

R&R
Rights & Responsibilities
They Go Hand in Hand!

**A Martial Arts for Peace
Life Skills for Kids Program™**



Ages 10 - 13

by
Dr. Terrence Webster-Doyle
with Adryan Russ

based on the
Martial Arts for Peace books
by Dr. Terrence Webster-Doyle

© 2002 Terrence Webster-Doyle. All rights reserved.

If You Lived as a Child in the '40s, '50s, '60s or '70s, How Did You Survive?

Looking back, it's hard to believe that we have lived as long as we have. As children, we rode in cars with no seat belts or air bags. Riding in the back of a pickup truck on a warm day was always a special treat.

Our baby cribs were covered with bright colored lead-based paint. We had no childproof lids on medicine bottles, doors, or cabinets, and we drank water from the garden hose, not from a bottle. When we rode our bikes, we did not wear helmets, and many of us hitchhiked to town.

We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one could reach us all day — no cell phones. We played dodgeball, and sometimes the ball would really hurt. We got cut, broke bones, broke teeth, and no lawsuits came from these accidents. They were accidents. We had fights and punched each other and got black and blue and learned to get over it. No one was to blame, but us.

We ate cupcakes, bread and butter, and drank sugary soda but we were never overweight... we were always outside playing. We shared one grape soda among four friends, from one bottle, and no one died.

We did not have Playstations, Nintendo 64, video games, 99 channels on cable, videotaped movies, personal computers, or Internet chat rooms. We had friends. We went outside and found them. We rode bikes or walked to a friend's home and knocked on the door, or rang the bell or just walked in — and talked with them, without asking a parent or guardian — by ourselves.

We made up games with sticks and tennis balls, and ate worms. Although we were told it would happen, the worms did not live inside us forever. Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Some students weren't as smart as others, so they failed a grade and were held back to repeat the same grade. Tests were not adjusted for any reason.

Our actions were our own. Consequences for behavior were expected; there was no one to hide behind. The idea of parents bailing us out if we broke a law was unheard of. They actually sided with the law.

The '40s-'50s-'60s-'70s generation has gives us some of the best risk-takers, problem-solvers and inventors ever. The past 50 years have produced an explosion of innovative people and ideas. We had freedom, bondage, failure, and success, and we learned how to deal with them all — before lawyers and government regulated our lives for what they call "our own good."

If you're among this generation's risk-takers — congratulations. You remember when our own good was something we fought for and believed was our responsibility.

— *Anonymous*

TABLE OF CONTENTS

PART I: I EXPLORE MY WORLD

| | | |
|-----------|---|---|
| Lesson 1: | Think Free Thoughts! | 1 |
| Lesson 2: | Say and Do What I Want! | 3 |
| Lesson 3: | Ask Questions and Receive Truthful Answers! | 6 |
| Lesson 4: | Have My Own Belongings! | 9 |

PART 2: I EXPAND MY WORLD

| | | |
|------------------|--|----|
| Lesson 5: | My Basic Physical Needs! | 12 |
| Lesson 6: | My Basic Emotional and Social Needs! | 14 |
| Lesson 7: | I Can Be Honest and Open! | 17 |
| Lesson 8: | I Do Make Mistakes! | 19 |

PART 3: I ENHANCE MY WORLD

| | | |
|-------------------|-------------------------------------|----|
| Lesson 9: | My Right to Be Private! | 22 |
| Lesson 10: | Decisions That Affect Me! | 24 |
| Lesson 11: | I Can Live Without Fear! | 26 |
| Lesson 12: | I Stand Up for My Rights! | 30 |