

BOOK REVIEW

UNMOTIVATED, distracted, despises schooling - sound familiar? If this describes your son, a nephew, or a boy you know, then Dr. Leonard Sax has something to say about those factors, and a few others, when it comes to the "growing epidemic of unmotivated boys and underachieving young men."

Sax checks into areas such as changes at school, video games, medications for ADHD, endocrine disruptors, and rites of passage that are affecting boys in various ways and for the most part detrimentally.

What Sax delves into with this book not only helps explain why boys these days are behaving the way they are, but also rallies parents to take a stand, to do things that parents need encouragement to do. He challenges parents to critically assess current media, understand their child and how to assist growing them into healthy and motivated adults, and make tough choices for the sake of their sons.

"Not all traditional roles deserve to be condemned as gender stereotypes" (p. 204), let's hear what Sax suggests to help boys become men.

Home Application

There are two types of knowing: head knowledge and tangible experience (28-29); boys need both to engage and learn. Don't just read books about insects and nature, go outside and interact with them - point out butterflies and lilies and explain why we need to avoid wasps and poison ivy.

"...when it comes to showing boys how a gentleman behaves - how he serves his community - then there is no substitute for having a male role model... not a saint, not Rambo, not John Wayne. Just somebody real (p. 169). Get your boy connected with good male figures in the community: youth group, sports teams, after school clubs, can be some good places to start.

"There's growing evidence that the intensive reading drills that now characterize early elementary education may actually disengage many students, particularly boys" (p. 38).

"The net result is that playing video games gives boys the reward associated with achieving a great objective, but without any connection to the real world, without any sense of a need to contextualize the story... video games may affect the brain in children in much the same way that medications like Ritalin and Adderall and Concerta do" (p. 91).

"One of the central questions we are trying to answer in this book is why we are seeing so many boys today who just don't seem motivated. What has changed in the past twenty to thirty years that might account for this emerging phenomenon?" (96-97).



"Fascinating...terrifying.... Sax identifies an epidemic of lost boys. Luckily, he offers solutions."—*Globe and Mail* (Canada)

boys adrift

The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men

VIDEO GAMES • TEACHING METHODS
PRESCRIPTION DRUGS • ENVIRONMENTAL TOXINS
DEVALUATION OF MASCULINITY

REVISED AND UPDATED EDITION

Leonard Sax, MD, PhD

Author of the *New York Times* Bestseller *The Collapse of Parenting*

BUY NOW