

# Dear YOUNG AMERICAN

## Raise Your Hand

### Students will:

- understand that fostering a sense of courage begins with knowing yourself and acting upon something that may seem difficult
- demonstrate courage by developing personal goals and asking for guidance to attain those goals

### Core Value Focus: Courage

### Introductory Activity:

Ask students to share their experiences of actively thanking others. Were there any times when they realized how much people depend on one another? Share a moment of thanks that you as an adult gave today, and ask students if there were any examples from today when they thanked someone.

Explain to students that you will be discussing courage today. Lead a short discussion about the term courage. Students can brainstorm examples of courage either in their life or some examples that they can relate to others. Often, people equate courage with battles, athletics, or a feat of physical heroism. Challenge students to think of courageous instances outside of physical actions.

### Whole Group Activity:

Watch the Dear Young American video *Raise Your Hand*, featuring Medal of Honor Recipient Barney Barnum. 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.

- Keeping the word courage in mind, what do you believe Barney Barnum means when he says, "Take the word 'failure' out of your vocabulary"?
- In offering his advice, Barney Barnum states "...never say it's too hard. Never say I can't." Why does it take personal courage to take his advice and act upon it in your life?
- When discussing the concept of failure, Barney Barnum says that if you try something and it doesn't work, you should raise your hand to get some guidance. How does asking for advice reflect personal courage?

### Whole Group Activity:

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

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

Barney Barnum's most important piece of advice in this video is the humility and courage to set personal goals and ask for help. Ask students to reflect on something they would love to achieve in the very near future (examples can include raising a grade, making a team, starting a new project or hobby). Using Barney Barnum's advice, have students set a goal with an "I can" mentality. Guide them to think of people who they can ask for help in achieving this goal—a coach, family member, teacher, or friend. Ask students to monitor their progress on their goal and remind them that if something doesn't work, "raise your hand."