

Dear YOUNG AMERICAN

Look in the Mirror

Students will:

- evaluate how integrity guides decision-making to empower not only oneself, but others
- define integrity and demonstrate how to build and practice integrity in their own lives

Introductory Activity:

Ask students to recall the six core values from the previous lesson and share with the class how they connected the values to everyday life.

Next, explain to students that they will be discussing integrity today. Lead a short discussion with students about the word integrity. Students can recall the definitions of integrity presented in the previous class and brainstorm examples of integrity.

Whole Group Activity:

Watch the Dear Young American video *Look in the Mirror*, featuring Medal of Honor Recipient Gary Littrell. Ask students to make notes of observations or any advice that he offers.

Individual Activity:

Following the video, have each student write a short response to one or several of the following prompts.

- Gary Littrell states that if you want to enter the military, you must be “physically and mentally strong.” What does he mean by this statement, in your opinion?
- The first piece of advice Gary Littrell offers is to “balance” your military and family life. His experience relates to his service in the U.S. Army, but can this advice transfer to anything you do in life? Explain how you can use this advice in your own life.
- Gary Littrell states that “No one can take your integrity from you. You have to give up your integrity.” How could you explain this statement to someone younger than you – a sibling, a niece or nephew, or an elementary student who lives in your neighborhood?

Whole Group Activity:

Have students share their responses. Ask students what examples of integrity and other values they noticed in the video.

For Next Time: Ask students to demonstrate what they learned from the lesson

Gary Littrell stated that “The most important thing to do in your life is to be able to look in the mirror and be proud of what you see.” Think about the last time you looked in the mirror. Were you concerned just with how you looked? Were you fearful in some way of what others think about how you look?

The next time you look in the mirror, look directly into your own eyes. Think of what Gary Littrell said about integrity, and how no one can take it from you. Ask yourself in your mirror, while no one else is watching, how you can create integrity in your daily life that no one else can take. Commit to making three positive decisions that belong to you, three decisions that no one else can take from you.