

Raising Courageous Kids: Experiences and Consequences¹

Core Issue ²	+ Experience ³ →	+ Consequences	- Experience →	- Consequences
1. Power	Freedom within known boundaries Protest allowed Encouraged to be an <i>actor</i>	Willpower Assertive and confident Agency	Over controlled and dominated No protest Treated as an <i>object</i>	Violent , controlling, anxious
2. Community	Falls in love with at least one person <i>Sawu Bona</i> (I see you affirmation) Experience devotion	Caring <i>Sikkhona</i> (I am here)	Mutual antagonism with others Not seen as being special Experience rejection	Alone and isolated
3. Danger	Protected Fear respected Encouraged to be aware	Vigilance Alert, cautious	Ignored and neglected Fear is ignored or ridiculed Encouraged to be self-focused	Terrified or Apathetic
4. Fear	Calming touches Reassuring routines Positive self-talk	Composure Self-control	Stressful, harmful touches Chaos Negative self-talk	Impulsive and out-of-control
5. Self	Attunement Victim-centered reasoning Perspective of others emphasized	Empathy Compassion Insight	Discordance Self-oriented reasoning Focus on self emphasized	Cold and indifferent to suffering
6. Morality	Experience reasonable limits Moral code (gyroscope) Consistency in word and deed	Integrity Conscience Moral rules	Experience unfair or no limits “Personal gain” code (wind vane) Inconsistency in word and deed	Hedonistic
7. Justice	Learns consequences and alternatives Held accountable for choices Shame and guilt is moderate	Honor Fairness Duty, Order	No focus on problem solving Not held accountable for choices Shame and guilt severe or ignored	Chaotic and destructive
8. Responsibility	Courage is recognized and affirmed Make risk assessment Endure suffering in context of love	Valor Sacrifice and risk Endurance	Courage is not recognized Maximum gain assessment Bear or resist suffering alone	Helpless and irresponsible



¹ This chart is based on the *Eight Steps* found in *Raising Courageous Kids: Eight Steps to Practical Heroism* by Charles A. Smith (Sorin Books, 2004). Like other resources at <http://www.raisingcourageouskids.com> created by the author, it is likely to be revised. Send your suggestions and comments to casmith@ksu.edu. This document will be used as a basis for discussion during the *Finding a Mighty Heart: Acquiring the Courage to Stand Up for Oneself and Others* national parenting satellite teleconference originating from Iowa State University. See <http://www.extension.iastate.edu/parent/> for more information.

² A *Core Issue* is an unavoidable challenge embedded in the nature of communities. They are listed in a dynamic, not static or rigid, developmental sequence from birth to age thirteen. For more information, see *Raising Courageous Kids*.

³ *Experiences* are what a child receives from parents and other primary caregivers. *Consequences* are the outcomes of the experiences. One set of experiences-consequences illustrates what happens in *growth-producing relationships*, the other in *mutually destructive relationships*.