

# Controller Conversations

By Quinton, Santiago, Fiona, Milan, Ryan, and Kadima



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**Our Issue**

- Gun violence is a huge issue in America today. According to npr.org, 98% of mass shootings are done by men. A lot of this is due to the lack of attention to men's mental health due to stigma around masculinity.
- We thought about how big of an issue gun violence is and we found a lot of evidence about how men take up the vast majority of mass shootings in the US, and how their mental health affects shootings.
- Our root cause is the lack of attention to mens mental health and how it affects mass shootings.
- Our solution is to create a safe space for young men (mainly middle school boys) to talk about their emotions while still having fun.

## Goal statement

We will create a safe and fun space for young men to talk about their emotions. By helping young men express their feelings, we will improve their mental health leading to decreased gun violence in schools.

## Evidence



### Calming Down

According to theparentcue.org, in order for the brain to calm down, it needs to feel safe. When you are in a safe space it helps you relax and makes you feel happier. Our safe space will help improve mental health by making young men feel more relaxed and calm.



### Negative Masculine Ideals

According to the American Psychological Association, western culture define specific characteristics that are more "masculine" than others. The emotions that are defined as more "manly" set in at a very young age. Boys and men live under constant pressure to display more "masculine" traits, and to not show vulnerability.



### The Majority

Also according to the American Psychological Association, males are perpetrators of the vast majority of gun violence. Evidence suggests perception among males of social norms about characteristics and behaviors associated with masculinity may increase gun violence.

## Take Action

We are making a club to help males express their emotions. Anyone can help make this a reality by doing things like listening to them and talking to those that you see alone. States and nations can help their people just by making programs that they can go to at anytime to have fun and talk about

whatever is happening in their life. It doesn't have to be much but try to make a comfortable space just so they can talk to someone who really care.

We call this program Controller Conversations. We are creating an after school club where boys can come and talk about their emotions with each other while playing either video or board games. Playing games will help lighten the atmosphere, while still helping improve young mens' mental health.

## Group #7



## What We Learned

- Quinton - "I learned that men are the vast majority of school shootings."
- Fiona - "I learned how to work more efficient together as a team."
- Milan - "I learned that working in a group can be challenging, and I learned more about gun safety."
- Kadima - "I learned that mental health and stigma around masculinity is a big problem having to do with gun violence."
- Ryan - "I learned that mental health is very big problem for a lot of school shooters."
- Santiago - "I learned I can work with other people that I don't know and there is a way to stop school shootings."

## Mental Health Resources

Local Resources:

-MHMR Tarrant County

-Mindpath Health Fort Worth

Online Resources:

-Texas Youth Hotline: 1-866-842-5613

-Call 988 for a Suicide or Crisis Hotline

## Citations

- Helping My Middle and High Schooler Manage Their Emotions <https://theparentcue.org/helping-my-middle-and-high-schooler-manage-their-emotions/>
- Gun Violence: Prediction, Prevention, and Policy <https://www.apa.org/pubs/reports/gun-violence-prevention>
- Harmful Masculinity and Violence <https://www.apa.org/pi/about/newsletter/2018/09/harmful-masculinity>

## About Us!



Our group, the Citi-Swords, is made out of Kadima, Quinton, Santiago, Milan, Fiona, and Ryan. We chose this issue because gun violence is a really pressing and relevant issue, and we wanted to figure out why the vast majority of mass shooters are men and how we could fix that issue. Some fun facts about us are that Kadima runs the 800 meters in track, Quinton skipped 2nd grade, Santiago plays soccer, Milan likes to build things, Fiona is from Minnesota, and Ryan loves Chickfila.

