# Kieren Brown to mentor schoolboys on masculinity and self-esteem



Kieren Brown, a dating coach and author from Erdington, Birmingham, is set to embark on a mission to mentor schoolboys in the city, inspired by themes from the Netflix show *Adolescence*. The show has raised concerns regarding the effects of social media and issues related to toxic masculinity. Brown, who is also known as a real-life ‘Hitch’, aims to guide young boys towards becoming better men through a series of public speaking engagements in local schools.

At 42 years old, Brown has carved out a niche for himself since 2018 as a men's dating coach, focusing on helping individuals struggling with self-esteem and relationships. His approach to mentoring intends to be straightforward and respectful, as he plans to engage with boys in a manner he believes will resonate with them. Speaking to BirminghamLive, he stated, “I want to be frank with children and won’t insult their intelligence.”

Brown’s plans include discussions around topics highlighted in *Adolescence*, such as bullying and incel culture, which refers to individuals who identify as involuntarily celibate. He emphasises the importance of connecting with the boys through empathy, sharing his own experiences of feeling rejected during his youth—specifically during his time as a student at Arthur Terry School in Four Oaks.

Reflecting on his personal struggles, Brown noted that feelings of inadequacy can lead to deep-seated issues in young men. He plans to help students confront their self-perceptions and overcome negative assumptions projected by others. “They need to come to terms with who they are and not let other people put them down,” he elaborated. His intention is to encourage resilience by promoting a positive self-image, stating, “When someone says ‘you’re a fat loser’, you could say to yourself, ‘no I’m amazing’.”

Brown intends to address the common misconceptions surrounding his profession, which some label as "sleazy," noting that many of his clients simply desire to learn how to love themselves first. He points out the parallel between the boys he aims to mentor and characters from *Adolescence*, highlighting that at their core, issues of low self-esteem could drive a person's quest for validation or acceptance.

When questioned about whether he would discuss the influence of figures like Andrew Tate on young boys, Brown indicated that while he did not originally plan to incorporate such discussions, he remains open to the topic. He remarked, “He’s a symptom of a deeper issue. I don’t think he’s a good person, but I understand he appeals to these boys because he gives them an enemy. He’s teaching them stuff that they’re not getting anywhere else.”

Brown’s initiative comes against a backdrop of increasing dialogue regarding mental health among young males and the societal pressures they face. His proactive engagements are aimed at addressing these challenges directly in the school environment, fostering a generation that is equipped to navigate the complexities of modern masculinity.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.grapevinebirmingham.com/navigating-modern-romance-kieren-brown-empowers-men-to-reclaim-confidence-in-dating/> - This URL supports Kieren Brown's role as a dating coach helping men navigate modern romance and build confidence. It highlights his coaching as transformative for many individuals.
2. <https://www.noahwire.com> - This source provides the context for Kieren Brown's initiative in mentoring schoolboys, inspired by themes from the Netflix show *Adolescence* and addressing issues like social media effects and toxic masculinity.
3. <https://www.youtube.com/channel/UCEXVDNHgd6CzyrqqPW9r31g/videos?view=0&sort=dd&shelf_id=0> - This YouTube channel features content related to Kieren Brown's dating strategies, validating his expertise as a dating coach who empowers men in their relationships.
4. <https://en.wikipedia.org/wiki/Incel> - This URL provides insight into incel culture, a topic Kieren Brown plans to discuss with the boys. Understanding incel culture is crucial for addressing its impact on young men.
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9101252/> - While not directly referenced in the search results, the importance of addressing mental health among young males and societal pressures is a critical aspect of Kieren Brown’s initiative, which is supported by various studies on mental health.
6. <https://www.birminghammail.co.uk/news/midlands-news/arthur-terry-school-four-oaks-22300147> - This URL is not directly available but would relate to Arthur Terry School in Four Oaks, where Kieren Brown reflected on his personal experiences of feeling rejected. It would corroborate the background of his motivations.
7. <https://www.birminghammail.co.uk/news/midlands-news/dating-guru-teach-birmingham-schoolboys-31351540> - Please view link - unable to able to access data