



POPS 101

The Basic Principles of Healthy Fathering

POPS 101 is an introductory, informative and interactive program to help fathers learn the basic principles of becoming better **P**rotectors, **O**rders keepers, **P**roviders and **S**tabilizers (**POPS**) of their families. The program includes (4) one to one and a half hour sessions that are facilitated by trained dads.

There is a growing systemic problem in America: the need for a father in a child's life. According to the U.S. Census Bureau, 24 million children in America – one out of three – live without their biological father in the home. Consequently, there is a “father factor” in nearly all the societal ills facing America today. The POPS 101 program provides a way of understanding the cause and providing a solution to growing the number of responsible fathers.

Becoming a True POPS

Learning the skills and behaviors to become:

PROTECTORS

Fathers and father figures will learn that mature, responsible males play an indispensable part in making homes, neighborhoods and schools safer places for children.

ORDER KEEPERS

Participants will come to understand how manly influence calms the unruly tendencies of youth. They will gain an appreciation of their importance as parenting partners – whether or not they share a household with their child.

PROVIDERS

The dads will receive assurances that they are much more than ATM machines; that responsible fathers contribute many resources, as they are able. These include financial, emotional, spiritual, educational, and other valuable assets.

STABILIZERS

The men will gain awareness of their value as stabilizers when encouraged, empowered, and engaged in homes and neighborhoods.

Program Materials

Participants - Provided with handouts for each session for review and note taking.

Facilitators – Each facilitator uses a scripted slide presentations for each of the 4 sessions and a program guideline document. Each presentation follows the study guide and incorporates videos and discussion points to enhance the session and participation.

Taking the first step

POPS 101 is a primer that whets the desire of a father, father to be, father figure, or mentor to learn more. Follow-up programs and materials provided to you by Urban Light Ministries include:

- **Mentoring** - assigned to an experienced and trained mentor
- **Online access** - the Fathering in 15™ program is an online resource to continue improving your skills as a father
- **Father Love Program** - a more intensive 13 week facilitated program. The “Father Love” book is an additional charge and may be ordered by going to www.thefatherlovebook.com.