

INTRODUCTION

What Is Communication ?

It is of great importance for us to first define 'Communication', before we go any further with this work!

Communication according to the collective real life experience of the ODV Family is as follows : "The completed cycle of two-way (verbal and physical) exchange. It is caused by one person initiating verbal/physical language across a distance, to effect a duplicated response from the person intended to receive the expressed language. In turn, the receiver must pay proper attention to the received message, then causing his/her own cycle of response to begin --- intending it to reach the person he or she just received the original language/message from" ..

All communication is not proper nor effective! To be effective, the person sending it must have the attention of the person receiving it. The person receiving it must pay attention and be able to comprehend the message they are receiving.

Sadly, only 30% of all communication is proper or effective. In fact, 50% of all communication is either media or mechanical cycles of communication. Media via TV, Internet, Radio, etc. is the bulk of our communication. This critical reality reveals that most of us are only receiving communication. We rarely get to choose or send out communication. Plus, in this new age swing of things and the fast pace of modern technology --- by the time our children are 16, the average child from 1 - 16 watches over 20,000 hours of TV; add video games & computer screens, and we get 50,000 - 100,000 hours of external stimuli uploaded into our childrens' brain. This one sided intake of info is a subtle form of hypnosis. To sit idle and just intake info (especially that's accompanied by sound) is to undergo hypnosis. And much of the negative stimuli and programming is infused into the parent/teen relationship in various forms. And for our parents & teens not to understand this, widens communication gaps even more.

Even when we sit with family and friends 'Talking', we rarely practice effective/proper communication. We say this mainly because ALL communication must have a goal. To just talk about a particular subject and never gain understanding of the subject is not effective/proper two-way communication. The media dictates nearly 100% of every single communication we will have. Even at only 50% of the

source of communication in society, media via TV, radio, internet, magazine, newspaper, billboards (etc) is The Dictator of communication by nearly 100%. People are influenced by what they see (envision) and hear. This is very vital when we correlate it to our youth. Again, young people from birth to age 16 (even upwards to 18) will have consumed over 100,000 hours of media by average. Compare this with only 25,000 max of primary hours of education from pre-K to 12th grade. Reconsider the fact that media is one-sided communication where the person sits and intakes info, as we conclude that some form of hypnosis takes place. A unique experiment was conducted where a plant was set in front of a TV (negative stimuli programming) for hours & days, which resulted in 'retarding' the plants' natural growth & development. With this said, most of the communication in our modern society is just the response to media intake or an effect of the circulation of the same. We talk about what we see and hear and we build our personalities around it.

Well, that's all of us except the 30% who are conscious of the various form of communication. This unique 30% are people who are aware of proper communication and the ebb & flow of information through various media channels.

This all taken, we now must briefly look at other forms of communication. This work will be ultimately a decoding tool for the symbols representing the various forms of communication:

- * **Verbal Communication** — Relates to the use of speech to communicate: Makes up only 9% of all communication.
- * **Physical/Body Language Communication** — The use of body parts to express intent and feelings instead of speech. Also used with speech to intensify meaning. Makes up 30% of communication: especially facial expressions and hand movements.
- * **Clothing/Material Objects** — The ability of fashion to convey messages. Also the ability of things like cars, jewelry, occupation or social status to convey messages. Makes up 11% of all communication.

* **Special Note** — Media uses all of these to form a sort of universal mechanism for communication. Media makes up 50% of communication, but it must use the 3 forms mentioned above....

The key here is verbal communication which is not our chief form of communication, though it is the most important. Mainly because words are the essence of all forms of communication! Words are the offspring of ideas and thought!

This work was created to equip and educate parents so that they will be able to form healthy relationships with their teens. Our ability to communicate dictates our ability to survive in life. A person with poor communication skills has a low quality of life.

This work is not about speech or grammar. In fact, most of us at ODV are not college level educated in the mastery of speech or language grammar. This work is the result of years of experience. We are giving you a technology to enable you to communicate with your teen. In turn, you will be able to teach your teen how to properly and effectively communicate.

At the end of this manual you will find our '**ERECTING BRIDGES OF COMMUNICATION**' **Workshop Blueprint!** We urge you to use it as a personal tool to empower you with skills to communicate with the youth in your life, but also as a resource and platform to erect in your schools and Churches, other religious centers and community centers. The gap between parent and teens in terms of communicating is widening! Soon there will be no line of communication at all. We must act now! Every parent, teacher, counselor and anyone with access to teens must read this work. As it stands there's a sort of internal war in progress in homes across America. Parents are crippled by the lack of skills required to reach our youth. This has spilled over into our communities where teachers, common citizens, even the police are clueless to a proper means of simply communicating with this nation's teens. This work is the cure!!!!!!

In closing, please remember, a pre-teen is a young adult crossing over from childhood into pre-adulthood. A teen is a pre-adult crossing over into adulthood. Both need guides and these guides should be first and foremost their parents! If you fail to realize this fact, no communication can be effectively engaged between parent and teen. Children don't just automatically

know when they are in transition. Society has no ritualistic Rites Of Passage to adulthood established. This means parents must guide this process. One of the main problems dealing with parent-teen conflicts results from the simple fact parents nor teens know what to expect in transitional stages!

Oftentimes you have parents treating modern day pre-adults like old school traditional children. The world has changed. Morals, values and ethics have evolved! We all must catch up, or we will lose our youth. What worked in the 1960's, 70's, 80's or even the 90's is not effective in many or most cases in the 2000's. Technology has changed our world. This world follows the technological trends.

Read every page. Feel free to log on to our Facebook, Twitter or Website to discuss what you read. We pray you find at least one thing you can use to improve your ability to communicate with your teen.

ODV 2012

ATTENTION ALL PARENTS !

The following story you are about to read is designed to give you a vivid picture of what the underlying factors truly are as you struggle to communicate with your teenager. Reda Rude is the personification of most of the teens living in the modern world.

Main Character Profile; (Modern Urban Teen)

Reda Rude is age 16. A vibrant slender built young lady who's hypnotized by all of the flash and glitter of the new world. She's half Black, half Asian in ethnicity with some European Blood strains in her family Blood Line. Reda lives in a low income community near Downtown Houston, Texas.

Reda has two siblings. An older sister named Jessica, age 19, and a younger brother named Ronnie (Ronald) age 14. Reda's mother is named Olivia Davis, the last name, a remaining link to her imprisoned ex - husband Larry Davis.

The family resides in a 3 bedroom, woodframed home built in the 1960's. The neighborhood is one of many of its kind across the Nation. Old streets, poor landscaping, old buildings that house businesses that were once the pride and joy of the community, now, they're just dinosaurs from a world that no longer exists.

Drugs, prostitution, gangs and continuous violence of the domestic and various other sorts. After dark, ~~the environment Reda Davis A.K.A. Reda~~ Reda Rude grew up in, the streets become death traps.

Reda is like thousands of young teens across the Nation. The Product of a " Single Parent Home." They would be bread winners locked-up in prison. Her school lacking resources and staffed by educators who give a damn, but are overwhelmed by the task of trying to teach a student body full of " At Risk " youth.

Reda has grown up way too fast, and exposed to too much, too soon.

Her mother, a strong woman was boggled down by her responsibilities. Olivia Davis is the symbol of 70% of all parental systems presented in the modern home-front. A 45 year old woman with only a high-school diploma and a long resume of low wage jobs as her credentials. Currently she works at the local Wal-Mart as a stock clerk and part-time as a janitor for a maid service in Downtown Houston. She's battle tested by the elements, but worn and desensitized by her experiences. Bills, need of rest and the continuous chaos that comes with raising teenagers is pushing her ever closer to the edge of her sanity. Recently most of her ills are stemming from Reda's disobedience and struggles with finding her self... Please pay attention. All of us can learn from this story.

2016 Cherry Hill St. The white wood framed house that sits on center bricks appears to be just like all the others in this seasoned community. The paint is peeling, yard is neatly mowed, well whats left of it. Constant foot traffic has worn the grass down to a matted dirt surface. The wooden garage door has several broken glass panes. The aluminum fence that surrounds the house is badly in need of repair.

A 2005 Honda Accord sits parked in the driveway. The black paint job beginning to dull. Still, its one of the few things Olivia Davis can say she owns out right. It's 6:30 a.m. in the morning, a Tuesday, and on the inside the scene is just like every other school day. A atmosphere of frantic activity. Olivia the dedicated drill sergent, yelling out commands to her children who sluggishly fall into the morning ritual. Olivia has to be to work at 8:00 a.m., but she wakes up every morning to assure her children have breakfast and are atleast going to school. Her eldest daughter takes a vocational trade at the community college seeking to become a nursing asst.

Olivia fights to maintain control of her emotions as she scowls Reda who wants to wear a halter top that reminds Olivia of the garb worn by the local hookers, seen not far away from where they live strolling down the main strip.

Olivia:"Oh, no you aint !" Yells Olivia as the veins protrude from her temples making the half Philipino, half Black mother look like an enraged martial artist in the heat of combat. The bathroom door flung open and Reda instantly flared up.

Reda: 'Momma, What is it ? I'm wearing a shirt over this !... She snaps back at her mother still clutching her hair-comb staring at herself in the bathroom mirror.

Olivia: I told you I wasn't born yesterday. I know as soon as you get away from this house, you gonna flunt that top. I see the way your friends dress. No better than those TRAMPS up on Jensen Drive ! You put on another shirt, NOW ! She screams and storms out of the bathroom heading now to investigate her son's status before she leaves for work. Reda slams down her hair-comb and storms into her bedroom. Well, its the room she still shares with her big sister jessica. Her thoughts run wild.

Reda thinks to herself as she searches for a shirt to match her blue jeans and a pink button-down long sleeve shirt.

" Every morning its the same ole thing. I'm sick of her ! Yelling and screaming at everybody. Does she even know how to talk to people ? I'm not 10, I'm 16 ! I'm basically grown. I can think for myself. Doesn't she know people don't dress like they did when she was in school ? Me and my girls have an image to protect. Afterall, We're The Ligits." She thinks in her mind referring to the self-proclaimed name of an all girls group she hangs out with at school. She srambles thru a dresser drawer until she finds a pink t-shirt then continues her solo conversation in her mind, as she hears her momma call out her final good-byes.

Good, She's gone.! Only two more years of this drama ! I'll show her that I can make it on my own. She thinks and returns to the bathroom to finish her preparations for school. She rides a distric school bus that has a pick-up route at the corner of her street. Its cool at this time of year in February, but most of the classmates wont wear proper outter garments like coats and heavy jackets due to their perception of hip fashion.

REDA RUDE'S SCHOOL DAY

After a quick verbal spat with her brother Ronnie over his unauthorized use of her iron, Reda leaves the house to catch her bus. The morning assembly at the pick-up spot doesn't come without incident. The corner store owner, who runs the small store where the bus stops to pick up students, catches a male student stealing a bottle of cheap wine. He's not the only one stealing, but he's gotten caught and the owner holds him at gunpoint until the cops come. The other young thieves get on the bus where they share their goods with fellow students. Reda's girlfriends seeking cool points with the boys, join in the fun taking sips while other students watchout for the elder African-American female bus driver. A free-style Rap-a-Long commences and soon the bus driver has to calm down the rowdy young people. Reda is deep into fun when she catches the eye of the young man who plays football for her high-school. The two young people make eyes while bobbing their heads to the freestyle rap and homemade beat machine made as a couple of talented youngsters beat on the buses interior.

Reda thinks to herself: "Umph, he's soooo fine. Trevon Fields. Kelly said he was asking about me. Wanted my phone number; I wonder what momma would say if he called for me. My sister Jessica sais she's getting me a Smart-Phone as soon as her income tax check arrives." She smiles still making eye contact with Trevon as the make-shift concert goes on.

SECOND PERIOD MATH CLASS

Reda sits with her friends near the back of the class in a cluster of desks. As the class nears its end, the teacher, a Hispanic woman named Ms. Espanoza, calls Reda to her desk. She's upset with Reda's wisecracks and joking around in class with students that are sure to fail this semester. Reda approaches in a sassy manner still playing around with classmates.

Reda: "Yes Miss Espanoza", she giggles looking back at her friends who continue to cut-up in class as the bell finally rings to end class.

Ms. Espanoza: "Young lady ! What has gotten into you ? You were one of the top students in the school. Now you're hanging out with the wrong crowd and your grades are horrible !!!" She stresses her point rising from her seat to stare deep into Reda's eyes. Reda instantly catches an attitude still feeling the effects of the morning alcohol.

Reda: "Aint nothing got into me !" She says matter-of factly swinging her neck to accent her point.

Ms. Espanoza: "This is what I'm talking about, this nasty attitude. Reda, if you do not get a hold of yourself, you are going to fail ! And I know your mother wouldn't like that. I remember her from the PTA Meetings. She was very concerned about you. In fact, I'm gonna give her a call." She says and Reda goes foul.

Reda: "Well, do what you got to do; I have another class to go to!" She says and storms out. Ms. Espanoza shakes her head in disgust. In the hallway Reda thinks to herself walking to her locker surprised her girlfriends are not waiting on her.

"I'm not failing, last progress report says I'm at a 80. Not the 98 I started with but, she gives out too much homework. Who gives out homework over the Christmas Break ?" She complains in her head as she nears her locker.

Lunch Time

"CAFETERIA MAYHEM"

The Fredrick Duuglas High Cafeteria turns into a circus around lunch time. The teenagers love to clown around and choose the most bizarre ways to express themselves.

The teachers/monitors do their best to control things as the lunch-lines progress and tables fill in. Never-the-less, everything from food fights to dissing matches are underway.

Reda enters with her crew "The Ligits". The five member crew of most populars stroll in and instantly a rival girls group start trouble. The lead girl Evenlyn Thomas, the varsity cheerleader captain, takes pot-shots. Everyone laughs as the high-yellow complexioned young lady pokes fun sitting at a table with other cheerleaders and classmates.

Evenlyn: "Well,well if it aint The Misfits, oops, sorry, I mean The Ligits ! PSSSSH, yeah right !!! She elbows the female sitting next to her and Reda retaliates while standing in the long line waiting to be served lunch with her friends.

Reda: "Tramp, atleast we aint sleeping with the whole football team, Yeah we heard ! Better be careful, your Facebook friends would love to hear all about how you did on your last train ride"! Reda says in a sassy tune and the "Ooohs" and "Aaahs" erupt in the cafeteria. Evenlyn turns red with shame and rises from the table to defend her rep...

Evenlyn: "All lies !, You just upset cause I took your man Jason ! Oh, and let's not forget, you couldn't make the cheerleader squad"! She stabs and more "Ooohs" and "Aaahs" erupt. Reda steps out of line followed by her crew in a rage. Evenlyn had hit a nerve. Reda found photos of her ex-boyfriend Jason and Evenlyn inside of Jason's I-phone several months back.

Reda: "Hooker !, You didn't take any man, I dumped him ! And I didn't wanna be no cheerleader, yall too snobbish for me. I'm a Ligit!! " She shoots back now right in front of Evenlyn's table. Before Evenlyn can respond, the Assistant Principal, a semi-bald headed middle-age man named Mr. Walters, spots the commotion and approaches fast. Classmates signal and Reda's crew begins to turn around but are stopped by the quick stepping principal...

Mr. Walters: "Stop right there Ms. Davis ! I saw you from across the cafeteria." He says and Reda rudely turns around exhaling a hard sigh as she eyes her fellow crew members.

Reda: "We aint done nothing !" She says defensively. Mr. Walter now stands in front of her.

Mr. Walters: "Ms. Davis, your body language said it all. You and Ms. Thomas have been at this constantly. Now, if I hear one more peep out of either of you, you both are going to sack (detention)." He sternly says eye-balling both girls and their audience all in one serious motion. The crowd goes silent.

Reda: "I't aint me starting it!" She fires off.

Evenlyn: "Well Mr. Walters, we sitting here minding our business, she the one out of line!" She replies.

Mr. Walters: "Look!, I'm warning both of you. You got one more strike. Are we clear ? He says clutching his black walkie-talkie (two-way radio). Both girls reluctantly agree. Reda storms off with her crew back to the lunch line thinking to herself.

"I'm sick, so sick of this school ! Everybody seems to have a problem with me. If it aint one thing its another". She continues to fume over the details of her young life in her mind. (Time Moves On).

OLIVIA'S LUNCH BREAK

(WAL-MART EMPLOYEE BREAK ROOM) 12:30 p.m.

Olivia Davis walks in her employees break room after leaving from outside to have, what she believes to be, a much needed cigarette break. She plops down at a break room table and reluctantly opens her sack lunch. Her body is tense with stress. She sighs as she assembles her meal. Her thoughts run wild. She's locked deep within her Problem Prison.

Her mind conversation goes on:

"I just don't know how much more I can take. Got a court date for Ronnie. Still can't believe my son is a thief. A dam game may ruin his life. And Jessica can't think about her own life; so busy running after that no good bum she calls a boyfriend Timothy. And Lord knows Reda has lost her mind. Sneaking out late at night, grades dropping, all the back talk and attitude. I actually thought she would be more productive than my other two children, but she's falling off. They just don't understand how hard life is. The drama they gone have to face, bills, the choices that got to be made. I'm trying to do my best, but it feels like I'm failing... I guess God is punishing me for not going to church, been a year or more since me and the kids been... I just don't know, I wish they daddy was out of jail so he could help. Lord, please keep me sane..." She continues to suffer stress in her mind while eating her lunch.

SCHOOL BUS
" THE RIDE HOME "

Despite all the chaos going on on the bus, Trevon has worked his charm to get Reda to himself in the seat near the rear of the bus. A heated conversation ensues.

Trevon: "You know I been liking you since we were in the 9th grade". He wispers into her ear with his arm around her shoulder. She takes in each word blushing as she contemplates response.

Reda: "Yeah right. You was all in love with Keisha Ford." She stares into his eyes manishly. He grins gaining fuel from his enflamed ego.

Trevon: "Na,na, she was aight but, you was with Jason all in love and thangs" he shouts back. She giggles then stares out the window. Chemistry builds.

Reda: "Well, that's over!" She laughs then turns serious when he grabs her chin gently with his four fingers.

Trevon: "I heard, and that's why I want you to be my new girl." He says trying to sound extra cool working his new-found swagger.

Reda: "Um humph, well, we'll see." She stares into his eyes.

Trevon: "So, whats up with your digits (phone #) ? He asks.

Reda: "Aah..." She stumbles thinking to herself that she doesn't have a cellphone and her mother doesn't want boys calling the house until she turns 17 years of age. "Well, I tell you what, let me think about it and I'll let you know tomorrow." She struggles to remain calm.

Trevon: "Cool, but don't think too long, a man needs to be able to talk to his woman". He says then to her shock he smacks her on the lips with a quick kiss. She pulls back bashfully. She hates her mother for not allowing boys to call even more.

Reda: "Like I said, I'll let you know." She replies matter-factly.

THE FINAL BLOW

Reda is hurrying to complete her chores when Olivia comes into the door around 7:30 p.m. She's furious, she received a call from Ms. Espanoza on her way to her second job concerning Reda's behavior. Already stressed out about all the things going on in her life, Olivia explodes slamming the door shut behind her as she enters the house.

Olivia: "Reda ! Get your behind in here now !" She yells out. Reda is in the kitchen washing dishes when she hears the call from her mother. Instantly she sighs. Her attitude goes foul.

Reda: "Oh boy. Here we go !" She says and drops the plate she was cleaning in the dish-water. She rushes in the livingroom. "Yes" She says enetring the livingroom to face her mother.

Olivia: "I got a call from your teacher, a Ms. Espanoza. She told me you've been acting a fool in her class! She sais she spoke with some of your other teachers and they all claim your grades are falling and you are hanging with the wrong people ! I'm sick and tired of this Reda ! You have just gone from bad to worst ! You need to tell me what's going on. Is it drugs ? Or you pregnant, got something going on you can't handle, you got to talk to me now ! If not, you gone lose every privilege you got. You gone be grounded in this house !" She boils over and Reda has an out-burst of her own.

Reda: "I aint got no problem ! It's you always breathing down my back ! Do this ! Do that ! It aint never enough ! I'm not a little girl. I can't even give out the phone number without you tripping ! I'm not failing in school, I don't have to make straight A's momma ! And for your information, I'm not on dope or pregnant !.." She yells back at her mother. Her little brother enters the room. Olivia restrains herself. She wants to slap her daughter.

Olivia: "Girl, you watch the way you talk to me ! I bust my behind to keep a roof over your head ! I've had to take care of yall on my own. Your darn daddy been in prison for 12 years ! 12 years I been on my own and all I ask is for you to be responsible, do your best in school !, Avoid the non-sense. Do your chores ! I try to get you what you want. I work two jobs Reda! 2 jobs ! Young lady, you better get it together !" She yells now only inches from Reda's face. Reda is about to rare up but, her mother's tears halt her as they begin to pool up in her eyes.

Reda: "Yes, momma". She surrenders as her brother rushes to hug his now crying mother. Olivia stares hard into Reda's eyes.

Olivia: "Yeah, I hear you. Here's your dinner." She shoves bags of fast-food in Reda's hands and walks off crying, hugging her son tightly. Reda looks at the bags of food in deep thought.

"I didn't mean to hurt her, I just don't understand what she wants from me..." She tears up herself now. She walks into the kitchen where she'll prepare the fast-food dinner for everyone.

THE END

WISDOM ON REDA'S RUDENESS:

The story you just read contains the substance of the problem thousands of parents and teens face trying to communicate with each other.

Try your best to select your own ending for this story. For Example! Does Reda drift further into her confusion about life? Does she get hooked on drugs, get pregnant or fail out of school? We pray you've read at least our most basic On Da Verg Promotional Documents. In them, you will learn how we view the human dilemmas when it comes to common problems we face daily. It's clear that Reda's family has a poor Spiritual, Social and Food and Liquid Diet. This Manual will show you how situations like Reda's can be resolved in the most effective, efficient and timely manner. Remember as you read that, establishing productive and healthy communication with the youth of the New World is very complexed and trying ordeal. Believe it or not, The majority of All parents just don't have the proper skills to do so.

We pray that you will read this work with a positive attitude and a open mind. Once done, share it with everyone you know, no less than 10 people.

G.Y.M.E.S.

ODV 2013

Chapter 1

"One of the biggest problems with effective communication is to assume or take for granted that it has already been achieved -- just because you had a chance to express your individual self" .

--- Akil

The current year is 2013. By the time you read this work it may be anywhere between now and somewhere around 2014 - 2015. I've stated this to indicate a point of origin in regards to the subject matter of this work. **COMMUNICATION GAPS BETWEEN PARENTS AND TEENS** is not only in a state of crisis, it will escalate as time moves forward due to various elements...

The key elements can be summarized as follows :

- 1). Parents fail to have any true relationship with the reality of life as it correlates to their teens. In general, parents are usually 10-30 years out of the social loop which encompasses the everyday lives of their children. In vice-versa, the child also has no connection with the social reality, value system and life experience of their parents. In simple terms, neither party can relate to the others understanding towards life.
- 2). Parents and Teens rarely can find a mutual point of agreement. Without agreement there can be no progress within

the cycle of two way communication. This element exists due to factors we outlined in #1 above.

- 3). Parents and Teens do not talk enough with each other, especially regarding the most relevant and important issues about life. Lack of talk, leads to lack of trust! These elements exists mainly due to the factors outlined in #2 above.

At On Da Verg (ODV) we call this '**HAVING A RAT IN THE ROOM**'. It's our acronym R.A.T. We define it as :

R - Relationship Deficiencies

A - Agreement Roadblocks

T - Talk leads to trust, and lack of talk leads to lack of trust

In our solution process when dealing with **COMMUNICATION GAPS BETWEEN PARENTS AND TEENS** , we use the slogan :

" I SMELL A RAT "

This signals all parties that there is a problem within the two way cycle of communication! In our current world system 2013 and beyond, most families have a **R.A.T.** (social rodent) infestation! We equate communication gaps allegorically as **SOCIAL RODENT activity**. We've done this to bring a sense of high alert to this crisis.

The rat is deemed a social pest, a nuisance. It destroys the internal fibers of home and reproduces rapidly. It is the same with communication gaps and the elements that give them life. One gap in two way communication can lead to an overwhelming amount of problematic circumstances. Just like we do with a rodent infestation, we must exterminate these elements that cause gaps or holes within the cycle of two way communication. Rats bore holes in homes and other social structures. Social elements like the ones we described a minute ago bore holes in our 2 way cycle of communication as well.....

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We pray this work causes a psychological shift in the way you look at communication gaps and allow you to formulate solutions! This work will be highlighted with a SDTCC Self Development Thru Creative Cultivation parenting system... It will be a valuable tool in helping parents improve their relationships with their teens.

Moving on, let's dig a little deeper into the cause and reason that **COMMUNICATION GAPS** exist in the first place..

* * * * *

In a world full of chaos and confusion , it is no surprise that within our family environments there is a great divide between our parents and their teens. Some will blame internal conflicts within the home on socio-economic factors happening outside of the home. At ODV we believe every problem has an origin. ODV Solution Coordinators call it 'THE CORE ROOT OF A CRISIS SITUATION'. It would seem the term 'CRISIS' applies to an extreme problematic situation, but at ODV it's utilized any time there is an **UNBALANCEMENT IN THE LIVES OF EVERYDAY PEOPLE!**

We follow our own "**HUMAN AILMENT THEORY**". It states "The Original Station Of Man/Woman Is To Be Healthy And Happy". With this said, once the balance is lost even by what seems to be a minor turbulence in balance, we deem that a CRISIS is on the rise! We have arrived at this conclusion due to the fact most people allow problems to take root and overwhelm them unconsciously. People live in **PROBLEM PRISONS** because they avoid finding solutions(balance) to the problem when it first begins. 99% of the people in society avoid problems, they do not solve them! They adapt to living within the negative pull (problematic environment) eventually causing them to become overwhelmed by the long term effects of the problem....

COMMUNICATION GAPS ARE NO DIFFERENT.... Left unchecked/unresolved, they will eventually overwhelm the parties associated with them. Like all problems, ODV classifies **Communication Gaps Between Parents And Teens** in their collective forms as a crisis.

So, what is the cause?.... Well, it begins with parents not having the proper information on just how to develop healthy relationships with their teens.....

POINT BLANK, PARENTS STRUGGLE TO FIND

AN AFFINITY WITH THEIR TEENS !!!!

* * * * *

We are now dealing with the science of CAUSE AND EFFECT! It sounds simplistic, but it's not! It's very complex, especially concerning the issues related to communication gaps. We will ask now that you refer back to our acronym:

R . A . T .

For the duration of your reading of this book never let go of this acronym. See model on page . It encompasses the very essence of the collective cause to every form of parent/teen communication short falls.

We are setting a NEW TREND , giving flavor and color to the communication gaps resolution process....

The CAUSE of all communication gap delimmas can be located in the unbalanced state of the parent/teen **3 LIFE DIETS**. However, its **origin and core root** is isolated within **R.A.T.** The communication process is infested with a collective activity initiated by what we call SOCIAL RODENTS. Odd as this may sound, and no matter how difficult it is for you to digest, this is our take on the matter (as a crisis).

If you have a communication problem with your teen, there is a **RAT IN THE ROOM**....

This social rodent is boring holes in your two way communication between you and your teen(s). AT ODV we use the affirmation "I THINK I SMELL A RAT", or simply, "I SMELL A RAT". It may sound redundant but really it's a security mechanism to cause all parties to STOP and ASSESS what is going on in the moment with the communication. This new

technology in crisis management rapidly exterminates the social rodent presence within the two way cycle of two way communication.

It exposes the following CAUSATIVE FACTORS in relation with our acronym and the attached affirmations (i.e. There's a RAT in the room) (I think I smell a RAT) (I smell a RAT) :

Causative Factors

R = Relationship Deficiencies

* Parents and teens do not spend enough quality time with one another. Usually after ages 3-5 the natural parental bonding process disintegrates . Children begin to gravitate towards "things" and "strangers" instead of having the continuous presence of their parent(s) in their daily lives (i.e. for quality time spans). For the record ODV defines QUALITY TIME (in this case) AS TIME SPENT WITH A CHILD OR TEEN DOING SUBSTANCE FILLED ACTIVITY FOR A COLLECTIVE SPAN OF NO LESS THAT 20 OR MORE HOURS PER WEEK. Without quality time (i.e. without this quality time), two way cycles of communication will suffer . **BONDING** is the core essence of all healthy relationships...

* Social Ignorance : Parents for the most part are clueless on proper methods on how to raise a teenager in the modern world. Adding to this, parents are 10-30 years out of the social reality that encompasses the lives of their teen(s). This includes the latest fashion, lingo (language), trends, music, and over all modern state of mind for teens in the Hip Hop/ Pop Culture.

-- In reverse teens are equally ignorant when it comes to their parents social reality

* Methodology of parenting is restricted to the traditional social norms. This tradition is founded on two forms of parenting :

- 1). Permissive overseer
- 2). Autocratic

The Permissive Overseer is one who believes children should be given free reign to find out what life is on their own for the most part. They practise a lot of "Time Out" mental theories and indirect coercive tactics. In the end they generally get run over! (emphasis added) by their teens...

The second group (i.e. autocratic) are parental 'Hitlers' (Extreme Dictators) that think they know what's best and force their ideas sometimes violently on their children. This dilemma is very active in low income Black and Latino communities. In fact it's been traced to the oppressive treatment and conditions inflicted upon ethnic groups by Western Society here in America and abroad. Punishment and authority for these groups reflect the base component of the institution of chattel slavery. It's very ineffective as a parenting tool....

At ODV we've created a parenting system that we call

**▪ SELF DEVELOPMENT THRU CREATIVE CULTIVATION
(SDTCC)**

We advise parents to first teach their children how to DEFINE SELF! This is done using non-conventional/creative methods. Next we promote GROWTH of PERSONALITY thru consistent cultivation. The main ingredients are :

- (a). LOVE
- (b). QUALITY TIME
- (c). COMMITMENT

As with all of our work we usually differ greatly with social experts and the status quo on our tactics. We follow our own experiences, and sincerely believe experience speaks and is the greatest authority on life!

In this work we will continuously refer to the term **SDTCC i.e. SELF DEVELOPMENT THRU CREATIVE CULTIVATION**. It is much needed, especially resolving this crisis situation when we smell a R.A.T. We just shared some CAUSATIVE FACTORS concerning RELATIONSHIP DEFICIENCIES. Now let's continue looking into causative factors for the rest of our R.A.T. acronym ---

A = AGREEMENT ROADBLOCKS

This may be the second greatest stumbling block to parent/teen communication, after "Trust And Talk". In today's chaotic world parents and teens can't seem to **AGREE on "ANYTHING"**. There are at least 100 roadblocks to the gateway to **AGREEMENT**.

Review the following :

Road Blocks	proper conduct & behavior
Road Blocks	proper use of language
Road Blocks	Dress code
Road Blocks	Forms of entertainment
Road Blocks	Sexual activity
Road Blocks	Peer selection/friends
Road Blocks	Educational responsibility

THE LIST GOES ON AND ON !!!!!

* * * * *

The true essence of the "Road Block" is the parent/teen social maturity and social awareness levels differ in idea and function. Point blank, both parties see/understand/perceive the world thru two very distinct ways. Sadly, neither willingly yields to the other's view point. The parent is usually poorly equipped to institute a process or method to cure this, and the teen is generally lost as to the very need of instituting a process or method.

Without establishing a set of **AGREED** upon realities in the parent/teen relationship, there will always be problems in the two way communication cycle. Parents and teens believe it or not must agree on things such as rules, disciplinary methods, life goals, social engagements (i.e. friends, fashion, and entertainment choices). Most traditional parenting models are based on the autocratic system. Parents believe children should just "Do As They Say Without Question" or be disciplined. This system is extremely ineffective for long term personal development of the child.

The child fails to develop a sense of self determination and will lean towards a need for continuous parental supervision even as an adult! Point blank, they will not have adequate decision making skills.

In this work we will share our methods in curing this. Until then, ponder the following :

- (A). Teenagers (youth age 12 - 20) can participate in their own up-bringing.
- (B). Parenting is NOT a dictatorship, it's a partner-ship.

(C). Obedience only comes thru understanding why one should obey.

* * * *

T = Talk/Trust

* ODV R.A.T. formula ends with the 'T' symbol. Talk leads to trust and lack of talk leads to lack of trust. Without trust there can be no peacefully and productive inter-action between parents and teens, and communication gaps will only get wider.

**A LOOK AT THE ODV 3 DIETS
AS THEY RELATE TO THE CRISIS
OF
COMMUNICATION GAPS**

The reality of what we do at ODV (On Da Verg) can always be traced to our explanation of the 3 LIFE DIETS! Also coined 3 Elements Of A Live Good Feel Good Life Style.....

If you haven't read any of our information nor visited our website, then you may be unfamiliar with our 3 Diet System. Listen close, we teach that all human beings have not one diet , but 3! Not just a Food & Liquid diet or physical diet, but a spiritual , social and physical diet! We also teach that if one of these is not properly nourished then the life of the person is unbalanced. Our goal is to restore all humans back to their original state of being both happy and healthy; To correct lives out of balance. If you will review our ODV 2012 LIFE ENHANCEMENT DOCUMENT on [website](#) , you will see how we define, apply and measure these diets.

No proper communication can exist were the parent and the teen do not have a healthy spiritual diet. Listen close. Not a religious diet. This is not about religion. This is about nourishing both parties spiritual well being. This happens by

consuming spiritual knowledge, wisdom and understanding and applying dialy to one's life (exercise).

ODV teaches our diverse society that there are many different so-called religions and paths to spiritual enlightenment. People are free to choose their own. What's important is that you utilize it daily. That you study and apply its tenants daily. No less than 1 hour per day 7 days per week. This is how we rate a proper spiritual diet.

When our SOLUTION COORDINATORS interview crisees, the first thing they ask is "How is your spiritual diet". "What do you consume/eat for moral, ethical and personal development"????? In 60-80% of the cases or more, we find people do not have proper spiritual consumption or exercise of **spiritual rituals i.e.** prayer, attending worhsip services, etc, etc.....

It is right here the unbalancement in peoples' lives has its origin. Spiritual schools of thought all teach the same basic things :

- (a). Belief in a higher power than the normal carnal self.
- (b). Proper conduct and social behavior
- (c). The value of human life
- (d). Proper prayer and meditation
- (e). Solutions for dealing with daily problems
- (f). Basic rules for men & women in society
- (g). A basic belief in equality, freedom and justice

For a parent and teen 'NOT' to have a regular diet of these things (a-g) results in disharmony in the relationship. Keep in mind we are still dealing with **"TALK AND TRUST"**. We detoured to give substance to both the **ESSENCE OF TALK & TRUST**. It's clear that parents do not know what to talk to their teens about. #1 on the list is **SPIRITU-ALITY.....**

Next diet is the **SOCIAL DIET**. This comprises everything from school and education; a teens' talents, life goals and peer group interactions as well as life skills! We find in most cases parents have failed to convey the importance of edcuation. Failed to help teens discover their natural talents. Failed to help teens set life goals or an organized life plan! Failed to show teens how to judge the character of people and failed to teach basic life skills.

There is hardly no specific and substance filled conversation between parents and teens on these very vital issues. There's sound bites and brief mentions on these issues. There's direct orders to do without detail guidance.....

Guess what?, most of you parents do not have your own life in order on these issues, so you are ill equipped to even begin teaching or talking to your children on these issues. Please review our ODV 2013 document on page to get a general idea on what this diet consists of.

Focus on the fact there must be no less than 30 min - 4 hours per day spent on discussing these issues. As a parent you have to help your children realize what their natural talents are! You know early in the child's life what he/she is good at. What they naturally love to do. If not you are slacking in your responsibility. STOP NOW, and ask your teen what is it he/she really, really loves to do or wishes to become in life if they could do anything they want. Once you know this, put everything you can into backing your teen on this course. Remember people suffer primarily for 2 reasons :

1). RESTRICTED ABILITY

2). BLIND PURPOSE

(See website: ODV. Human Ailment Theory)

Never, ever forget the following :

"TALENTS REALIZED, EQUATES PURPOSE FOUND "

We find our life purpose by realizing what our talents are. You must **TALK** about these things with your teen. It will lead to trust! (Hey, can you **SMELL THE R.A.T. yet ?!**).

You must also **TALK** about skills needed to navigate life like "**PROPER COMMUNICATION SKILLS**". Also, cooking, washing, paying bills and managing credit. In the heart of it you must teach your teens how to avoid toxic people (negative, corrupt, lazy, non-productive people) and sit down with them and create a 'LIFE PLAN'. A complete LIFE PLAN extending at least 20 years into the future! It has its own MISSION STATEMENT, SHORT TERM, MID AND LONG TERM GOALS. Please review page sample of LIFE PLAN with instructions.....

In closing on our point of **talk & trust**, the physical diet of your child has to have attention. Too, too many teens are obese and under-nourished. Mental illness has peaked due to chemically processed food consumption and lack of exercise and

nutrient deficiencies. Parents by over 70% rarely cook healthy home cooked meals or prepare healthy snacks for their teens. The teen diet in the U.S. is nearly 100% toxic.

We are in a health crisis nationally due to introduction of GMO's and lack of health consciousness. To further this delimita, teens are locked in a complete gadget and video craze that keep them on the couch and not outside where they can exercise their bodies.

There has to be **TALK** on these issues to build **TRUST**. After all, this is about **MENDING COMMUNICATION GAPS!!!**

Allow the acronym to register :

" I Think I Smell A R.A.T. "

Or

" I Smell A R.A.T. "

* * * * *

Internal Factor Summary :

R.A.T. (+) Lack of Proper Diets(3) Equals(=) Gaps Between

Parent and Teen 2 Way Communication. This truth gives

us the core root of the problem. There is a great social gap psychologically speaking , which leads to gaps in the lives of both parents and teens...

Pre - Solution

Exercise

(1). MEMORIZE THE FOLLOWING :

- (A). QUALITY TIME - time spent with teens doing substance filled activities related to 3 LIFE DIETS. Also includes recreation and entertainment. Basic ODV requirement is 20 hours per week.
- (B). SDTCC - (Self Development Thru Creative Cultivation), the ODV parenting system were parents teach children how to develop themselves by being creative with the child in order to cultivate that child's personality holistically.... i.e. spiritually, mentally, physically , emotionally. We believe children must participate in their own development consciously. Parents have to be creative, unafraid to step out of the box of conventional norms. Teach children their history, use the current cultures music, trends to get children's attention...
- (C). Re-read everything you just read and log on to our social media sites and share your feelings :

Facebook @

Twitter @

Blog @

Google+ @

PROCEED TO CHAPTER 2

WE HAVE JUST BEGAN !!!!!!!

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