

"Young Gent"



Social Swag for Teen Boys
Transitioning into Young Adulthood

N. Dulin

Social Charms 101

“Young Gent”
Social Swag for Young Men
By N. Dulin

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On Your “Growin Up Journey”

So, you're getting older and probably thinking you already know what you need to know to be your own boss. You think most teachers are mean, the girls are kinda cute and grownups don't know anything. Well guess what? Many grownups thought some of the same things when they were your age and made plenty of mistakes by not taking advice from those who loved them most. Since we've "been there done that," we want to share a little of what we learned on our own "growin up journey" through this book - written just for you.

You can check this book out by yourself but it's much more fun and meaningful when reading it with other teens your age and an adult mentor. The goal is to have open discussions about what you read, express your own thoughts and opinions, and to listen respectfully to others.

Most importantly, as a young man, we want you to understand why it is necessary to make these 5 principles your social compass as you develop into a more mature young man:

1. Treat people kindly.
2. Express yourself in a respectful manner.
3. Have goals that will take you to your dreams.
4. Avoid alcohol, drugs, and a big head.
5. Read a little every night - even if it's one page.

With these principled habits you are sure to make lifelong friends, keep most trouble away, and reap the many rewards of personal and professional successes!

Blessings on your journey!

CORE SOCIAL COMPETENCIES

- Common Courtesies
- Dress & Hygiene
- Your “Swag”
- Communication Skill
- Self-Mastery/Self Discipline
- Dining & Table Courtesies

SWAG ESSENTIALS

- "Girls"
- Piggy Bank Management
- My Business Plan

COMMON COURTESIES

Words that should be used often...

Pardon Me

Excuse Me

Thank You

Please

I'm Sorry

You're Welcome

“Common Courtesy” means you exercise behavior that is considerate of others. It means you respect the feelings of those around you. It means you do not use teasing and hurtful words and you go out of your way to make others feel comfortable in your presence.

How many disagreements are started because someone failed to say excuse me or I’m sorry? How many altercations do you think would be avoided if more people used courtesy words? There are certainly enough rude and inconsiderate people to go around – you don’t have to be one of them.

Begin every day by greeting others with a smile and a hello. Make it a habit to use the 6 “Courtesy Words” often - regardless of the bad manners of others. Hold friends and family members accountable by reminding them to use these words also. You may be surprised at how you can influence others to use “Common Courtesies” on a regular basis!

Discussion:

Describe an incident where you witnessed rude behavior. What courtesy words may have diffused the situation? How can you be more courteous and influence others to do the same?

COMMON COURTESIES

- Leave the room to blow your nose (at home and in public) – everyone will appreciate not having to hear the sound effects.
- If you burp, say excuse me and move on.
- Cover your mouth when you sneeze. If you don't have a Kleenex sneeze into the fold of your arm.
- When crossing in front of someone, say excuse me (every time you pass).
- Doo Rags, stocking caps, combs and hair picks are for personal grooming. Personal grooming should be done in private; not in the kitchen and not in the halls at school...
- Even if you own genuine bragging rights, allow someone else to comment on how great you are.
- Address your elders as Mr., Ms., Sir, or Ma'am.
- Make it a habit to wave, say Good Morning or Hello when passing someone.
- Don't walk the streets while you eat. Unless you are enjoying an outing at a park, festival, or carnival, sit down and eat.
- Wear clean underwear—this means to change them daily!
- Do not borrow anything you cannot afford to replace.
- Slurping your drink is annoying!
- Ignore the urge to control every conversation. Listen patiently to others – you might learn something!
- Offer your seat to a lady (and any of your elders when appropriate and possible).
- It is rude to answer an adult with “what.” Answer with “yes” or “yes sir...”



Cover your mouth!

When a guest in someone's home:

- Pull the toilet down when done and flush when finished. Remember to wipe dry if needed.
- Wash your hands before leaving the restroom.
- Make your bed every day and leave your room neat and clean.
- Don't leave hair or toothpaste in the bathroom sink.
- Even with a generous host, try not to be a greedy pig! Be considerate with food portions.
- Respect the rules of privacy. Resist the temptation to be nosy.
- Wipe your shoes at the door.
- Leave items the way you found them.
- Stay out of the fridge unless invited.



Toilet seat down please...

SELF CARE



LAUGH OUT LOUD!



READ A GOOD BOOK



GIVE SOMEONE A GIFT



FIND YOUR SPIRITUAL CENTER



EVEN GROWN MEN CRY!



**MAKE A WISH, DREAM A DREAM
REACH A GOAL!**

Young Gent Sample Workbook

To be your best you have to start by taking care of your heart and your head!

YOUR “SWAG”



“What’s your swag signature...?”

When you walk into a room, when you’re walking your neighborhood or the mall, or strolling the halls at school, what do people think when they see you? Your “swag” is how you present *you*. It’s how you carry yourself, how you wear what you wear. It’s your facial expression, how you walk, stand, and talk. Your swag is how you characterize yourself to the world.

Whether it’s an employment interview, meeting your girlfriends’ parents or friends, try-outs for a team sport, or a public event, people will always be watching you and will judge you by your swagger.

Is your swag an accurate presentation of who you are? Does it speak the message you want to send?

Discussion:

Describe your personal label. Revisit the workbook cover; describe the swag for each photo.

COMMUNICATION SKILLS



“Your communication must always show respect for others as well as for yourself...”

- Ummm, Uhn Uhn, Uhhhhh and nawww were never on your vocabulary list in school. Make a conscious effort to eliminate “filler” words and sounds from your conversations.
- It is not necessary to yell when trying to make a point.
- Pronounce words clearly. It’s OK to “talk proper” regardless of what your friends say!
- Do not interrupt when someone else is speaking.
- Do not point your finger at someone while speaking to them.
- Unless it is an emergency, do not answer your cell phone while engaged in a face to face conversation.
- Do not argue in public. Save disagreements for private discussion.
- Hold your head up, make eye contact, and control facial expressions when speaking.
- No one wants to listen to you talk about yourself non-stop. Part of effective communication is to be a good listener.
- People will begin to avoid you if your conversation is always negative.



Discussion:

What is your communication style? Can you hold a conversation without using slang and 4 letter words?

SELF MASTERY/SELF CONTROL

Self-Discipline means you responsibly manage your behavior. This includes maintaining control when you are angry, sad, or disappointed. How do you manage the following:

1. Anger
2. Disappointment
3. Relationships
4. Self-Care (emotional & physical)
5. Academic/Educational Challenges

Self-Discipline also involves letting go of behaviors that are unhealthy. List 2 unhealthy behaviors that you need to let go. How will you make that happen?

- 1.
- 2.

Young Gent Sample Workbook

Thank you for choosing to review our “Young Gent” workbook! Please feel free to forward comments and suggestions to nita@socialcharms101.com. We would consider it a personal favor if you would share our website with friends, family, colleagues, and all who are passionate about raising the behavior bar in our youth!

To purchase and download your personal full copy, click the following to return to the website:
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Kind Regards,

Nita Dulin
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