



# **Brothers of Ujima: A Cultural Enrichment Program to Empower Adolescent African-American Males**

*Faye Z. Belgrave, Kevin W. Allison, Jerome Wilson, Raymond Tadey*

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Ujima is a Kiswahili word that means collective work and responsibility. Brothers of Ujima presents a unique cultural enrichment program designed to reinforce and bring out the strengths of African American preadolescent and adolescent males. This group counseling program helps young men plan and achieve their future goals as they make the transition from elementary to middle school and from middle to high school. The program helps men in achieving direction, identity, and critical consciousness that lead to more positive self-esteem and relationships with others, greater ethnic pride, and higher expectations for future accomplishments. Group sessions cover African and African American culture, responsibility to others, health and fitness, education, life course, handling conflict, and many other key topics.

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