

RAISING CHILDREN CAPABLE OF LEAVING HOME

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Audiobook Companion

Charts & Callout Boxes

This companion collects the charts, diagrams and callout boxes that appear in the book, reproduced exactly as printed and arranged in reading order. If you are listening to the audiobook, you can follow along here whenever the narrator reaches a figure or a boxed feature. Each item is labeled with its chapter and its page number in the print edition.

The charts are illustrative visualizations of the trends discussed in the text. A closing appendix lists the epigraph that opens each chapter.

They Are My Kids!

CHARTS & CALLOUT BOXES

- | | |
|---|-----------------|
| 1. Progressive Thought vs. Real Progress | box · pp. 10–11 |
| 2. Tech Teaches Speed. Life Demands Patience. | box · p. 31 |
| 3. Employer's Needed Skills vs. Young Adult Job Seekers | chart · p. 36 |
| 4. Where the Jobs Actually Are | box · p. 41 |
| 5. The Readiness Pack | chart · p. 47 |
| 6. Then vs Now: Parenting Shifts at a Glance | box · p. 51 |
| 7. Essential Life Skills | box · p. 53 |
| 8. Estimated % of US Young Adults Who Are Ready for Adult Life, 1960–2025 | chart · p. 74 |
| 9. Growth of Mental Health Issues Compared to Other Incidents | chart · p. 76 |
| 10. Growing Unreadiness for Adulthood | chart · p. 77 |
| 11. Increases in Mental Illnesses Trends | chart · p. 78 |
| 12. Readiness vs. Distress Overlay | chart · p. 79 |
| 13. Virtue's Effect on Stress | box · p. 87 |
| 14. NAEP Reading Levels Declining Across Grades | chart · p. 122 |

1. Progressive Thought vs. Real Progress

A two-panel comparison of ideology versus results

PROGRESSIVE THOUGHT	REAL PROGRESS
Ideologically driven frameworks emphasizing equity, identity, and systemic critique	Pragmatic action focused on results, measurable outcomes, and the common good
Often reactive, centered on dismantling traditions, power structures, and cultural norms	Proactive, building new systems, strengthening institutions, and enhancing human potential
Prioritizes perceived fairness in outcomes, even at the cost of standards or competence	Elevates capability, grit, and achievement across all demographics
Relies on language shifts, symbolic gestures, or institutional overhauls	Relies on leadership, accountability, and tangible contributions to society
Abstract theorizing and policy models with limited empirical validation	Real-world improvement, raising literacy rates, increasing civic engagement, and boosting economic opportunity

2. Tech Teaches Speed. Life Demands Patience.

What technology offers kids vs. what life actually requires

Tech Teaches Speed. Life Demands Patience.

Tech Offers Kids vs Life Actually Requires

Instant answers (Google) → Problem-solving with incomplete info

Rapid communication (text, DM) → Face-to-face conflict resolution

Virtual collaboration (Zoom, chat tools) → Reading body language, being on time

Algorithmic logic (coding, gaming) → Critical thinking in unpredictable situations

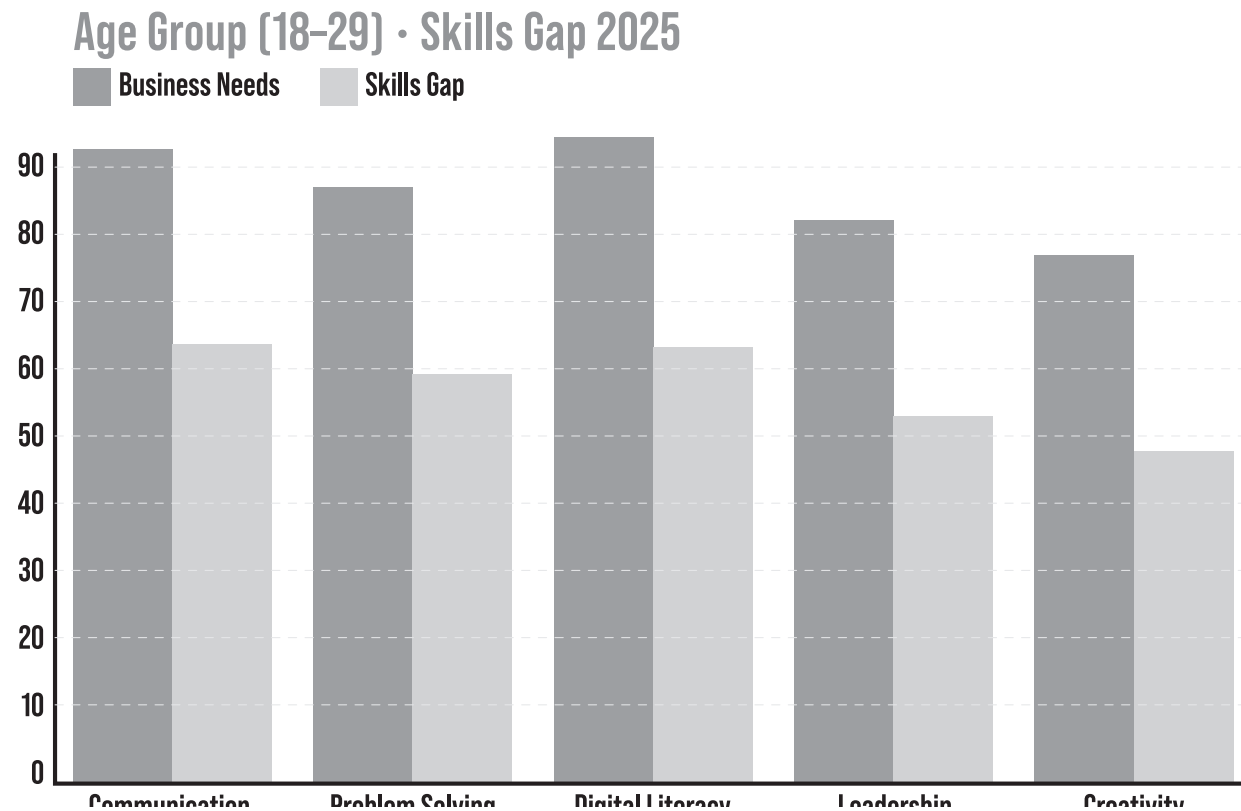
Personal branding (social media) → Personal responsibility and follow-through

Digital multitasking → Deep focus and task completion

Endless scrolling + quick results → Delayed gratification and resilience

3. Employer's Needed Skills vs. Young Adult Job Seekers

Skills gap by category, ages 18–29 (2025)



4. Where the Jobs Actually Are

Labor-market data on where most work really is

Where the Jobs Actually Are

It is important to note that the emphasis on tech jobs is not where most jobs are.

From the Bureau of Labor Statistics in 2024

- 70% of U.S. jobs are categorized as service, trade, or administrative
- Tech is just a part of these

From The World Bank in 2025

- 79% of the U.S. workforce is in the service sector
- Includes healthcare, education, hospitality, retail, and other
- This sector includes direct connection with customers

For Ages 16-24 Entering the Workforce

- 82% of teens go into this sector
- 79% of young adults go into this sector

It is a good bet that they end up in the service sector, even if their education focused on the environment, social justice, or even DEI (Diversity, Equity, and Inclusion).

5. The Readiness Pack

The four stages from Little Explorer to Ready for Life

The Readiness Pack



LITTLE EXPLORER

Ages 0-10

Guide/Teacher

- Curiosity
- Kindness and Empathy
- Communication and Listening
- Daily Routines and Responsibilities

Every great adventure begins with learning how to explore safely.



PATHFINDER

Ages 10-15

Coach/Supporter

- Problem Solving
- Emotional Control
- Friendship and Teamwork
- Accountability and Goal Setting

Now they begin finding their own path—with you cheering them on.



TRAILBLAZER

Ages 15-20

Advisor/Mentor

- Resilience and Grit
- Financial Literacy
- Decision Making and Virtue
- Work Ethic and Self-Discipline

You've helped them pack what matters most. They're ready for the trail ahead.



READY FOR LIFE



***As parents, your role is to help fill these packs,
one lesson, one experience, one challenge,
one day at a time.***

6. Then vs Now: Parenting Shifts at a Glance

How the parenting landscape has changed

Then vs Now: Parenting Shifts at a Glance

THEN vs NOW

Unsupervised play → Constant supervision
Household chores as skill-building → Scheduled activities and digital tools
Community-based learning → Outsourced life skill learning
Face-to-face communication → Screen-dominant communication
Low-structured schedules → Heavy parental involvement

7. Essential Life Skills

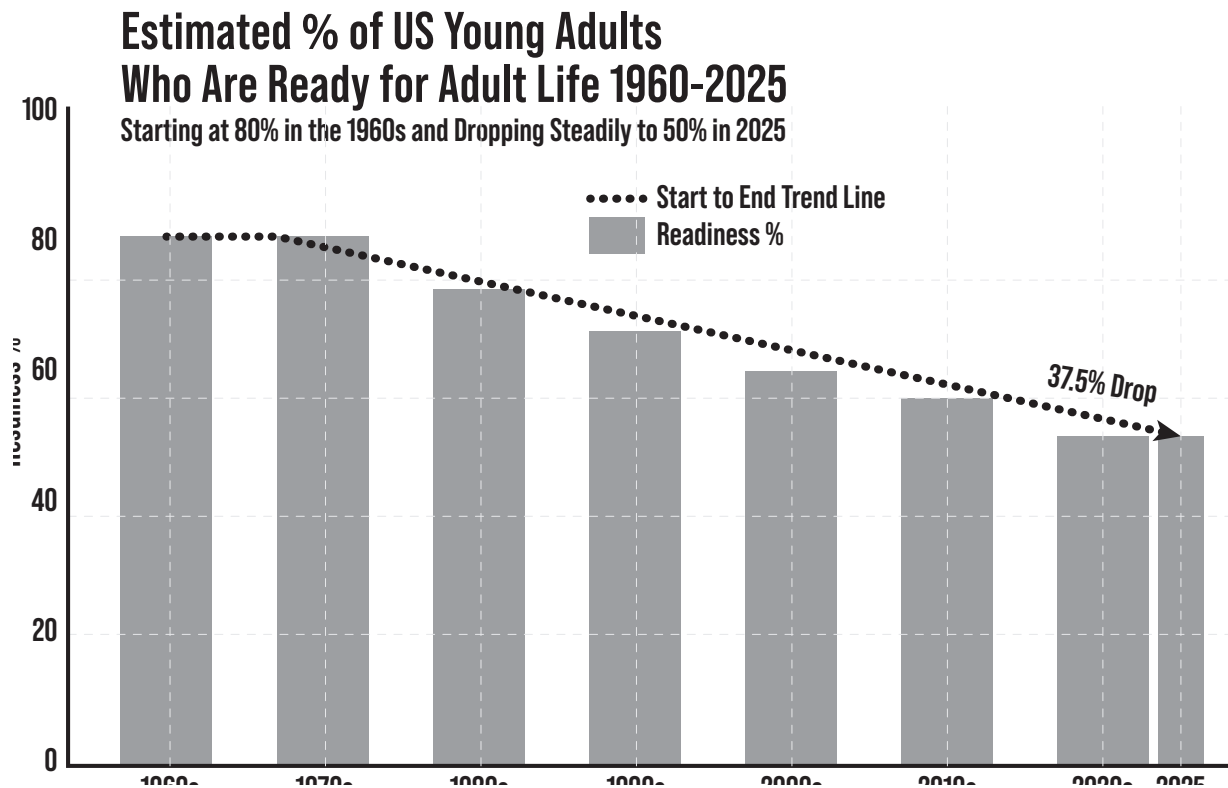
The twelve skills with the most impact

Essential Life Skills

- | | |
|--------------------------|------------------------------------|
| → Independence | → Resilience |
| → Problem Solving | → Decision Making |
| → Time Management | → Self-Discipline |
| → Digital Literacy | → Online Safety |
| → Understanding Civics | → Virtue |
| → Social & Interpersonal | → Household & Financial Management |

8. Estimated % of US Young Adults Who Are Ready for Adult Life, 1960-2025

The steady decline from about 80% to about 50% (a 37.5% drop)

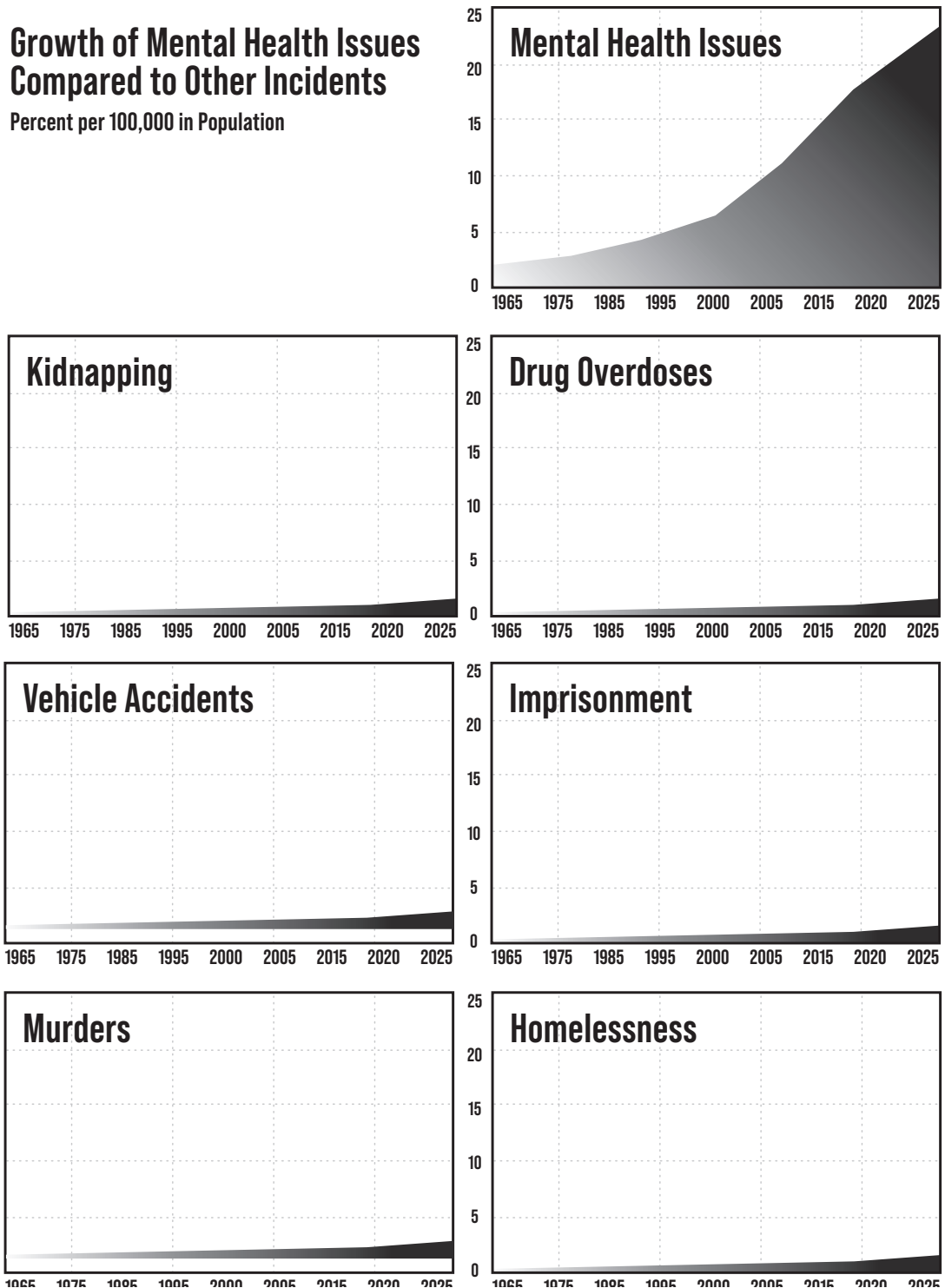


9. Growth of Mental Health Issues Compared to Other Incidents

Mental health vs. seven other societal measures, 1965–2025

Growth of Mental Health Issues Compared to Other Incidents

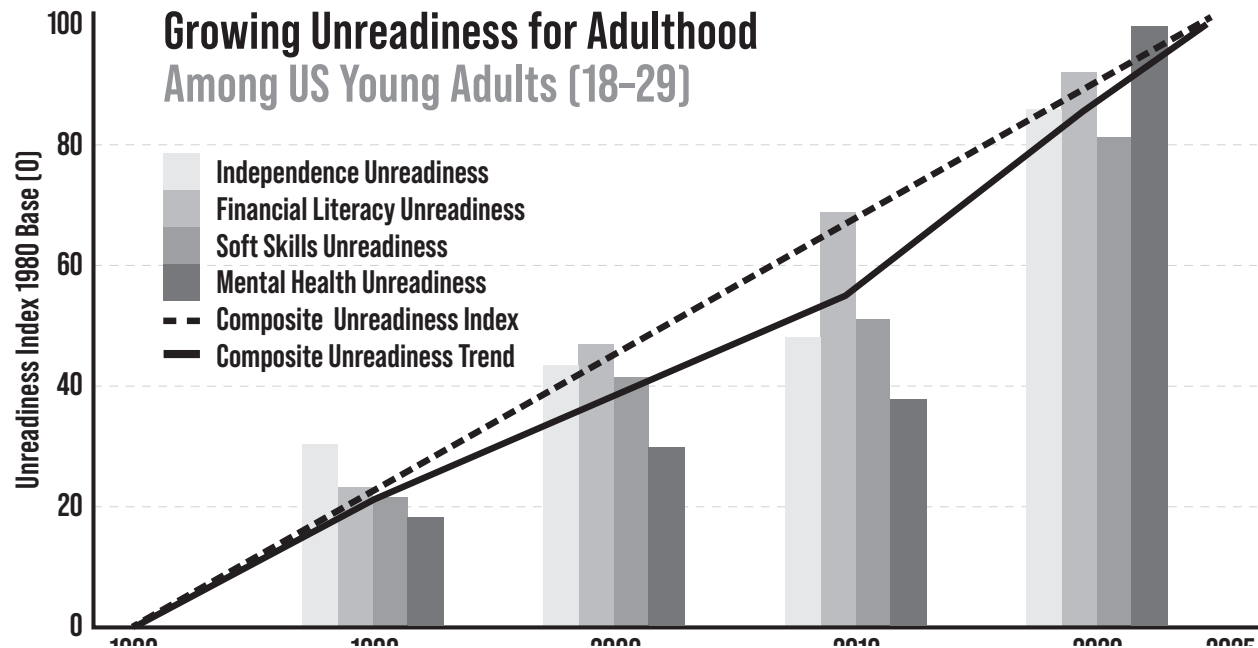
Percent per 100,000 in Population



10. Growing Unreadiness for Adulthood

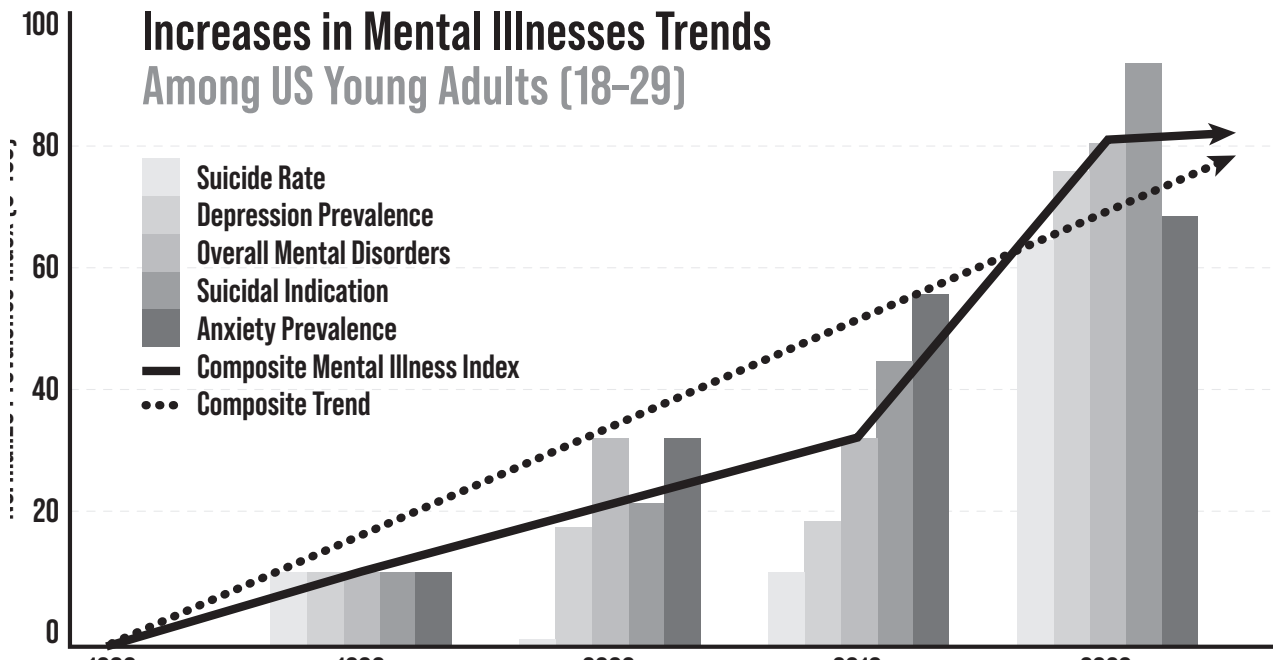
Independence, financial literacy, soft skills & mental health, 1980–2025

young people haven't learned how to manage money. The lack of indepen-



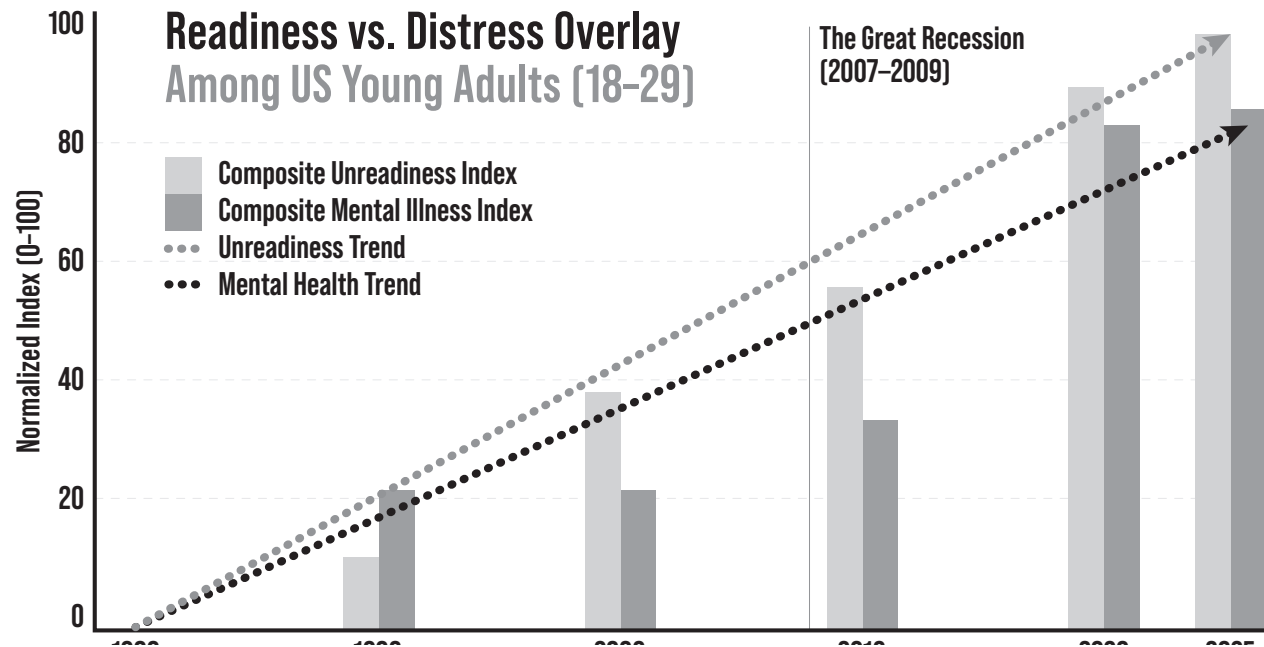
11. Increases in Mental Illnesses Trends

Five mental-health measures plus a composite index, 1980-2020



12. Readiness vs. Distress Overlay

Unreadiness and mental-illness indexes rising together, with the Great Recession marked



13. Virtue's Effect on Stress

Four research findings linking virtue to lower stress

Virtue's Effect on Stress

Research indicates that adopting virtue-oriented lifestyles can help reduce stress in young people.

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Adolescents who experience 30% lower stress have better mental health outcomes.

—Journal of Positive Psychology 2022

•

They have 20% lower stress levels in later adolescence, as measured by reduced anxiety and depression scores.

Teens with strong virtues handle stressors (e.g., social media pressure) better.

—2024 Journal of Research on Adolescence Study

•

Gratitude and hope (within our general description of virtue) correlate with 30% lower stress and anxiety in college students.

Virtue provides a framework for coping with academic and social stressors.

—2022 Frontiers in Psychology Study

•

Virtue-based programs (e.g., fostering honesty, resilience) reduce stress by 22% in adolescents.

—2023 JMIR Mental Health Study

14. NAEP Reading Levels Declining Across Grades

Reading proficiency by band for Grades 4, 8 and 12 (2024)

NAEP Reading Levels Declining Across Grades In 2024 most students fail to reach proficiency.

Source: National Assessment of Educational Progress 2024 (approx.)

