

**Exercise Rights and Responsibilities**

**Act and advocate on behalf of yourself and others, taking into account laws, social standards, and cultural traditions.**

- Recognize and assume your share of family, civic, and work responsibilities
- Monitor and keep up to date on federal, state, and local laws and regulations
- Make sure your own behavior is just and responsible
- Take personal responsibility to bring about change or resolve problems to achieve a common good

## EFF STANDARDS

**Communication Skills**

- Read with understanding
- Convey ideas in writing
- Speak so others can understand
- Listen actively
- Observe critically

**Decision-Making Skills**

- Use math to solve problems and communicate
- Solve problems and make decisions
- Plan

**Interpersonal Skills**

- Cooperate with others
- Advocate and influence
- Resolve conflict and negotiate
- Guide others

**Lifelong Learning Skills**

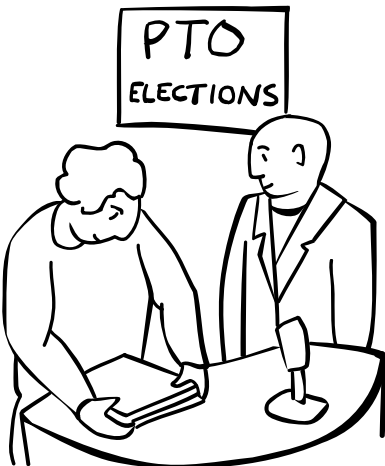
- Take responsibility for learning
- Reflect and evaluate
- Learn through research
- Use information and communications technology

***The nature, complexity, and context of the activity will determine which of these skills adults need to use.***

## ROLES

**Family**

**Example:** Become active in the parent-teacher organization at your child's school.

**Citizen**

**Example:** Organize a letter-writing campaign to your state representatives and senators regarding up-coming legislation.

**Worker**

**Example:** Warn co-workers of a safety hazard and alert the safety officer that work conditions have become unsafe.

