MAN OF INTEGRITY

**Overarching Enduring Understanding**
I accept my reality and take responsibility for the man I am becoming
I grow my identity as a man in relation to the other

**Overarching Essential Question**
How do I grow in autonomy as a male? How do I grow to be a man for others?

**Focus**:
Construction of a personal ideal of Manhood and facing the challenges in becoming a Man

### Content Areas

1. **Marital relations (Father / Mother relations)**
   - Premarital relations, lifestyles, and its effects on marriage and family life
   - Management of parental conflicts. Coping strategy for boys.
   - Understanding parents lives: bonding takes place
   - Difference between genders: concept of the other and how that contributes to identity construction

2. **Project Women 101: The Mystery of the Other**
   - (movie: the other) [ppt of the blackboard of the formula to understand women]
   - Media distortions
   - Sexual Harassment
   - Social project to research

3. **Project Manhood 101**
   - Profile of SJI boy becoming Man – Man for Others
   - Reality of Josephian as a Man for Others
     - People-centred (Others before self vs. use of position and power at the service of self)
     - Empathetic Communicator (Differentiating between what is good and what is fun)
     - Community Builder (Being genuine and honourable, putting interests of others before self vs.
       being popular and ‘cool’ and using position and power at the service of self)
     - Servant Leader (Leadership at the service of others vs. leadership by domination)
   - Addressing the gaps – clarifying values and distortions of Josephian ideals

4. **Man of Integrity: The Face of the Other**
5. **Becoming the best Man I am meant to be: The ‘How to’ guide to Self-Transcendence**
   - Personal ideal of the Man I would like to become
   - Reality Check – Actual Self (Personal inventory of strengths and shortcomings)
   - Addressing the Gaps that keep me from growing towards my personal ideal
     - Self esteem issues (physical appearance and well being, academic performance, self-abuse –
       addiction[cigarettes, pornography, masturbation, gaming])
     - Relationship issues (peer relationship, BGR, family relationships)
       (AA steps to Self Transcendence)

### Process skills

1. Structure of Self - Ideal Self, Actual Self and the Gap
2. Self Acceptance and Self Transcendence
### 3. Reflective Response Levels 3 and 4

**Assessment**

*Test on Conceptual understanding of process skills*

My ‘How to Guide to Self Transcendence’ [Self-directed Learner]

Critical Thinker, Reflective Learner

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#### Manhood 101: The Ideal 21st Century Man

<table>
<thead>
<tr>
<th>Lesson</th>
<th>EU and EQ</th>
<th>Focus</th>
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</table>
| 1-2    | How do my family, faith and Josephian Values shape our perception of Manhood and Womanhood?  
  - What distorts our perception of the Ideal Man and Woman |  
  ▪ Manhood 101 project: Defining Manhood for the 21st century  
  ▪ Media -and male and female perceptions of Manhood and Womanhood  
  ▪ Distortions at 3 levels of psychic |
| 3-5    | Why do boys and girls differ in their view of the Ideal Man and Woman?  
  - They view Manhood and Womanhood through different lenses. |  
  ▪ Survey on what girls look for in an ideal Man and what boys look for in an ideal woman  
  ▪ Group presentation of findings on survey |
| 5      | What is my personal ideal of Manhood and Womanhood? |  
  ▪ Personal construct of Manhood and Womanhood  
  ▪ Reading assignment: ‘Pure Manhood’ and ‘Pure Womanhood’ |
| Synthesis | Gender Equality / Inequality |  
  ▪ Global perspective |

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#### Manhood 101: Institutional Ideal of Manhood

| 6 | What is the profile of the SJI Man?  
  Review And understanding of self today |  
  ▪ Institutional ideal of Manhood:  
    - People-centred Person  
    - God-centred person  
    - Zealous service for the last, least and lost  
    - Empathetic Communicator  
    - Community Builder  
    - Servant Leader  
    - Reflective Learner  
    - Critical Thinker  
    - Self-directed Learner |
| 7-9 | How do Josephians live out the institutional ideal of Manhood?  
  - There are gaps between the institutional ideal and the reality on the ground  
  - Clarifying the distortions gives Josephians greater clarity on the values that the institution seeks to uphold  
  - What are the needs of Josephians which could rationalize values to become distortions? |  
  ▪ Investigate elements to clarify distortions and values (what it is, what it is not)  
  - (Others before self vs. use of position and power at the service of self  
    / what is good and what is fun/honor vs. popularity / leadership by domination vs. servant leadership / position, hierarchy and power for subjugation vs. service of 3Ls / competition vs. surrender / success vs. failures/ ‘I am a somebody vs. I’m a
### Manhood 101: My ‘How to’ Guide to Self Transcendence

#### How do I become the best Man I am meant to be?
- I set realistic goals for myself and look at concrete and constructive ways of esteeming myself.

### Who am I really?

**My real Self is made up of the ideal and actual me and the gap between the two.**

### How do I resolve the issues that keep me from growing beyond my actual self towards my ideal?

- I face my reality with honesty and courage and take concrete steps to work through my difficulties.

### How do I work through my relationship problems with girls, friends, and family?

- I identify whether the relationship promotes growth.
- I become aware of my ideal destination and where the relationship will take me.
- I face the challenges and work on the relationship (Girls – distance, dis-enmesh, don’t blame and don’t carry the problem).

### What are the lessons I can learn from my Father on Manhood?

- I draw inspiration from my Father’s wisdom and learn from his mistakes in

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**Table:**

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<thead>
<tr>
<th>Time</th>
<th>Question</th>
<th>Reflection</th>
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| 10-12 | What is my personal ideal of Manhood?  
- My personal ideal of Manhood sets the destination for who I will become | Reflective Response Level 3  
- Construction of personal ideal of Manhood  
- Exhibition of Ideal SJI Man Vote for the Ideal SJI Man |
| 13 | Who am I really?  
- My real Self is made up of the ideal and actual me and the gap between the two. | Structure of Self  
- Construction of personal ideal  
- Actual self  
- Identify the Gaps – mind-social, mind-body, mind-spirit, MR, Needs and distortions, values |
| 14-15 | How do I resolve the issues that keep me from growing beyond my actual self towards my ideal?  
- I face my reality with honesty and courage and take concrete steps to work through my difficulties | Esteeming self through concrete steps  
- Mind-spirit issues  
- Understanding addiction – The cycle of self abuse  
- Helping myself out of addiction (AA) Dopamine video (cigarettes, pornography, masturbation, internet addiction, food and other forms of self abuse) The ‘How to’ guide to self recovery  
- Moral Reasoning  
- Reflective Response Level 4, Needs, Values and distortions  
- Academic gap in relation to ideal as a man, career guidance |
| 16-17 | How do I work through my relationship problems with girls, friends, and family?  
- I identify whether the relationship promotes growth.  
- I become aware of my ideal destination and where the relationship will take me.  
- I face the challenges and work on the relationship (Girls – distance, dis-enmesh, don’t blame and don’t carry the problem) | Recognizing when relationships are unhealthy  
- Disengaging with dignity (friends and girls)  
- Handling rejection- Breaking up without breaking down  
- Moral Reasoning  
- Reflective Response Level 4  
- Needs, Values and Attitudes  
- Self acceptance and self transcendence |
| 18 | What are the lessons I can learn from my Father on Manhood?  
- I draw inspiration from my Father’s wisdom and learn from his mistakes in | Lessons learnt from Father (positive and negative)  
- Self Acceptance  
- Creating my ‘How to’ guide to remaining |
determining the kind of Man I would like to be
  ▪ I accept that this is my Father and find different ways and means to remain engaged with my Father at a deeper level

<table>
<thead>
<tr>
<th>19</th>
<th>How do I relate with my Mother as I grow into Manhood?</th>
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<tbody>
<tr>
<td></td>
<td>▪ I remind myself to be sensitive and considerate towards Mother</td>
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<tr>
<td></td>
<td>▪ I take greater responsibility in self-regulation</td>
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</tbody>
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<tr>
<th>19</th>
<th>Needs, Values and Attitudes</th>
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<tbody>
<tr>
<td>20</td>
<td>What is Self Acceptance?</td>
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<tr>
<td></td>
<td>▪ I acknowledge that I am imperfect, but I am good enough</td>
</tr>
</tbody>
</table>

| 19 | My ‘How to’ guide to staying connected with my Mother |
|    | ▪ Self acceptance and self transcendence |
|    | ▪ Moral Reasoning |
|    | ▪ Reflective Response Level 4 |
|    | ▪ Needs, Values and Attitudes |

| 20 | Emotional Acceptance (Assessment: Even though I am....I accept and love myself just as I am) – construct as many statements as possible using this sentence stem |

| 21 | How do I grow in autonomy as a male? |
|    | ▪ I accept my reality and take responsibility for the man I am becoming. |

| 21 | Synthesis |

| 22 | Synthesis: Reconciliation |

| 23 | God – Sacred Space and Time – The Face of the Other |
|    | Synthesis: It is within relationships that love is possible |

| 23 | Transcendence; In relation to the other the self is defined. |

Resource: Pure Womanhood (Chris Evert)