Mentorship & Leadership Development Program

**Building Character. Developing Strength.
Preparing Men for Life.**

Ages 5–25 | OneForce Academy

CORE MESSAGE

A young man's worth is greater than his accomplishments, his potential is greater than his circumstances, and his character is revealed by how he treats himself and others—especially when life becomes difficult.

PROGRAM PROMISE

The Code of Men prepares young males not only to navigate the world they inherit, but to become men capable of positively changing it.

ONEFORCE
ACADEMY

1. Program Overview

The Code of Men is a structured mentorship, character-development, and life-preparation initiative for boys and young men ages 5–25. Through mentorship, practical instruction, faith-based principles, exposure to new opportunities, and real-world experiences, participants build the values and skills needed to become confident, compassionate, disciplined, and accountable men.

The program creates a supportive space where young men can grow without being defined by their limitations. It recognizes that strength includes perseverance, humility, emotional awareness, integrity, respect, compassion, and the courage to ask for help.

2. Program Goals

- Develop character, integrity, accountability, and personal responsibility.
- Introduce participants to opportunities, experiences, and knowledge they may not otherwise encounter.
- Build financial literacy, career awareness, practical life skills, and economic independence.
- Teach respect for themselves, their families, women, peers, and communities.

3. The Seven Pillars of The Code of Men

Character, Integrity & Accountability

Honesty, discipline, keeping your word, taking responsibility, learning from mistakes, and building a reputation through consistent actions.

Financial Literacy & Economic Empowerment

Budgeting, saving, banking, credit, responsible borrowing, taxes, investing, entrepreneurship, career planning, and wealth building.

Emotional Strength, Mental Wellness & Resilience

Managing anger, disappointment, grief, stress, and rejection; communicating emotions responsibly; healthy coping; and asking for support.

Respect, Manners & Healthy Relationships

Etiquette, communication, empathy, respect for women as equals, boundaries, consent, healthy relationships, conflict resolution, and responsible fatherhood.

Life Skills, Self-Care & Independence

Hygiene, grooming, nutrition, exercise, cooking, cleaning, time management, home basics, personal safety, and professional behavior.

Leadership, Career Exposure & Purpose

Exposure to trades, technology, business, education, and public service; workplace visits; public speaking; resumes; interviews; networking; and goal setting.

Faith, Values & Spiritual Development

Age-appropriate exploration of biblical wisdom, courage, patience, integrity, grace, forgiveness, service, hope, prayer, and purpose.



4. Age-Based Development Pathways

Ages 5–8 | The Foundation

Learning the Code

Respect, kindness, manners, listening, hygiene, sharing, identifying feelings, following directions, and understanding right from wrong.

Ages 9–12 | The Builder

Discovering My Strength

Responsibility, teamwork, money basics, healthy friendships, confidence, problem-solving, discipline, and identifying strengths.

Ages 13–17 | The Defender

Building Character Under Pressure

Identity, emotional control, peer pressure, respect for women, digital responsibility, financial literacy, career exposure, decision-making, and resilience.

Ages 18–21 | The Architect

Designing My Future

Independent living, credit and budgeting, education and trades, career development, healthy relationships, leadership, and long-term planning.

Ages 22–25 | The Legacy Builder

Becoming the Example

Financial independence, career advancement, entrepreneurship, healthy partnerships, fatherhood preparation, community service, mentorship, and generational legacy.

5. Program Activities

Manhood Roundtables: Guided conversations about identity, responsibility, pressure, respect, and real-life decisions.

Money Moves Workshops: Interactive lessons on budgeting, banking, saving, credit, investing, and entrepreneurship.

Exposure Beyond the Neighborhood: Visits to colleges, businesses, trade schools, government offices, and cultural institutions.

Toughness With Heart: Team challenges, fitness, sportsmanship, emotional awareness, and perseverance.

Respect in Practice: Etiquette, communication, relationship scenarios, boundaries, and consent.

Faith & Purpose Sessions: Age-appropriate discussions of scripture, values, hope, service, and purpose.

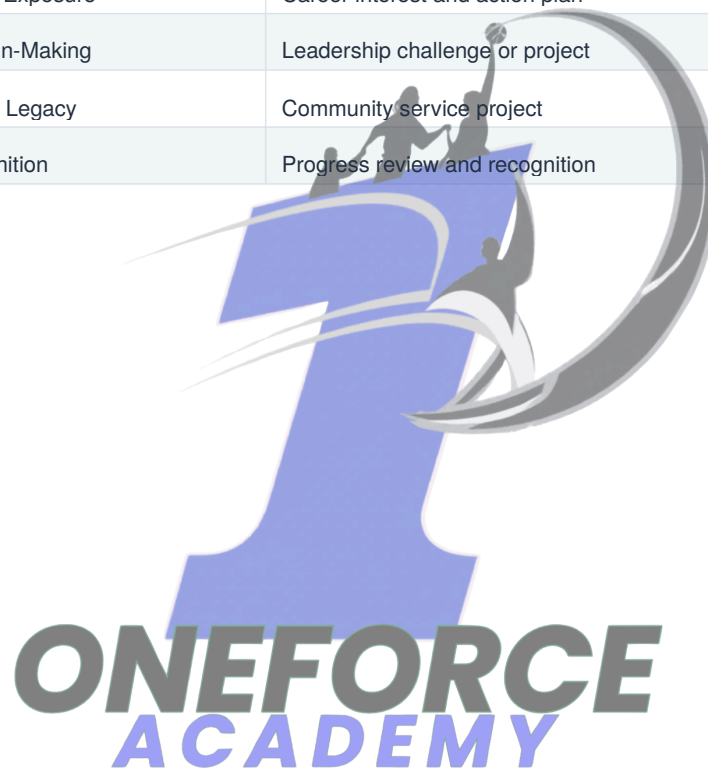
Real-World Readiness: Cooking, organization, interviews, resume development, and independent-living practice.

Brotherhood & Service: Community improvement, volunteering, teamwork, and leading through service.

6. Sample 12-Month Curriculum

Month	Theme	Practical Outcome
1	Who Am I?	Personal strengths and values
2	Integrity & Accountability	Personal commitment plan

Month	Theme	Practical Outcome
3	Respect, Manners & Relationships	Respectful communication
4	Emotional Strength & Resilience	Healthy coping strategies
5	Money, Banking & Budgeting	Starter budget and savings goal
6	Faith, Purpose & Values	Personal purpose reflection
7	Self-Care & Independent Living	Life-skills checklist
8	Discipline, Fitness & Teamwork	Personal wellness goal
9	Career Exploration & Exposure	Career interest and action plan
10	Leadership & Decision-Making	Leadership challenge or project
11	Family, Community & Legacy	Community service project
12	Celebration & Recognition	Progress review and recognition



7. Mentorship Model

Mentor Circles: Small groups led by trained adult mentors.

Individual Development Plans: Goals tailored to each participant's age, interests, needs, and progress.

Guest Mentors: Professionals, fathers, tradespeople, entrepreneurs, educators, coaches, and community leaders.

Family Engagement: Parent and caregiver updates, workshops, and shared activities.

Accountability & Encouragement: Regular check-ins, positive reinforcement, and constructive guidance after mistakes.

Near-Peer Leadership: Supervised, age-appropriate leadership opportunities for older participants.

8. Program Standards & Safeguarding

- Screen and appropriately background-check mentors and staff.
- Maintain written child-protection, reporting, transportation, and communication policies.
- Use age-appropriate curricula and separate activities where developmental needs differ.
- Require appropriate supervision, parental consent for minors, and clear mentor-participant boundaries.
- Maintain a supportive, non-shaming environment that respects different circumstances, family structures, and beliefs.
- Measure progress through attendance, goal completion, participant feedback, demonstrated skills, and caregiver feedback where

9. Expected Outcomes

- Growth in confidence, character, integrity, and personal accountability.
- Improved emotional regulation, resilience, and healthy communication.
- Stronger financial knowledge and independent-living skills.
- Respectful relationships, empathy, and family responsibility.
- Greater career awareness, leadership, goal setting, and community involvement.

10. The Code of Men Pledge

“ I will strive to be a man of integrity, not just a man of achievement.”

“ I will respect myself and treat others with dignity.”

“ I will be accountable for my choices and learn from my mistakes.”

“ I will be strong enough to stand firm and humble enough to ask for help.”

“ I will honor my family, respect women, value others, and protect the trust placed in me.”

“ I will pursue knowledge, develop my gifts, manage my resources wisely, and prepare for my future.”

“ I will face adversity with courage, show compassion without shame, and use my strength to build rather than

We are not simply raising boys to become men. We are equipping young men to become responsible leaders, loving family members, capable providers, respectful partners, lifelong

learners, and positive forces in their communities.

Manhood is not measured only by what a man owns, earns, or how tough he appears. It is reflected in his character, how he treats people, how he responds to adversity, and what he builds for the future.

