

## Interview Topics

There is a ton of research available now on how American boys, ages 11 - 19, are in trouble, but no one really wants to talk about why. Clayton Lessor, Ph.D. Candidate and author of ***Saving Our Sons: A Parent's Guide to Preparing Boys for Success***, is ready to take off the blinders and the gloves and lead the conversation that needs to take place in this country.

The dirty little secret that no one wants to talk about is this: The core reasons our sons are in trouble is due to absent fathers. Reasons for their absence include addictions, e.g., overwork, alcohol, pornography, as well as mental health issues, such as depression and sense of worthlessness, or passive-aggressive relationships with lack of support of fathering by the mother.

In this context, being absent goes way beyond mere physical distance to include being emotionally unavailable. Reasons vary and include overwork, drugs and alcohol, even a preoccupation with sports.

Single moms try to be both parents to their sons, but it simply isn't possible. This isn't to cast blame on anyone, they do their best, it's just the simple fact that there are certain things a woman is never going to be able to provide for her son. She is not a man.

Clayton Lessor, founder and facilitator of The Quest Project, has over twenty years experience working with young boys as they successfully transition into adulthood. Having grown up in a household where his dad was physically abusive and not present for him, Lessor found a way to get help for himself, gain the education needed, and then created a system for helping other boys dealing with the same problems. Through The Quest Project, Lessor has helped thousands of boys through this process, and the results speak for themselves.

Here are some of the topics Lessor can address in an interview:

### **Boys continue to fall behind: Why are American boys in trouble?**

Our young sons are in crisis, falling far behind their female counterparts in school and in life. They are failing to learn the lessons they need to survive and thrive in the adult world. Why? What does the research say? Single moms and parents try everything they can think of to help, yet nothing seems to be working. What do you do? Clayton Lessor explains what is at work here and what parents can do to help their sons navigate through adolescence.



## **Is your son in trouble, or is it typical teenage angst? 5 Ways to know for sure.**

It's tempting to ignore various warning signs, preferring to think your boy is just going through a phase, but is that the case? Is your son in trouble, or is it typical teenage behavior? Regardless of what you've heard, there is normal behavior and then there is behavior that is way out of bounds. Lessor shares how to tell the difference, when to interfere, what to do about it, and where to turn for help.

## **The statistics are shocking. Why fatherless sons may be in big trouble.**

75% of all crime in the country is committed by men who were fatherless children. If they don't get help while they're still boys, they will almost certainly carry their problems with them and grow into troubled men. Lessor encourages moms and others not to let daunting statistics discourage them. However, taking action is essential. He shares the five things a boy needs to grow into a healthy man.

## **The Impact of Absent Fathers: It's not always because he's physically gone from the family.**

The father may be physically gone from the household, or he may be emotionally unavailable due to overwork, alcohol or drug abuse, or being overly involved in watching sports. When the father is not actively engaged with the son, there is a tremendous negative price to pay both in the household and as he matures into adulthood. What can be done to help them now? How can dads be turned around? What can moms do to help? Lessor answers these questions and provides actionable steps for dads to get the help they need.

## **Single moms. How can you help your sons?**

There has never been a more challenging time to be a mother of a teenage boy. This is compounded for single moms. They're trying but is it enough?

Single moms are doing their best, but there are some things they simply can't do to help young boys approaching adolescence. What mothers can (and can't) do to help their son's transition to manhood. Lessor shares specific tips on what to do and what not to do to help your son through this important transition.



## **Advice for dads:**

Maybe you yourself didn't have a dad who was engaged with you as you were growing up, for whatever reason. What does this mean for your ability to help your own son navigate adolescence? You may want to, but if you weren't shown how to do this, then what do you do? Clayton Lessor gives tips to help dads with their young sons

## **Rites of passage. Are Little League and the Boy Scouts enough?**

What are they and why are they essential to the development of boys? Are there any organizations that provide rites of passage, and if not, what should parents do? Clayton Lessor explains why this is an essential need in our culture and how it can be addressed and brought back.

**For a review copy or to book an interview with Clayton Lessor, contact:**

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