

## What We Do

Every month, the students and their mentors meet for district events.

At the meetings, the young men practice mindfulness exercises with the intention to cultivate awareness and be able to return to that state again and again. They pay attention to what is occurring in the present moment by observing the thoughts, feelings and sensations that arise within them. The attitude around the exercise is to be non-judgmental, curious and kind.

At the school level, the participating scholars create a name for their MBK group as well as an image or avatar that empowers their school to greatness. The group also creates a motto, rhyme or acronym that speaks to their school's beliefs.

Our scholars are ready to get a healthy start and enter the school building each morning ready to learn. We aspire for our scholars to graduate high school ready for college or a career; to complete a post-secondary education or training; to successfully enter the workforce; to always keep our scholars on track and give them a second chance.



Learn More  
<https://bit.ly/NPSmbkmsk>



# My Brother's Keeper

## Mission

To empower young men of color by providing opportunities to build strong relationships with peers and mentors, instilling core values, problem-solving/critical thinking skills, and engaging in rites of passage program that will support social emotional development (sense of self), commitment to service and increased student achievement.

## Vision

Norwalk MBK scholars will obtain the fundamental skills needed to develop into future leaders in all areas of industry and utilize those skills to serve their communities, advocate/stand against injustice, and create innovation in order to be competitive in an ever evolving global society.



## Background

Former President Barack Obama launched the My Brother's Keeper initiative to address the persistent opportunity gaps faced by boys and young men of color and to ensure that all young people can reach their full potential.

Through this initiative, Norwalk Public Schools is joining with community-based organizations, businesses, and foundations to connect young people to mentoring, support networks, and the skills they need to find a good job or go to college so they can become productive citizens.

My Brother's Keeper is open to middle and high school students and is a district-wide as well as a school-based initiative.

## Core Values

- Empathy/Compassion
- Integrity
- Leadership
- Love
- Resilience
- Service (Community)
- Teamwork

**"IT IS EASIER TO BUILD  
STRONG CHILDREN THAN  
TO REPAIR BROKEN MEN"**

– FREDERICK DOUGLASS

