

Target age: High School Students

Introduction

In society, there are unspoken rules that we grow up with. People often say, “Sharing is caring” or they donate to charity, and people volunteer. Do people do it because of the goodness of their hearts or because of what society has formed as things that a person should do in order to be perceived in a certain way.

Activity 1: Is sharing really caring?

Think of a time where you last shared something with someone. Write down the memory.

Guiding questions:

1. What did you share?
2. Who did you share it with?

Follow up questions:

1. Did you share because you wanted to or because someone else told you to?
2. If you chose to share, why did you decide to share?
3. If you solely think about the act of sharing, you personally do not really gain anything from it. You are giving someone something that is yours, and there is a possibility that they might not give it back. Why do you think people share?
4. Do you think that society ingraining “sharing is caring” is the reason we think that sharing is often a positive thing?

Activity 2: Why do we donate to charity?

Do you donate to charity? Are you passionate about the cause? Write about a charity that you are passionate about and please talk about how you were introduced to the charity.

Follow up questions:

1. Why do you donate to charity?
2. If you inherently think about donating, you are giving and don't get anything in return. If so, why do people want to donate?
3. Is it greedy to not want to donate?

Activity 3:

Getting ready for college? Are you volunteering? Talk about your volunteer experience!

Guiding Questions:

1. Where did you volunteer? How did you find out about this volunteer opportunity?
2. What did you do as a volunteer?
3. What made you start volunteering?

Follow up questions:

1. Like the previous examples, you are donating your time when you volunteer. Why do people start volunteering?
2. I also know that volunteering as a high schooler helps to build your resume and experience. Do you think that contributes to your willingness to volunteer?
3. Do you think that a majority of high school students volunteer because they genuinely want to make a difference or is it expected to volunteer so that it makes you seem like a well rounded student?
4. Does it matter why we decide to volunteer?

Conclusion

Society has made it seem like sharing is caring and donating to charity and volunteering are good things. Do you think that shapes why people execute these actions? If we weren't told that sharing is a good thing, would we share? Do we gain anything from sharing, donating, or volunteering?