

Dear YOUNG AMERICAN

You Have to Decide: What Is the Right Thing to Do?

Students will:

- explain how sacrifice leads to understanding what it means to truly live
- demonstrate courage and sacrifice to step out of their comfort zone to help others

Core Value Focus: Sacrifice**Introductory Activity:**

Have students share what they learned from conversations they had following the prior lesson. Remind students that personal or confidential conversations should remain as such. Ask students about the challenges of starting a conversation, and how they used courage to have a conversation.

Explain to students that you will be discussing sacrifice today. Lead a short discussion to recall what personal sacrifice means.

Whole Group Activity:

Watch the Dear Young American video *You Have to Decide: What is the Right Thing to Do?* featuring Medal of Honor Recipient Gary Beikirch. 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 Beikirch offers powerful advice when he states, “You don’t have to wear a uniform to be fighting...the battle is first fought and it’s won or lost in our hearts and our minds.” What does he mean by this? How can you win battles in your mind and in your heart? What might you have to sacrifice to win them?
- In offering his advice about life, Gary Beikirch states, “If you want to really live, start...by...learning what it means to deny yourself [of something] to be able to help somebody else.” When thinking about sacrifice and service, how does this mindset allow you to “really live?”
- Gary Beikirch offers that there is a “difference between success and significance.” He adds that you need to “realize that you have a purpose.” Which do you think is more important to your life—success or significance? How can this thinking help you to realize your purpose?

Whole Group Activity:

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

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

Gary Beikirch stated, “If you’re able to step outside of your comfort zone, you will have a meaning to life that those who are protected, those who stay in their comfort zone, those who want to stay safe—they’ll never know.” For next time, make an active choice to step outside of your comfort zone. It can be sitting with new people at lunch, joining a new club, team, or organization, or beginning a new hobby. Be prepared to be uncomfortable, but be prepared to really live.