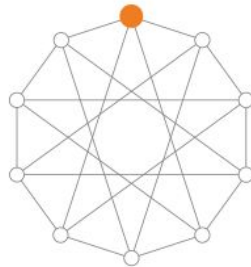


Freedom for Young Adults

Introduction



Humane
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Freedom for Young Adults

What we'll explore in these six lessons

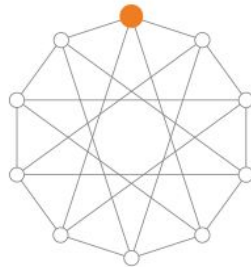
- Two Ways of Looking at Being a Teenager
- Basic Goods - Your Opportunity
- Earning Trust
- Making Good Things Happen
- Leading Your Own Life
- Designing Your Life

Ideas for Using these Ideas

- Parents review the lessons to see if they are appropriate for their family
- Let the teen know that you have found something that might help them earn more freedom and ask them if they would be willing to view the lessons (about 30 minutes overall)
- Schedule a time to talk about what you have learned
- At a calm moment, discuss the evaluation and planning tool and have your teen self evaluate.
- You review the self evaluation and add your own evaluation and thoughts
- Review the teen's self evaluation and add only what feels constructive. Discuss areas of agreement and simply note the areas of disagreement
- Set a time later to dig into areas of disagreement with a neutral friend or therapist

Freedom for Young Adults

Lessons



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Two Ways of Looking at Being a Teenager



... I want to unfold.

Nowhere do I want to remain folded,

for where I am bent and folded, there I am a lie...

- *Rilke*

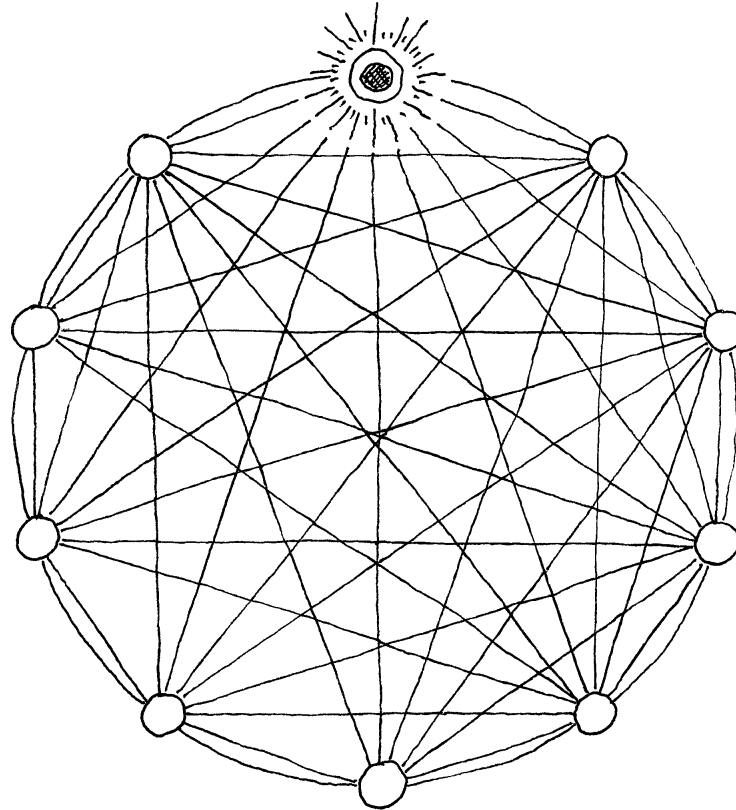


[Entire poem here](#)

We are Not Alone - Our Social Web

We may feel alone, but
we are woven into a web
of connections

- Friends
- Siblings
- Parents
- Teammates
- Teachers
- Extended family
- Community
- Living creatures
- Earth



Individuation is Required, But Only Partial

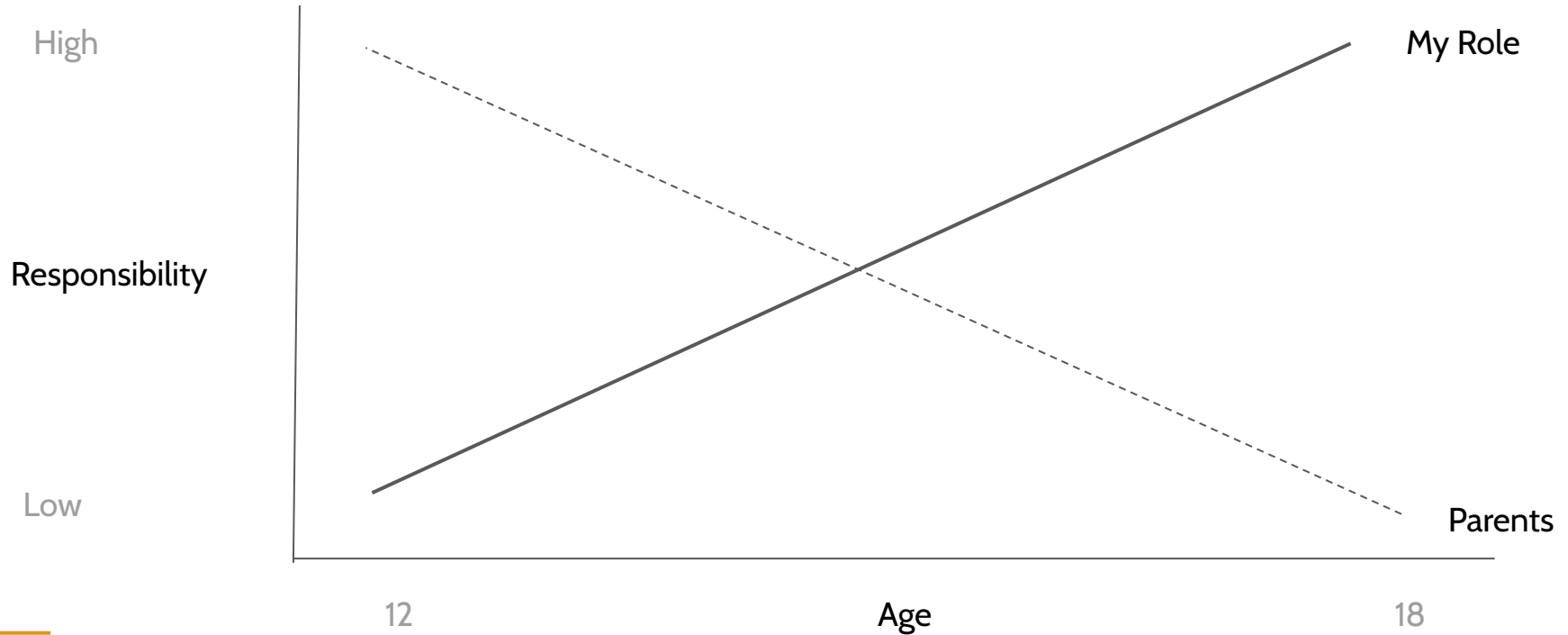
- Individuation is a natural part of the teen experience
- We must begin the process of separating from our parents and siblings as we prepare ourselves for our own lives
- This can be a questioning or rejection of their values, attention, or habits
- This process often involves conflict and pain, but we can all work to minimize the negative impacts by speaking our truths with “I” statements, by accepting responsibility for our shared search for a new, more independent way of life

Basic Goods - Your Opportunity

The Basic Goods Of Life

- **Food** - sufficient, healthy
- **Shelter** - safe, orderly, clean
- **Transportation** - bicycling, walking, getting rides with friends, public transportation, buying a car
- **Purpose** - joyful effort towards creating value for others and yourself, self-education to build useful skills and knowledge
- **Friends** - connecting with people who bring you joy and growth
- **Gratitude** - daily proactive efforts to be grateful and kind, to seek understanding before being understood, and resolve conflict constructively

Basic Goods Causation - You Need to Take Over



Infancy and Basic Goods

- Every day since before you were born
- Feeding
- Cleaning
- Sheltering
- Transporting

If you are safe, healthy, and confident, it is because someone worked very hard to give you those gifts.

Contributing to Earn Our Freedom

- Whoever contributes the most to the basic goods in life feels entitled to
 - “Contribute” rules, advice, and discipline
- If you want more freedom, you need to first contribute more to your own life.

Contributing to Earn Our Freedom - Examples

- Take responsibility for the order and safety of your home
 - Start with making your bed and keeping your room neat.
- Help bring order and cleanliness to shared areas of your house
- Help shop for groceries or ask to be dropped off and do it all
- Cook for the family and clean up in the kitchen
- Find something that interests you in the world and learn to create value doing it.
 - Focus on the work of developing skills, not buying materials and tools
- Perform at the very top of your abilities at school
- Volunteer or get a job or create art at a level that people value highly
 - Busking, selling your illustrations, paintings or poetry


Earning Trust



But,
shouldn't my parents
trust me by default?

Parents, Love, Trust, and Becoming An Adult

- Parents have known you since before you could take care of yourself
- Before your earliest memory, they were feeding you, keeping you safe, wiping your bottom.
- Parents remember all that and love you so much they want you to be safe and successful.
- As a teen, your parents see you through the lens of infant and adult at the same time.
- They would be so happy to see you being a responsible adult.
- How can you cause that to happen?

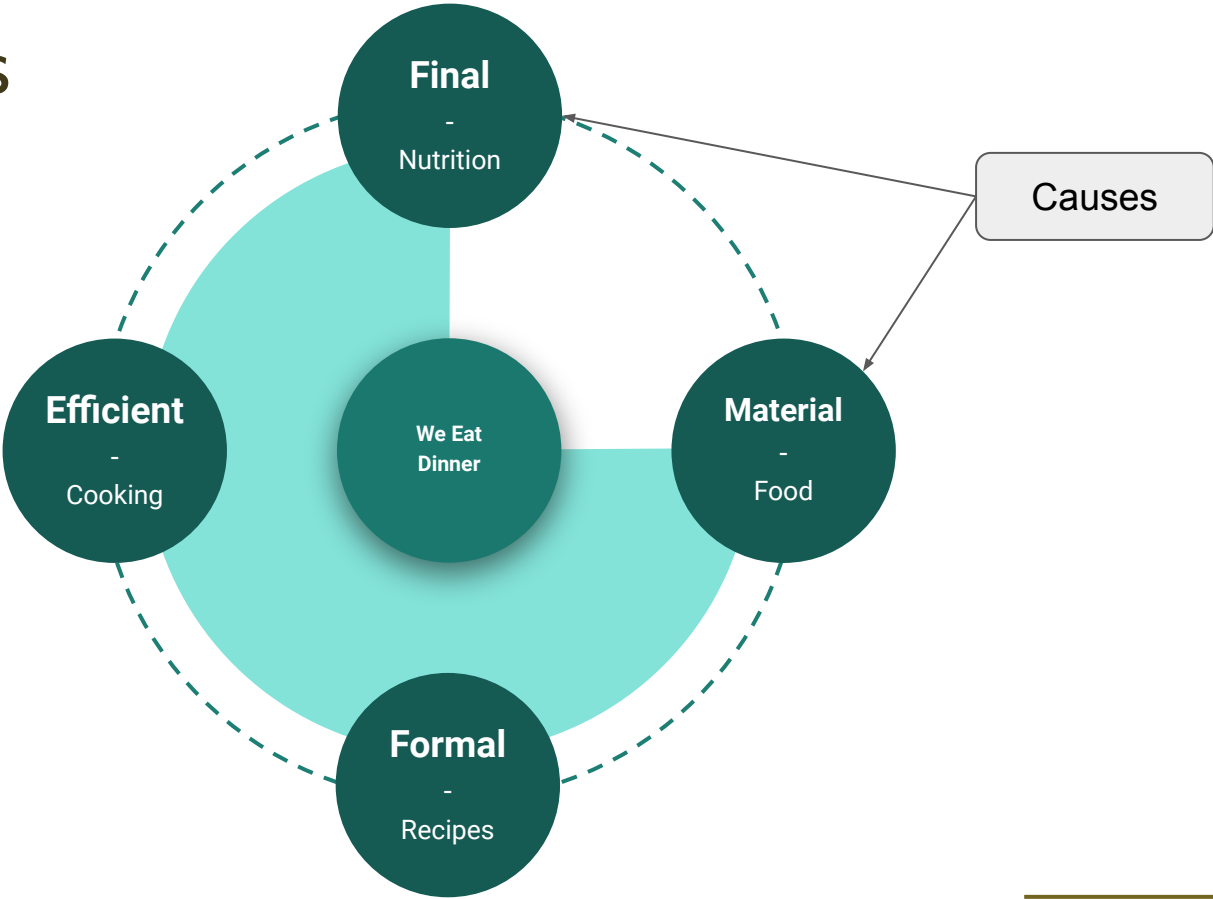


What have your friends
done to earn or destroy
your trust in them?



Making Good Things Happen

Four Causes





As you learn about causation and


become the efficient cause
in your own life,

People begin trusting you.




Skills and Habits Make You The Efficient Cause

- Skills give you the ability to accomplish what you set out to do
- Tools make you more effective and efficient - learn to use them well & safely
- Training gives you clarity about how to accomplish your tasks
 - Friends, parents
 - YouTube
 - Classes
 - Formal trainings and certifications
- Talents are great starting places but their require prolonged effort to fully develop



The person who
can be trusted with little
will be trusted with much

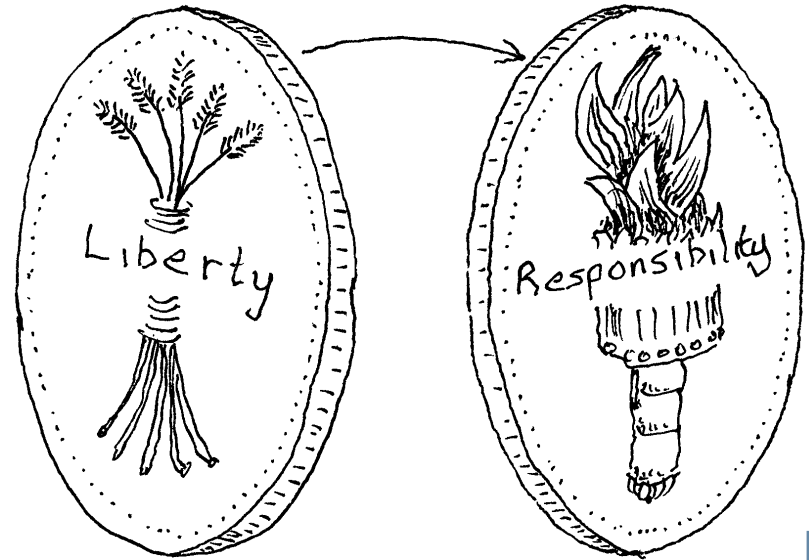


Show more responsibility to get more freedom

Liberty and responsibility are two sides of the same coin.

Acting less responsibly reduces your freedom.

Starts with rules and time outs and ends in jail.

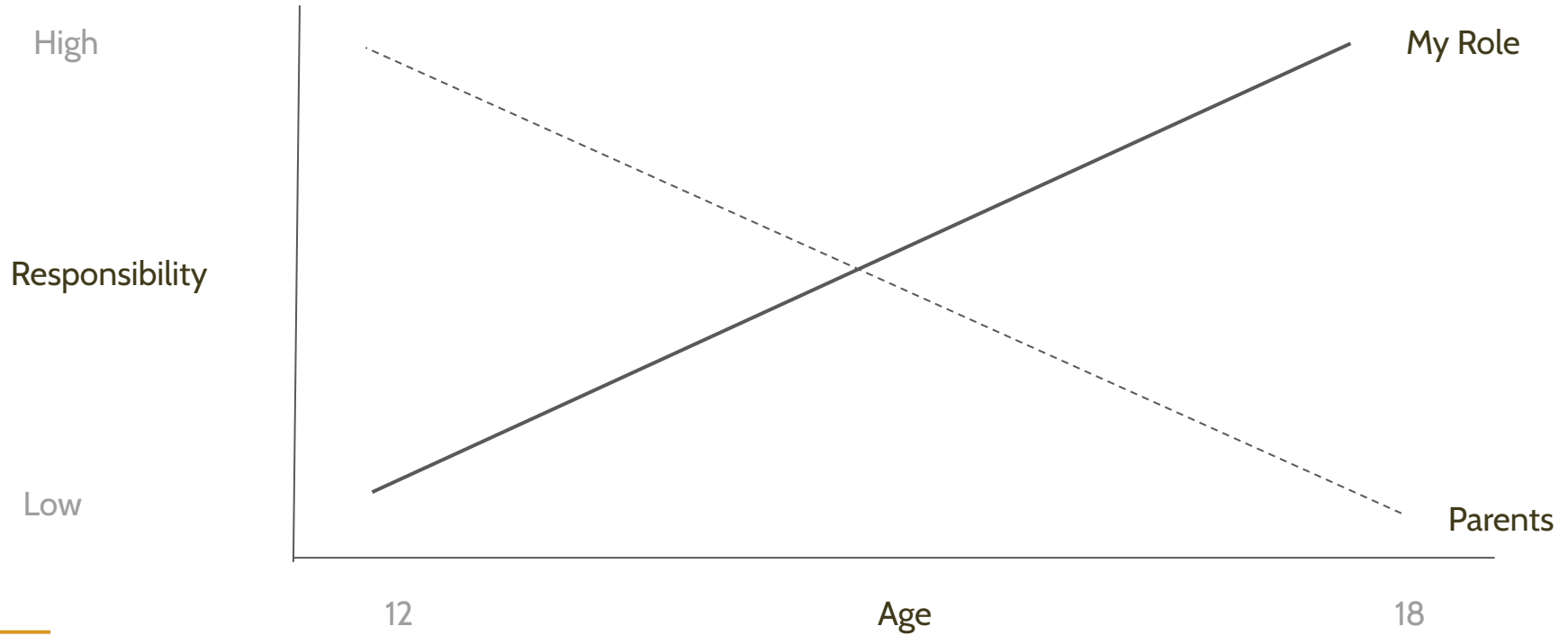




Leading Your Own Life



Basic Goods Causation - You Need to Take Over



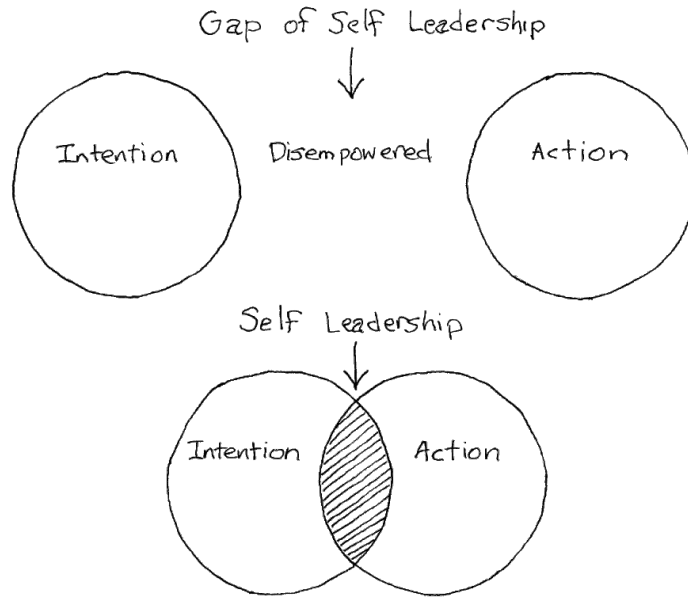
Unfolding Leadership in Our Own Lives

	Sleeper	Reluctant	Hobbyist	Explorer	Mechanic
	Dependent		Self-leadership		
Action	Inert	As required	Plays	Tries & learns	Works
	Existence		Fun		Work
Thought	Vacant	Resents	Dreams	Wonders	Figures out

Ages 12- 18+

15+

Self Leadership Aligning Intentions and Actions



This is Between Me and Me

My intention

My actions

My self leadership

My life



Who Are You?

“The true test of a person's character is what she does when no one is watching.”

- John Wooden

What character do you choose for yourself?



Finding Your Freedom

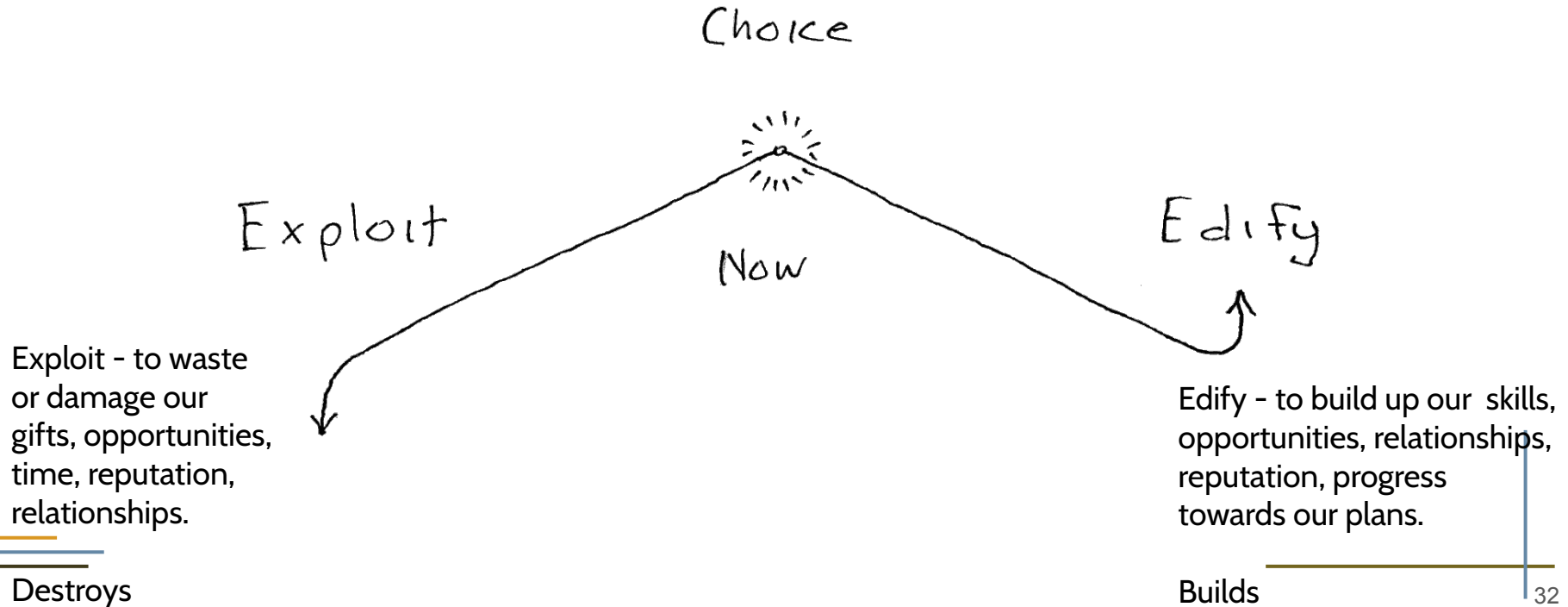
“Between stimulus and response there is space.

In that space is our power to choose our response.

In our response lies our growth and our freedom.”

— Victor Frankel

Character is a Choice





Designing Your Life



The good bad news.

Everything counts.

Every choice in every moment either
builds or destroys.



Freedom Wisdom Jig - A Tool for Planning Next Steps

Basic Goods	Evaluation (low 1-5)		Planning
	Self	Parent's	Things to Try
Food			
Shelter			
Transportation			
Purpose			
Friends			
Gratitude			

More Support

- [Training, coaching, and the Humane Leadership book](#)
- More [wisdom jigs](#)