CONTENTS

ACKNOWLEDGMENTS XII

INTRODUCTION 1

PART ONE

PROTECTING THE MINDS OF BOYS 17

1  THE CURRENT CRISIS 19
   Is There Really a Crisis? 20
   Understanding and Fixing the Crisis 28
   The Next Step 38

2  HOW BOYS LEARN 40
   A New Science 42
   Boy Energy 43
   The Mismatch Between Boys and Conventional Education 52
   Confronting an Educational Myth 54
   Ending the Myth of Gender Plasticity and Supporting the Way
      Boys Actually Learn 58
   A Boy-Friendly Model for Protecting the Minds of Boys 61
   Becoming Practical 63
PART TWO
STARTING BOYS OUT IN BOY-FRIENDLY LEARNING ENVIRONMENTS

3 HELPING BOYS LEARN BEFORE THEY BEGIN SCHOOL

Protecting the Learning Potential of a Young Brain
Building Bonding and Attachment
Boys’ Special Attachment Issues
Ten Strategies to Promote Attachment
The Importance of Emotions in a Boy’s Early Education
The Core Philosophy of Choice Making
Promoting Verbal Development in a Young Boy
Balancing a Boy’s Fine and Gross Motor Development
Calming the Hidden Stressors in a Boy’s Life

4 EFFECTIVE PRESCHOOL AND EARLY LEARNING ENVIRONMENTS FOR BOYS

Providing a Boy-Friendly Learning Environment
Boys and Sensory Issues
Brain Breaks
Music and the Brain
The Outdoor Classroom
Do You Have to Use Your Words to Use Your Brain?

5 REMOVING KEY ENVIRONMENTAL STRESSORS FROM BOYS’ LIVES

Promoting Brain Health
Brain Injuries
Screen Time: TVs, Videos, Video Games, Computers
What a Boy Eats and Drinks
The Beauty of Brain Health
### Part Three

**Teaching School Curricula in Boy-Friendly Ways**

125

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Helping Boys Learn Reading, Writing, and Language Arts</td>
<td>127</td>
</tr>
<tr>
<td></td>
<td>What Parents Can Do</td>
<td>129</td>
</tr>
<tr>
<td></td>
<td>What Teachers Can Do</td>
<td>145</td>
</tr>
<tr>
<td></td>
<td>Do Heroes Read and Write?</td>
<td>158</td>
</tr>
<tr>
<td>7</td>
<td>Helping Boys Learn Math and Science</td>
<td>159</td>
</tr>
<tr>
<td></td>
<td>Relevance!</td>
<td>161</td>
</tr>
<tr>
<td></td>
<td>What Parents Can Do to Help Boys Learn Math</td>
<td>161</td>
</tr>
<tr>
<td></td>
<td>What Teachers Can Do to Help Boys Learn Math</td>
<td>170</td>
</tr>
<tr>
<td></td>
<td>What Parents Can Do to Help Boys Learn Science</td>
<td>176</td>
</tr>
<tr>
<td></td>
<td>What Teachers Can Do to Help Boys Learn Science</td>
<td>183</td>
</tr>
<tr>
<td></td>
<td>The Importance of the Arts and Athletics in Academics</td>
<td>189</td>
</tr>
<tr>
<td>8</td>
<td>Using Single-Gender Classrooms Effectively</td>
<td>192</td>
</tr>
<tr>
<td></td>
<td>The Essential Search for Equality</td>
<td>194</td>
</tr>
<tr>
<td></td>
<td>The Success of Single-Gender Classes</td>
<td>197</td>
</tr>
<tr>
<td></td>
<td>The Importance of Teacher and Parent Buy-In</td>
<td>203</td>
</tr>
<tr>
<td></td>
<td>Single-Gender Sex Education</td>
<td>207</td>
</tr>
<tr>
<td></td>
<td>Bringing Single-Gender Innovations to Your School</td>
<td>209</td>
</tr>
</tbody>
</table>

### Part Four

**Helping Boys Who Need Extra Help**

211

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>A New Vision of Learning Disabilities, ADD/ADHD, and Behavioral Disorders</td>
<td>213</td>
</tr>
<tr>
<td></td>
<td>The Inherent Fragility of the Male Brain</td>
<td>217</td>
</tr>
<tr>
<td></td>
<td>Changing Our Course</td>
<td>222</td>
</tr>
<tr>
<td></td>
<td>Getting the Right Diagnosis</td>
<td>225</td>
</tr>
<tr>
<td></td>
<td>Treatment</td>
<td>232</td>
</tr>
<tr>
<td></td>
<td>Moving to Optimism</td>
<td>238</td>
</tr>
</tbody>
</table>
# Contents

## Chapter 10

**CONFRONTING UNDERMOTIVATION AND UNDERPERFORMANCE IN BOYS’ LEARNING**

- Undermotivated, Underperforming Boys
- Some Causes of Undermotivation—and Some Cures
- When Gifted Boys Are Undermotivated
- Motivating Our Sons

## Chapter 11

**WHAT PARENTS AND TEACHERS CAN DO TO MOTIVATE BOYS TO LEARN**

- What Parents Can Do
- What Teachers Can Do
- Helping Gifted Nonachievers
- The Key Role of Men in Motivating Boys
- Leaving No Boy Behind

## Chapter 12

**HELPING SENSITIVE BOYS IN OUR SCHOOLS**

- Bridge Brains
- Fighting Gender Stereotypes
- The Emotional Lives of Sensitive Boys
- What Parents Can Do to Help Sensitive Boys
- What Teachers Can Do to Help Sensitive Boys
- Choosing to Succeed

**EPILOGUE**

**NOTES**

**BIBLIOGRAPHY**

**APPENDIX: TEN TIPS FOR HANDLING BULLYING AMONG BOYS**

**THE GURIAN INSTITUTE**

**ABOUT THE AUTHORS**

**INDEX**