

Dear YOUNG AMERICAN

Have a Conversation

Students will:

- understand how courage allows the ability to have difficult conversations to address personal challenges
- demonstrate courage to have a conversation to explore speaking and listening skills

Core Value Focus: Courage**Introductory Activity:**

Referring to the last lesson, have students share their name meanings. Ask students if they learned anything about their name's significance. What do students want people to think when their name is heard?

Explain to students that you will be discussing courage today. Lead a short discussion about what personal courage means. How does it extend beyond physical courage?

Whole Group Activity:

Watch the Dear Young American video *Have a Conversation*, featuring Medal of Honor Recipient Florent Groberg. 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.

- Florent Groberg offers powerful advice when he states, "When you're struggling, when you're finding yourself in a tough spot, a dark hole, the best thing that you can do for yourself is to open up. Let those feelings come out." Is there a time in your life that you've felt you were in a tough spot? Who can you open up to? How can you find the courage to reach out for help?
- In offering his advice, Florent Groberg states when opening up to others, "Let them hear you. Do the talking. And then listen." In conversations, some people listen while others only wait to talk. Think about your last conversation—did you listen, or wait to talk? Do you think it takes courage to participate in a genuine conversation?
- Florent Groberg encouraged you to "Appreciate the moment. Appreciate the people around you." Why do you think he strongly encouraged you to appreciate this? Do you live in the moment? How do you actively show appreciation for those around you?

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

Florent Groberg stated, "In every conversation you have an opportunity to learn something that will have an impact on your life." Demonstrate the courage to start a conversation. Talk to someone you don't know well, or reach out to a friend, and check in on them. Ask questions like "How are you doing? Are you going through anything you want to talk about?" For next time, be prepared to share something you learned by courageously starting a conversation and actively listening as you converse.