


☐

I'm not robot


reCAPTCHA

Continue

Write your own declaration of independence

Writing your own Declaration of Independence The founders risked their lives and the lives of their families to make a statement to the empire of Britain and the rest of the world. The document they created would have been considered treason by the British Government, and if they had failed in their great position of independence, they would probably have lost everything, including their lives. Your job is to write your own declaration of independence. You must follow the guidelines below to create this document to reflect the real declaration of independence. Remember that you as a group must agree with everything that is written, otherwise this statement will not be signed and supported by all who have helped create it. Guidelines for writing the Declaration of Independence: Preamble: (From, When during human events to declare the causes that impel them to separation.) Rights Declaration: (From, We keep these truths to be obvious....) Q: What reasons do you think you should declare your independence? Suggestions You can use the same words written in the Declaration of Independence to fill out your statement. For example, you can start your preamble with During Human Events..... Just remember to replace their ideas with your own. 1478321999 11/04/2016 11:59 America celebrates her 244th year of independence, freedom and strength, and wow it's been a whole year so far! The Declaration of Independence was drafted in the hope of giving Americans a life of freedom and the ability to pursue individualism. The colonists finally said enough is enough, and put their thoughts to paper in a well-constructed document outlining their desires, hopes and dreams for the country. We could all use a reminder of this right now! And while welfare in our country is essential right now, one must never forget their own individual role. So take a note from the country founders, say enough is enough in your own life, and create your own personal declaration of independence. Writing your own personal declaration of independenceBy studying the Declaration of Independence you can also write a document outlining your own path to freedom! Take this Fourth of July as an opportunity to learn from the country we all love and admire so much and make your own personal declaration of independence. The declaration has five main parts. Each part asks a different question about why you want freedom and how you plan to get it. Putting your thoughts to paper and take the time to answer these questions and make your own personal declaration of independence will help you to personal freedom. PART 1: PreambleWhy writes a personal declaration of independence? We believe that these truths are obvious, that all men are created equal, that they are gifted by their with certain inalienable rights, that among these are life, freedom and the pursuit of happiness. Think about how you want to live your life, what are your personal truths? What is the philosophy you want to live your life by? Keep it short and concise so it's easy to remember! PART 2: Philosophical FoundationWhat gives you the right to declare your independence? We all sometimes forget that we have the right to happiness and freedom! The section is called the indictment. Think about what in your life is holding you back from having these things. Don't be afraid to dig deep and let it all out in this section. PART 3: List of complaintsHow have your fundamental rights been violated? Think of the actual examples of what in your life has kept you from taking steps for personal freedom. It could be work-related, family-related, a girlfriend problem, personal self-doubt, the possibilities here are endless. It's important to have specific examples so you can see exactly what's holding you back. PART 4: Explanation of the previous lawsWhat have you already done to solve your problems up to this point? This section may be longer for some and shorter for others. Maybe you've already started to solve your problems and it's great! But it is also just as great if this section is short. I want everyone to start somewhere. Maybe you go get yourself a massage every few weeks, or you finally started to distance yourself from the friend who always brings drama into your life. Maybe you're picking up a new hobby or standing up for yourself at work. Think of this section as a mental health awareness, where's your headspace on? Are you taking enough time for yourself and your mental health? More to love: Love happens when ... You Love YourselfPART 5: Resolution What Are You Going to Do? As free and independent states, they have the full power to call war, enter into peace, enter into alliances, establish trade and do all other laws and things to which independent states may be entitled. Here's where you put your plan for attack. Think of yourself as an independent state with the ability to be responsible for your future. This is almost a promise to yourself. As an independent state, you and only you are responsible for your choices and how you want to live your life. Promise to take back control of your life and make the necessary changes to do so. Words by Kendall Mayer How I treat my body is a political statement. The patriarchy's policing of my body-of its size, shape, color, form-is a political tool used to silence me and my right to take a seat, and with this space, assert my position in this world. I used to spend so much time thinking about food, or rather how not wanting food, how to kill my own hunger, which proved difficult because I was always hungry. My appetite has always been great. I wanted to and eat; I was never drunk. I didn't know my physical appetite was a symbol of a much more complex appetite, a young woman placed in a world filled with conflicting messages and expectations about who and what to be. Study, work hard, and get good grades, but don't show boys how smart you are; they want to feel smarter than you. We were told to go to good colleges so we could get good jobs, but then were told that all that mattered was that we ended up getting married. Dress attractive, but doesn't show too much skin- too much skin and you're a, but too little, and you're a snarl. Boys don't like the snarl, and they can fuck sluts, but they'll never marry them. Wear makeup, but not too much; or wear as much as you need to look unnaturally natural. Boys like funny, carefree girls; they want you to order a burger when they take you out for dinner, but don't forget that they only like skinny girls. Be smart, be attractive, be thin, be fun... be this, be that ... be everything. And all at once. And while trying to be intelligent but not too overtly smart; attractive, but neither a nor a snarl; find out how to achieve the desired unnatural natural appearance; and eat nothing but salads so we could order burgers when boys took us out for dinner, we, girls, forgot to think of other things. We grew up in a generation where our parents told us you can do anything you want, but they never expected us to grow up to become president of the United States. Feminism no longer seemed necessary because we could vote, and although we had the right to vote for who would become president, we had no say in our bodies and how much space they could use. I didn't know how to answer the questions about who or what I wanted to be, what I wanted out of life, or how I could get these things. I could not bear the feeling of uncertainty and not know what my fate would be or if I myself had any control over that fate. And then I ate. And when I ate, it was always too much, and since I couldn't bear the feeling of existing in myself, I cleansed. Again and again. I spent a good part of two years of college with my head down in a toilet bowl. Two fingers down your throat was all it took to make it all go away. I was a hamster on my little hamster wheel, counting calories day in and day out, dreaming of all the food I didn't but wishing I could eat, spending hours in the gym to punish myself when hunger took over, and crying on the bathroom floor as I gave in to my weaknesses. I popped eye vessels, skipped periods, lost and gained weight and stretch marks for months, and I was deeply lost and unhappy. I'm no longer starving my body. I can't count calories because I've done it so and my brain can't help but see numbers when it sees food. But I eat. And that doesn't mean I have to spend extra hours punishing myself on the treadmill or over a toilet bowl. I eat to nourish my body, to fuel the engine that carries me through life. I eat so I have the energy to ask myself all the hard questions I couldn't ask as I was too busy counting calories and cleansing. What am I good at? What kind of person do I want to be? How will I contribute to my community and to society? What do I want out of life? What makes me feel alive? There is a correlation between all the girls counting calories who are too afraid to take a seat and the distinct underrepresentation of female presidents, parliament seat holders globally, Fortune 500 CEOs, and board members. Although more than fifty percent of college graduates are women, these college diplomas do not translate to dollars earned at work or career results. A culture that requires women to physically small pressure us to stay small in many other ways. My body is what I have real autonomy over. I have engraved in ink the things that are most valuable to me permanently into my flesh, because my body is the most beautiful vessel through which I travel through life. This body has carried me through thick and thin. It has endured years of neglect, abuse and hatred; and yet it was strong enough to survive. This body is a testament to the power of resilience. In her essay, The Body Politic, Abra Fortune Chernik looks like her body to the sea: My body possesses solidity and curve ... I accepted my right and my commitment to take a seat with my character, voice and spirit. I remembered how to tumble forward and touch the world that keeps me. I chose the sea as my guide. Who disputes the fullness of the sea? Abra chose the sea, and I heaven: I chose heaven as my guide. No one questions the sky or what it's like. It is home to the sparkling stars and carries the moon and the sun. Sometimes it's the deepest blue and other times it's the brightest pink. Every time I look at the sky, I feel infinite. And then I chose heaven as my guide. I declare myself free from the standards imposed on me by the media, the beauty industry, my family, friends, peers, strangers, and myself. My generation grew up in a world hostile to the natural existence of female bodies as they are. We were told that if we didn't fit a certain shape, that we weren't pretty. But the world lied and lies can't create beauty. It's time to free each other and especially ourselves- be kind to others and to yourself. Your body is the most spectacular gift you got. Honor the body that your mother blessed you. May it no longer be a burden. My body exists as it does in this moment, and that's enough. If you wrote your own declaration of independence, what would yours say? Say?