

## Instructions

Read the information below about integrity, then complete the activities that follow. Be sure to answer each question thoughtfully and thoroughly.

### Understanding Integrity

Integrity is a fundamental value that involves being honest and having strong moral principles. It means doing the right thing, even when no one is watching. Having integrity helps build trust and respect in relationships, whether personal or professional. It plays a crucial role in developing a person's character and ensuring their actions align with their values.

### Reflection Questions

1. In your own words, how would you define integrity?

2. Why do you think integrity is important in everyday life? Provide at least two reasons.

3. Think of a time when you faced a situation where your integrity was tested. Briefly describe the situation and how you handled it.

### Integrity in Action

Imagine you discover that a friend is cheating on a test. You know that reporting this will make your friend upset, but it also goes against the integrity of your school's rules. What would you do? Explain your reasoning.

### Quotes About Integrity

Read the following quotes about integrity and choose one that resonates with you. Explain why you chose this quote in a few sentences.

- "Integrity is doing the right thing, even when no one is watching." - C.S. Lewis
- "The strength of a nation derives from the integrity of the home." - Confucius
- "Whoever is careless with the truth in small matters cannot be trusted with important matters." - Albert Einstein

### Activity

Create a personal integrity pledge. Write a few sentences about how you will strive to demonstrate integrity in your daily life and what steps you will take to be true to your values.

### Conclusion

Integrity is not just a word; it's a lifestyle choice. Reflect on what integrity means to you and how you can embody this value every day.