

HONESTY AND INTEGRITY

Honesty: Being honest is being open, trustworthy and truthful. When people are honest, they can be relied on not to lie, cheat, or steal. Honesty is telling the truth. It is admitting mistakes even when you know someone might be angry or disappointed. Being honest means that you don't pretend to be something you are not. With honesty, you can trust things to be as they appear.

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 a person of integrity when your words and actions match. You don't fool yourself into doing what you know is wrong.

1) When you are honest or show integrity, how do you feel?

2) What does it feel like when people treat you honestly or with integrity?

3) Are there times when it is difficult for you to be honest?

4) Who do you think is responsible for you being honest and showing integrity?

**5) Do you think controlling what you do and say is a way to show integrity?
How?**
