**FROM ZERO TO HERO**

**Focus question: Is a hero born, or bred?**

As we all hear the word "hero" used from time to time, have you ever asked yourself the question, "What is a hero, anyway?"

**Consider the following ideas about heroes:**

"True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."- Arthur Ashe.

There are no limits to be hero. Everyone can be a hero, as long as they have good will and desire to do something for someone else. There are many types of heroes, maybe an athlete or a soldier.

For some people, a hero is the person who simply does something extraordinary and goes beyond others’ limits.

Heroes are people who transform compassion (a personal virtue) into heroic action (a civic virtue). In doing so, they put their best selves forward in service to humanity. A hero is as an individual who takes action on behalf of others in need, or in defense of integrity or a moral cause.

Heroism is not random acts of kindness, as great as they are. Heroism is very distinct. A hero is not someone you simply admire or respect. A hero is a very distinct person.

What character traits must a hero have? Write your ideas down in the table below.

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  |  |

What is YOUR definition of a hero? Write your ideas down in the table below.

Use these questions to help you:

Is a hero someone we simply admire, respect, look up to?

• Is a hero some kind of "superhero" with "super powers?"

• Does it take a lot of money and fame to be a hero?

• What's involved in being a hero?

• Can you call yourself a hero?

|  |  |  |
| --- | --- | --- |
| **Person/character** | **Heroic deed** | **Reflection** |
|  |  |  |
|  |  |  |

Research topic: consider the following people: a doctor, a teacher and a soldier.

* What character traits must they have?
* Do they have any similar traits?
* Can they be considered to be heroes?
* Which person is the greatest hero? Why?

Finally, is a hero born, or bred? Why?

**TEACHING NOTES**

Qualities of a hero:

* Engaged in voluntarily;
* Conducted in service to one or more people or the community as a whole;
* Involving a risk to physical comfort, social stature, or quality of life; and
* Initiated without the expectation of material gain.

When you voluntarily engage in an activity that is in service to someone else, or the community as a whole, and you take a risk in doing so AND do it without any expectation of material gain: you are a hero!

Who needs a hero?

* If a child is being bullied at school — or even an adult being bullied at the workplace — they need a hero.
* If someone has had too much to drink and they are about to drive, they — and everyone that their driving may impact — need a hero.
* If someone is being sexually "hit on" and has not given consent, they need a hero.
* If a group of students are being hazed — physically, emotionally or otherwise — they need a hero.
* If an inappropriate or offensive comment is spoken, those impacted need a hero.

Think of a time someone was a hero for you and how you have never forgotten that person for what they did. You have never gotten over their courage and their actions — for you.

Think of a time when you were able to make this kind of difference for someone else. What did it feel like? What was that experience like? I promise, if you allow yourself to really experience this, you will be inspired — by yourself!