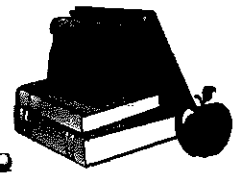
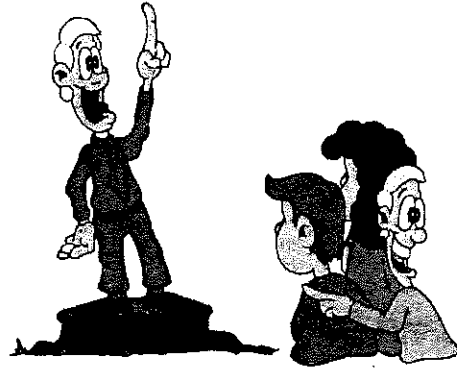


Integrity



What is Integrity?

Integrity is standing up for what you believe is right, living by your highest values. It is being honest and sincere with others and yourself. You are integrous when your words and actions match. You don't fool yourself into doing what you know is wrong. You fill your life and your mind with things that help you to live a good, clean life.



Why Practice It?

Without integrity, no one would be able to trust each other to do what they say they are going to do. Integrity helps us to listen to our conscience, to do the right thing, to tell the truth. When people act with integrity, they stand for something. Others believe them and rely on them. Integrity gives us self-respect and a peaceful heart.



How Do You Practice It?

You practice integrity by thinking about the virtues that matter to you and doing your best to live by them. When you make a mistake, you clean it up. You don't follow the crowd. You think for yourself. You don't say one thing and do another. You do the right thing even when no one is watching. Even when it is hard to do the right thing, you stand strong.

The Virtues Project

What would Integrity look like if...

- All your friends are going to a movie your parents don't want you to see?
- You promised your friend you would keep her secret?
- The teacher has left the room?
- You find a jacket at school and it's nicer than yours?
- Other people are cheating on a test?
- You have agreed to do a job and it becomes too hard?

Signs of Success

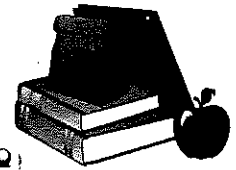
Congratulations! You are practicing Integrity when you...

- Think about what virtues you care about
- Stand strong for what you believe
- Willingly clean up mistakes
- Do the right thing even when it is hard
- Think for yourself and avoid temptation
- Are your own leader

Affirmation

I have integrity. I mean what I say and say what I mean. I stand up for what I feel is right. I am my own leader.

Activities with Integrity



Role Play

Discuss situations that tempt us to cheat, lie or compromise our principles such as finding something we really like that doesn't belong to us. Then role play the scenario showing what it would look like with the practice of integrity.

What I Stand For

Make a list of three to five virtues that are most important in your code of honor, the ones you want to live by.



Virtues Reflection Questions

- ❑ What would a friendship be like without integrity?
- ❑ What would a friendship be like if both people were integrous?
- ❑ How do people feel around someone who doesn't do what they say they will do?
- ❑ What would help you to do the right thing even if others are trying to lead you into temptation?
- ❑ When is it hard for you to practice integrity? When is it easier for you to practice integrity?
- ❑ What do you think are the most important virtues?



Drawing Integrity

Make an integrity collage of the virtues you care about, with pictures and words.



Poster Points

- ❑ Doing the right thing.
- ❑ Standing strong for what I believe.
- ❑ Standing up for justice.
- ❑ What you see is what you get.
- ❑ I mean what I say and say what I mean.



Quotable Quotes

"The only thing necessary for the triumph of evil is for enough good men to do nothing."

Attributed to Edmund Burke

"If we don't stand for something, we'll fall for anything." Vic Kitchen

"We can change our whole life and the attitude of people around us simply by changing ourselves." Rudolf Dreikurs

"In matters of style, swim with the current, in matters of principle, stand like a rock."

Thomas Jefferson

"Character is destiny." Heraclitus

"Remorse is the echo of lost virtue."

Bulwar Lyton

"Compromise to please others is not as good as integrity that annoys others." Huanchu Daoren

"What you are speaks so loudly, I can't hear what you're saying." Ralph Waldo Emerson