

# Courage Day 2 • Research

**RAK Definition:** Courage is being brave when facing new or difficult circumstances.

In this lesson, students will learn more about courage by identifying acts of courage that happen around them. Students will learn the difference between vulnerability and over-sharing to further their understanding of what it means to be courageous.

## Weekly Objectives

Students will:

- Identify symbols and acts of courage.
- Evaluate the difference between vulnerability and over-sharing.
- Evaluate their community through the lens of courage.

## Resources / Materials

- VIDEO: Brené Brown:** [Vulnerability, not over-sharing](#) (3:12)

## Reflect / Assess

**Deliverables:**

- Daily Participation points
- Courage Journal Entry:**  
Evaluate your social media feeds; are there things that feel like oversharing now that you better understand what oversharing means? What might you change about your social media posting habits in light of this lesson?

## Share

**Discussion Starters:**

- Why do football players wear pads and helmets?
- Why do police officers wear bulletproof vests?
- Why do parents “babyproof” their houses by covering up all the sharp corners with something soft or blocking off stairways with baby gates?



What do all of these things have in common? They protect the parts of ourselves - our heads, our bones, our hearts - that are most at risk of getting injured. They protect people from things that can harm them, like babies who don't understand the idea of falling down stairs. When these parts or people are not protected, we say they are vulnerable, exposed, or in danger of being hurt.

## Inspire

Interestingly, true courage requires vulnerability. It requires that we expose our emotions, our ideas, our words, our actions in a way that is brave and true even if it means others might not like it or even if it feels hard.



**Watch:** [Brené Brown: Vulnerability, not over-sharing](#)

It is important to remember that being courageous is not the same as always saying ‘yes’ to something or completing something or “winning”. Sometimes courage looks like setting healthy boundaries; saying ‘no’ when you don’t want to do something or don’t have time to commit to it or even losing in a gracious way. It takes courage to be honest and **vulnerable**.

**Discuss:**

- Ask volunteers to share a time they felt vulnerable but “leaned in” to the discomfort, as Brené Brown discussed.
- What happened when they stayed?

Continued...



Vulnerability is also not the same as **oversharing**.

**ASK:** What do you think we mean by oversharing?

**ASK:** Where, how, or what do you think people overshare the most?

**ASK:** Why do you think people overshare?

Let's spend time examining the different types of oversharing and learning about why we overshare in the first place.

*Break the class into three groups and assign each group the article assigned below. As a group, they must read the article, discuss it, and return to the full group with a summary and key take-aways.*

- [Oversharing and Social Media](#)
- [The 10 Types Of Oversharers On Social Media](#)
- [Why Social Media Discretion Is Increasingly Important to Your Brand](#)

**Discuss:**

- What is your experience with oversharing online?  
Are you an oversharer?
- Do you think it's fair for businesses that their oversharing, even on their personal socials, might impact their business negatively?
- How is oversharing different from vulnerability in a social media setting?