Jay Wesley Young, a son of John Wesley Young and Minnie Irene Wilden Young, was born in Tropic, Utah, on October 29, 1912. He spent his boyhood days around Tropic and then moved with his family to Salt Lake City. He attended South Junior High School. His parents and siblings moved to Oakley, Utah.

He enlisted in the navy, on October 28, 1940. After his training, he was assigned to the battleship, USS Arizona (BB-39). The Arizona was a Pennsylvania Class battleship built in 1910. It was modernized through the years and was assigned to the Pacific Fleet stationed in Pearl Harbor, Hawaii. When the Japanese struck on December 7, 1941, the Arizona was hit by four large bombs with the last one penetrating the deck and exploding in or near a forward magazine bunker. The blast literally tore the Arizona apart.

The explosion killed 1,177 of the 1,512 crewmen on board at the time. Over half of the casualties from the Pearl Harbor attack were aboard the Arizona. The ship could not be restored and it was left where it sank. The wreck was designated as a national shrine in 1962. A memorial was built across the ship's sunken remains, including a shrine room listing the names of the lost crew members on a marble wall.

At the time of his death, Seamen First Class Jay Wesley Young was survived by his parents along with four brothers; Smith, Wilden, Marion, Ted; and three sisters; Delsa, Lynn, and Ida.

He is memorialized at the Honolulu Memorial and the Shrine Room of the USS Arizona Memorial.