

Peer 2 Peer for America:

# Basic Humanities

*An introduction to living with others.*

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## **Preface**

If you are reading this, you have what it takes to make the world a better place. That might sound like a really big job, but changing the world is a lot easier than you think.

Changing the world happens one person at a time. It starts with you, then your family, your neighbors, and community. If you are taking the right steps, people will see a change in you, and will ask about it.

This Focus is on Basic Humanity. If you read all of it, and follow every example, you will be well on your way to changing the world.

## **Who is P2PFA?**

We are people just like you. We are your Peers, and we are here to support you when you need it. If you have any questions, or just need someone to talk to in your area, send a text message to 805-727-3892. Someone will reply, or we'll find a team member near you to help.

P2PFA was started in San Antonio, TX, in the winter of 2012. It has grown from there, to reach you and your community.

Our Focus documents are written at a fifth grade reading level. This is so just about anyone, including kids, can read them easily.

## **The Basics**

It's good to see that you're still reading. It means that you are open to the idea that the world can be changed. Even better is that you want to help.

The Basics are things that will help you see what makes this so great.

## **The Basics**

Every day starts in almost the same way for everyone. Everyone has to wake up, for example. We all go to the bathroom. Almost all of us get in the shower or take a bath every day - if you have running water. We all eat, and we all sleep.

This is true no matter where you live, or how much money you make. It is true no matter where you work, who you know, what color you are, or what religion you are. It is also true no matter who your friends are, or what you drive, or how you get to work or school.

Every person wants the same things from life, too. We all want somewhere safe to sleep, with a kitchen full of food. We want to get to and from work or school safely, and we all want to have people that are close to us - like family and friends. Everyone wants a nice, peaceful life full of hope, opportunity, and happiness.

Most of all, we all want to be appreciated and respected by others. Those things start with what you believe inside, and how you act around others. This is something you have total control of.

## **Relationships**

Every time you look in the mirror, you will see the same person. That person will always be you. Your life, and the life around you starts with the person in the mirror (you).

This section is about you, and what to expect from the relationships you have. The first one is about you, and that is something called “self.”

### ***Self***

The person in the mirror will always be you, but that does not mean that the person in the mirror cannot change. If the Basics were right, it means that everyone is the same, and we want the same things, right? It means that the foundation of who we are is the same, but we can be whoever we want to be.

As you will learn, you can make the person in the mirror whatever you want. Sometimes that will be hard, and it will take a lot of work, but it is true. If you will take the time, and put in the effort, you can make really big changes - not just in you, but people around you.

The most important relationship we will talk about in this book is the one you have with yourself. Everything starts with you.

Take a few minutes to let that settle in. Look around, at other people, at your house, or wherever you are. If you have a mirror close by, walk to it and look at yourself. You are the start of it all. If you ever have any doubts, find a Peer to talk to. You are an important part of the world - and we're here to help.

Be nice to yourself, and eat well. If you are going to change the world, then you need to be healthy and sharp.

Smoking is bad for you, everyone knows that. Drinking makes your brain slow down, and causes you to do and say things that you wouldn't normally.

Next, let's talk about family.

## ***Family***

If you're lucky to have family close to you, then you know how special family can be. Most of the time our family provides us with help, inspiration, and support when we need it. A healthy family relationship can be a big help in your mission to change the world.

Family is part of how we learned to be the people who we are, and who we will be, and that can be good or bad.

It is really important to remember that the family bond is very, very tight. But that does not mean that you have to agree with, or believe everything your other family members do.

Remember The Basics, and always treat your family with respect. But also remember that you are an individual, and your beliefs can be different from theirs and that is OK!

## ***Neighbors***

The people you live near are important. If you don't know them, you should get to know them. They are the people that keep an eye out while you are away. They see things you don't see.

Sometimes you will get along with your neighbors, and sometimes you won't. If you've read "Basic Humanities: Respect," then you will know to treat them with respect, and in a way you want them to treat you.

Your neighbors are a really important part of the future. If you are going to change the world, then you are going to need your neighbor's help sooner or later.

Always be kind and helpful to your neighbors. If you ever need anything and your Peers aren't nearby, your neighbors will be the first people to ask. They are just like you, and want to be a good helpful neighbors, even if they act or look differently.

It is also important to remember that your neighbors may not be used to having strangers talk to them, or ask them for things. This is normal today, and is one of the things we think needs to change. Great neighbors are important for any community to be successful!

## ***Respect***

The golden rule, no matter your religious background is the most important rule for all humanity: "Do unto others as you would have done to you." That means if you are about to do or say something that might be hurtful if someone did it to you, then it is probably not good to do or say that thing. But if you are thinking about doing something nice, or kind, that you would really like, then do that. And do lots of it.

You will find that the nicer you are the better you will feel all day. That doesn't mean you should take abuse or get in fights because you are "too nice" but it means that people that are always happy do nice things for themselves and others. A lot.

## ***Community***

The first definition of the word community, when you look it up in a dictionary is "a group of people living in the same place or having

a particular characteristic in common.” That is what most people were raised to believe a community is. It is what politicians refer to, too.

P2PFA thinks of community a different way. The definition we use is the second one: “a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.” Imagine if everyone you knew had the same goals as you do - to change the world - to make it a better place for our families, and for everyone!

There are many kinds of people that live near you. Most of them are good people, and most of them have never read this book. They don't completely understand the way you think and that your view of the world is a little different.

That is OK. It is not important for you to convince them that there is a better way to live. It IS important for you to live your life well, and to set an example for others to follow. If you do, you will become the leader in your life, your family, and community - and that is when the real change happens.