St. Francis Preparatory School Ms. Bergin  
Religious Education/Human Sexuality and Love Fall 2014  
**1st Quarter Reflection Essay Assignment**  Due:\_\_\_\_\_\_\_

*As discussed in class, please consider the following question and share your personal reflection in a well- written 1½-2 page essay.*

**As you move toward full adulthood…  
 what type of man or woman are you becoming or hope to be?**

**Following are *some* things you may want to consider/include in your thinking and writing about this.**(*You absolutely do not have to include ALL of these—(whew!)-----but SOME of them may serve as catalysts for thought and one or two may help give focus to your written reflection.)*

* What qualities do you think an attractive/successful/loving/respectable man or woman embodies? Are these qualities that you see come naturally to you or are cultivating in yourself? How are you progressing on your journey from boyhood to manhood/girlhood to womanhood?
* While growing up, what messages have you received about what it means to be a good man or woman?  
   (…and do you find these ideas/traits worth living up to or worth changing?)
* Who have been your strongest role models and what have they taught you by example?
* Have you had any poor role models that have taught you how you DON’T want to be?
* Does your family’s culture emphasize any traits that are seen as important to being respectable man/women?
* Do images of men and women as portrayed in media/entertainment set good or poor images that influence you? If you don’t feel you are influenced by them personally, do you find that they impact others so that it makes it hard or easy to ‘just be you’?
* What does our contemporary society seem to expect from men/women? Do you embrace these expectations or reject them?
* Do you spend more energy on your image as a man/woman or cultivating a strong personal identity?
* Do you feel affirmed or judged regarding your own expressions of masculinity or femininity? Are you affirming of others’ individuality or are you critical of those who do not fit your ideas of what it means to be an attractive/successful/respectable man or woman?
* Are there any quotes (from poetry/song lyrics/scripture/books/wise people, etc…) that you find inspiring with regard to the direction you would like your life to take as a man or woman?
* If you are considering marriage and having a family one day, what kind of husband/father or wife/mother do you hope to be? While marriage and family entail a great deal of responsibilities, how might these relationships also help us to grow as individuals to our fullest potential?
* How does a mature, respectable man or woman behave in dating/romantic partnerships? How do they treat their significant other? How do mature partners treat each other as equals—and are there any traditional gender-roles or expectations that make this tricky sometimes?
* Is there a career choice or other life goal that you dream of pursuing that will be more challenging because of your gender? What obstacles/sacrifices might you have to contend with if you determined to give this dream a shot? What support do you have to go for it?

Think deeply. Write well! Develop your thoughts and include details from your life, where appropriate (Don’t just philosophize…) Essays should be typed, double-spaced, 1” margins and proofread. Enjoy!