

Reflection paper

Literature, Russian Literature



Reflection Paper Human sexuality is a critical topic that deserves to be prioritized while dealing with children, adolescents and young adults.

Insights on the subject bear a significant influence on their lives.

Consequently, they can understand their bodies, identify the myths and develop good sexual behaviors that are well informed. This paper aims to offer personal reflections and reactions to issues of love, adolescent sexuality, childbirth and child sex.

Young people often mistake the essential of love. Most of them are not aware of the different types of love that exist. Consequently, their action may be misguided. I concur with the conclusion that love is not for amateurs. Love certainly needs persons who can differentiate it and react accordingly. It is easy for young people to confuse infatuation and romantic love. They may end up acting in an irresponsible manner in order to attract whoever they think they are in love with. The information on love is well stipulated, highlighting the different types so that people can distinguish the love they feel based on their circumstances. From this differentiation, there is no doubt that communication, being bi-lingual and avoiding the temptation to “mind-read” promotes healthy relationships. I find it particularly important for people with related feelings to communicate about it so as to avoid desperate or inappropriate ways to show it. I affirm that sex is mainly the activity taken up by many people who hope to show they love someone romantically.

The adolescents stage present major difficulties to parents and educators as there are so many changes that occur in the adolescents. There is prevalent emotional instability among the adolescents. Embarking to educate them

about their sexuality, the changes that they are likely to undergo and appropriate actions to take are of sheer importance. It is important that they learn about their bodies and learn to appreciate themselves the way they are. I firmly hold that a high self-esteem among the teenagers is one way to avoid participating in irresponsible sexual activities or poor social development. Certainly, the education can help them to know that sex is never a way to show love. Adolescent girls need to know this so as to avoid early pregnancies or contracting diseases that may jeopardize their futures. I agree with the deduction that parents are the chief sex educators for their children. They need to provide their children with information about their sexuality. Additionally, the fact that early experiences, attitudes, feelings and thoughts shape the sexual wellbeing of a child should push parents towards helpful discussions and relationships with their parents. I believe that children should learn a lot from their parents since they spend most of their time with them. It can be helpful to their life as they are not likely to act out of ignorance in relation to sexual matters.

Conception and child birth education provides essential information to guide responsible behavior. I view the data as helpful in avoiding accidental conceptions among young people as they know what exactly can lead to pregnancy. Similarly, it is helpful for pregnant women to understand the stages and occurrences during their pregnancy. It equips them with useful knowledge to take care of their pregnancy.

It is evident that information on love, adolescent sexuality, child sex and childbirth is instrumental in the lives of people, especially young persons. It guides responsible behavior. Related education ought to be prioritized in

many schools. Parents should also take the mantle of educating their children on their sexuality matters.

References

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