Growing in Commitment
Commitment Recap

Commitment (noun): A commitment is a promise to give your time and energy to something you believe in.

Can you think of actions we could use to help us to remember this definition?

A commitment is a promise to give your time and energy to something you believe in.
Last week, you each made a **commitment** of your own.

Using last week’s work, revisit the commitment you made and fill in the Week 2 section.

Have you shown as much commitment to your goal this week as you had planned to?
There is not one clear definition of the term ‘coming of age’ but it could be defined as:

‘The time when a person legally becomes an adult and is old enough to vote.’

How old do you think you need to be to make this commitment?
In England, the age when people can place their first vote is 18 years old. But this is not the case in every country. Click on the countries below to find out the age at which their citizens become eligible to vote.

- **USA**: 18 years old
- **Brazil**: 16 years old
- **Scotland**: 16 years old
- **Germany**: 16 years old
- **Russia**: 18 years old
- **Cameroon**: 21 years old
- **Kuwait**: 21 years old
- **Ethiopia**: 17 years old
- **Nauru**: 20 years old
Coming of Age

Around the world, placing your vote in an election for the first time can be seen as a coming-of-age ritual.

It marks your first commitment to making sure your country is the best place it can be.

However, if the voting age is different around the world, this must mean that different countries have a different view of when someone becomes an adult and can make commitments.

Ritual (noun):
A set of fixed actions and words performed regularly.
There are also different religious views about when someone becomes an adult. There are special rituals that people do when they come of age to show commitment to their faith.
Placing your first vote isn’t as simple as putting a cross in a box. It involves a lot of research, thought and reflection before the day.

To make sure that you make the best choice, you can research all of the different parties and decide which one will make the country the best place it can be.

My name is Zainab. I am 17 years old. I am about to vote for the first time in the UK elections.

Placing your first vote isn’t as simple as putting a cross in a box. It involves a lot of research, thought and reflection before the day.

How does Zainab show commitment through her coming-of-age ritual?
In my Jewish faith, when boys become 13 years old they are viewed as old enough to be responsible for their actions. They are responsible for following the commandments given in the Torah, following Jewish traditions and being an active part of the community. At the age of 13, Jewish boys must make a commitment to their faith. They become a Bar Mitzvah, which means ‘son of the commandments’.

It takes a lot of practise to get the portion right as the Torah is written in Hebrew. The Bar Mitzvah needs to commit to studying Hebrew so that they can learn how to read the Torah. They need to regularly practise the portion of the Torah they will be reading, making sure they know what each word means.
Committed Characters

A Bar Mitzvah also needs to plan and practise the speech they will be giving at their ceremony. They must regularly attend Shabbat services so that they know lots about their faith and have learned everything they can about it before becoming a Bar Mitzvah.

How does Jeremy show commitment through his coming-of-age ritual?
In Judaism, when she is 12 a girl is old enough to commit to following the commandments given in the Torah and following Jewish traditions. When I make this commitment I will become a Bat Mitzvah.

My name is Esther and I am 11 years old. Just like Jeremy, I am Jewish. But my commitment to my faith begins one year earlier than Jeremy’s. When I turn 12 years old, I will become a Bat Mitzvah.

In Judaism, when she is 12 a girl is old enough to commit to following the commandments given in the Torah and following Jewish traditions. When I make this commitment I will become a Bat Mitzvah, which means ‘daughter of the commandments’.
My family will watch me recite a portion of the Torah. I must **commit** to practising every day to make sure that I get it right. I have already been learning Hebrew for two years to prepare. I have practised my speech and attended the Shabbat service every week so that I know a lot about my faith.

Just like Jeremy, I will celebrate my **Bat Mitzvah** at the synagogue.

How does Esther show commitment through her coming-of-age ritual?
Now that I am seven years old, the Catholic church thinks that I have reached the **Age of Reason**. This means I am responsible for my thoughts, actions and choices. I am now old enough to make the first of my own commitments to my faith. I have been invited to take my **First Holy Communion**.

My name is Mei and I am seven years old. I am **Catholic**. When I was born, my parents made my first **commitment** for me – they baptised me.

First, I must make my first confession. I must think about anything I have done wrong and confess these things to a priest. The priest prays for me so that God will forgive my sins and give me a fresh start. I need to promise to try my best not to do anything wrong from now on.

Now that I am seven years old, the Catholic church thinks that I have reached the **Age of Reason**. This means I am responsible for my thoughts, actions and choices. I am now old enough to make the first of my own commitments to my faith. I have been invited to take my **First Holy Communion**.

Then I need to go to lessons. These lessons will teach me all about the Bible and the beliefs of the Catholic church. When I have a good understanding of what I am **committing** to, I will be allowed to make my First Holy Communion, where I will receive the symbolic gifts of bread and wine.
In a few years, when I am 14, I will need to make another commitment to my faith. It’s almost like I will come of age for a second time. This time, I will receive the **Sacrament of Confirmation**. I will commit again to following the commandments of God as they are written in the Bible. I will commit to living as Jesus taught me to and I will show Christian values in all that I do.

How does Mei show commitment through her coming-of-age rituals?