



2024 Programmes

- **Owning My Space**
Leadership and Life skills programme for graduates (22 Cohorts of NYSC LGA's)
- **Becoming My Best Self**
Leadership and Life skills programme for Teenagers (Debiruss College, Sangotedo)
- **'Talking boys' Parenting Series**
- **Podcasts 'Thinking Aloud'**
(19 recorded podcasts)
- **Conversations**
(A safe space for men to talk)
- **International Men's Day**
- **Meals 4 Kids**
(feeding over 300 children each month)



International Men's Day and 'Talking boys' Parenting Series

Two Panels, Two Themes!

Panel 1: Teen Sex Habits, Drug Abuse, Anger, and Other Things.

Panel 2: Positive Male Role Models.

#MalesMatterToo

November 23, 2024



Mrs. Ifeoma I. Idigbe

Founder & Executive Vice Chairman, boys to MEN Foundation

Celebrating International Men's Day

On November 23rd, 2024, boys to Men Foundation celebrated International Men's Day in Ikoyi, Lagos, with the theme "Positive Male Role Models." This annual event brought together leaders, parents, educators, and young men for meaningful conversations about the importance of positive role models as mentors and inspiration for boys and young men, given the challenges they face today. The event had two panel sessions. The first for the Foundation, 'Talking Boys' Parenting Series, "Teen Sex Habits, Drug Abuse, Anger and Other Things". The panel had Mr. Ayodeji Bankole-Olusina, Dr. Sola Oni, Mr. Nezie Nwobi, Mr. Tochukwu Mgbemena, Mr Izundu Nasa-Okoli (moderator). Emphasizing the need for open dialogue, responsible choices, and the influence of positive role models in shaping the lives of young men.

The second panel had the same theme as the International Men's Day theme, "Positive Male Role Models", with Mr. DeRemi Atanda, Mr. Dapo Otunla, and Mr. Ikenna Odike (moderator). Discussions highlighted the crucial role that fathers, mentors, and community leaders play in guiding boys through adolescence. It was stressed that positive male role models are essential for fostering healthy self-esteem, emotional resilience, and strong values. The event served as a reminder that, while challenges persist, there are many ways to support boys and young men in becoming confident and responsible men.

boys to MEN Foundation is committed to celebrating International Men's Day each year, promoting conversations and creating programmes that empower males to navigate the pressures of growing up in today's world. Through mentorship, support, and community engagement, the Foundation continues to work towards building a better future for young men.



Meals 4 Kids

boys to MEN Foundation held its monthly Meals 4 Kids feeding programme on Friday November 29, 2024. With the generous support of volunteers, individuals, and Bukka Hut the Foundation feeds 300 children in vulnerable environments every month and has done so for more than 5 years, since March 2019.



‘Owning My Space’ Leadership and Life skills programme for graduates

‘Owning My Space’ Leadership and Life Skills programme is designed to equip and empower young, male, corps members, supporting them to thrive in every aspect of life. This programme aims to challenge the unrealistic expectations on boys and men in the modern world. Growth is not about perfection, but about learning, development and progress. Males in particular need to learn that real success is not solely defined by outward achievements, but by inner values such as integrity, leadership, and the continuous pursuit of self-improvement so as to become their best selves. This year, boys to MEN Foundation successfully held 22 cohorts of the programme at different NYSC Local Government Areas in Lagos State - Victoria Island, Etiosa, Obalende, and Surulere. We reached about 1000 corpsers.



A paradigm-shifting experience delivers on its promise by sowing the seeds in us that show us the kind of man we can be, not just who we are expected to be.

-Izundu Nasa-okoli

The programme is really a great initiative. I personally find it interesting and I gained a lot of information that I believe will help me have a rethink on how to go about doing things.

-Tamori

It was very insightful, from the videos down to the public speaking. I took home the idea of how to manage my spending and make a budget and also stick to it. It has also built my confidence level as a man. Thank you boys to MEN Foundation!

-Enegare Emmanuel

Awesome session on men expressing themselves. I am making a conscious decision to not end up like my father, and also provide support to him during these difficult times.

-Joshua Odeyemi

'Becoming My Best Self' Leadership and Life skills programme for Teenagers

'Becoming My Best Self' Leadership and Life Skills programme held at Debiruss College, Sangotedo, Lagos on the 21st of June, 2024. This programme is for boys aged 13 to 17. The event was transformative, designed to help young boys understand their potential and develop essential skills for becoming confident, responsible, and capable young men. 'Becoming My Best Self' featured interactive workshops that focused on identifying the challenges boys face in today's world and how to address them, leadership, public speaking and the importance of developing confidence and self esteem. The activities encouraged the boys to work together, solve problems, and develop a stronger sense of purpose. Feedback from the participants was overwhelmingly positive, with many expressing newfound clarity in their goals and a deeper belief in their potential. The programme was a powerful reminder of the importance of nurturing the next generation of leaders.



Podcasts: 'Thinking Aloud'



The Foundation recorded 19 podcasts addressing issues that directly impact and resonate with males in today's world. These discussions featured guests who shared their experiences, offering valuable perspectives on a variety of important topics.

Included in the thought-provoking subjects were "A Slave to the WE Syndrome," "Are Females More Ambitious?". Each episode sparked meaningful conversations, challenging stereotypes, and encouraging males to reflect on their own experiences. These podcasts not only provided a platform for honest dialogue but also empowered listeners to embrace their truths and approach life with greater understanding of themselves. We are excited to continue creating content that speaks to the hearts of the issues that matter most to males today.

About Us

boys to MEN Foundation is a Nigerian non-governmental organisation (NGO) established in November 2017 by Mrs. Ifeoma I. Idigbe, who is the Founder and Executive Vice Chariman. One of the greatest challenges facing young men today is finding their place in the world. We must raise the right kind of men to face the challenges of the new age and drive equity within the social structure. boys to MEN Foundation is dedicated to supporting males to become their best selves, and so positively impact the communities in which they live. Our ultimate goal is that males become global leaders with integrity. Our programmes commenced in April 2018 and cover different age ranges.

Our Vision: To shape and produce a new generation of ethical, well-behaved men capable of providing strong, impartial leadership, constantly striving to become their best selves, and possessing the confidence to accept that others may wish to do the same

Our Mission: To inspire, nurture and develop males to become confident leaders in society.

Our Motto: Integrity, leadership and equity.

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Join us for
Conversations

Every last Saturday of the month
We are going virtual!!!

2024 Sponsors

We thank all our sponsors for their generosity. We would not be able to run our 2024 programmes without you. Thank you!

