

## So I am a Teenager - now what?

Unfortunately life doesn't come with an owner's manual and the reality is that we're here and we have to figure out what we are going to do with our lives for ourselves. Many teens expect the adult world to have reality figured out and teach them what to do. And it's great when that happens. Unfortunately the human race hasn't yet evolved to the point where we have those kind of answers and teens are often disillusioned with adults and go off and make bad choices for lack of guidance and good information. All I can say is - sorry, and hope that the Church of Reality can provide some information to help you get a good start on life.

Although this advice is aimed at teens there's good advice here for people of all ages. So if you're older or younger and you find this information useful then that's great. Unlike many religions this isn't about being preachy and telling you about all kinds of cool stuff that you can't do. You as the reader however should think about what you see here and see if it applies to you. And if we get it wrong or you have ideas about new and better things to add, you get to participate. reality is for everyone, including teens. We want to hear your ideas and your perspective.