



The Young Black Men Project

TECHNOLOGY NUMBER: 6660

OVERVIEW

- Online social support program for young black men
- Leverages gender and culturally relevant prompts
- Helps young black men transition into adulthood and maintain good physical and mental health

INNOVATION

Young black men experience both physical and health challenges during the adulthood transitioning due to racial discrimination, poverty, violence and others. These stressors might result in chronic health issues, including depression, anxiety, social fears and substance abuse, which might further lead to difficulty in pursuing education, employment and relationships. Yet young black men tend to be reluctant to seek mental health support because of limited resources and traditional beliefs. Online social support has been shown to be effective in promoting positive health status and self-efficacy. It also provides anonymity, confidentiality, easy access and free communication compared to traditional in-person social support groups. The YBMen program provides an eight-week, Facebook-based education and social support intervention for young black men. This online social support program leverages gender- and culturally-relevant prompts that are specific for young black men, which will offer effective education about physical and mental health. This program will help young black men transit into adulthood and maintain good physical and mental health.

[Young Black Men Project](#)

Technology ID

6660

Category

Content
Software & Content

Inventor

Daphne C Watkins

Further information

Tina Suntres
tsuntres@umich.edu

Learn more

