

## The Habit of Copping Out

A common theme I have noticed over the semester is a habit that the American culture has picked up, that being copping out. Copping out is where an individual knows and understands his or her duties in order to be a citizen but chooses an alternative method either to hardly obtain their duties or not obtain his or her duties at all. I will use examples from *The Other Wes Moore*, our discussions over *Food Inc.* and *How Junk Food can end Obesity* to demonstrate the effects of individuals copping out.

In *The Other Wes Moore*, there are a variety of characters that cop out of their duties towards their community. I will compare and contrast the mothers of the two Wes' specifically to magnify how copping out of parental duties effects the entirety of a community. *The Other Wes Moore* is a great example to use in order to compare a citizen who copped out verses a citizen who fulfilled her duties. In this example, the other Wes Moore's mother didn't fulfill her duties, which can be seen through a widespread of American communities. Everything starts with the fulfillment of individual duties because when individual don't fulfill their duties, then neighborhoods don't fulfill their duties, then small governments and large governments can't fulfill their duties. I will go in depth how the individual is responsible for large-scale desired change.

A specific situation regarding large-scale change I will talk about comes from the two discussions regarding *Food Inc.* and *How Junk Food can end Obesity*. In this example, I will argue it's not the responsibility of the large food processing companies to provide "healthy" food to Americans but it's the duty of American to demand "healthy" foods. I will talk about how American's copped out of their responsibilities of making healthy eating habits a priority and now more of a flavor seeking obsession. Individuals copped out of their responsibilities which big companies took advantage of. I will go on to argue that it's the responsibility of individuals to take back the habit of eating healthy and how they must make it a priority in order for big processing companies to change. Again, change comes from individuals doing their civil duties and not copping out.