

INTEGRITY

(in-TEH-grit-ee)

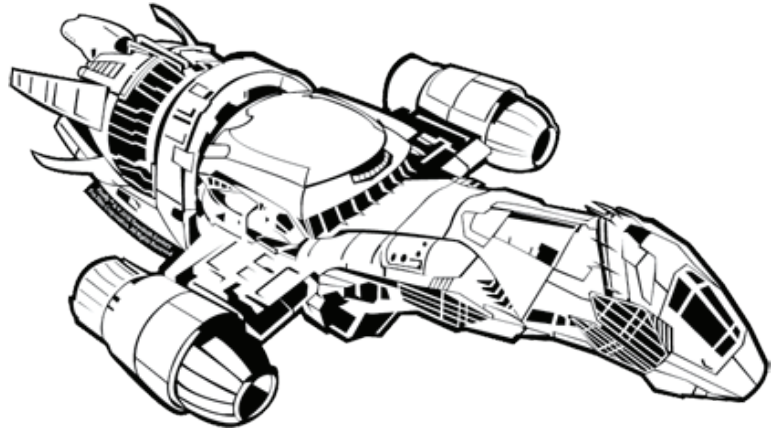


Please read through this worksheet as a family and then talk about what **BLACK SASH INTEGRITY** means to you and your family.

Integrity is the quality of being honest and true to one's moral code and values. A person with integrity can be counted on to be honest, loyal, and trustworthy in all situations, even when no one is watching them.

Another definition of integrity is "the state of being whole and undivided". Sometimes in a sci-fi show, you may hear a character use the word to describe a spaceship. For example: "Captain, the integrity of the shield has been compromised!" If a spaceship has its integrity intact, it can function properly and withstand several attacks. However, if the integrity of a spaceship has been compromised or damaged, the ship is likely to malfunction, fall apart, or blow up if it takes any attacks.

Whether you are talking about a ship or a person, integrity defines how well something is holding together. When a person's integrity is whole and unbroken, that person will be able to handle the stresses and responsibilities of life. On the other hand, when a person's integrity has been compromised or abandoned, that person is at high risk to "fall apart" or simply not be able to deal with the onslaught of everyday life.



This is because having integrity gives us strength, confidence, and inner peace. Think about it. When you know inside that you were honest and did your very best in a situation, don't you feel more ready to handle things as they come your way? And to contrast that, have you ever felt bad about doing something you know was out of line with your values, like cheating during a game or telling a lie? The effect is instant. You might feel sick to your stomach or unable to think about anything else.

This nasty feeling we get when we do or see something that we think is wrong can be a very helpful tool. It tells us that we need to make things right and restore our inner peace as soon as possible. We may need to apologize, admit to what we did, or sometimes just talk to a friend or family member about it.

If we don't restore our inner peace, then we tend to bottle those bad feelings up for a very long time. Those bottled up feelings can turn into even nastier things. The good thing is that **INTEGRITY** is just another habit we can develop. The more we practice being honest and true, the simpler it will be and the better we will feel about ourselves.

YOUR ASSIGNMENT IS ON THE BACK ---->

INTEGRITY ASSIGNMENT #1

Complete the assignment to earn 1 homework stripe on your belt.

Respond to the following situations. During Leadership circle, tell which one situation was the hardest for you to make the right choice, why it was hard, and how you responded to it.

1. At school, your classmate Mark has claimed to have all the answers to an upcoming test! Everyone is huddled around his desk looking at the answers before the teacher arrives. The test is worth 25% of your final mark and you are having a really hard time in that class. Mark calls your name and waves at you to come over. How do you respond?

2. During Dodge Pad, you feel a pad skim the back of your leg. The Instructor thinks you dodged the pad and says “nice dodge!” Everyone seems to think you successfully dodged the pad, even though you are sure you felt it hit your leg. Your team is close to losing. What do you do?

3. You go to change the laundry over from the washer to the dryer. At the bottom of the washer, you find a \$20 dollar bill!! It's not your laundry and you know the money does not belong to you. There's no one around. What do you do?

4. You have agreed to spend time this Saturday with a kid named Freddy who has just moved to the neighbourhood. Freddy is very shy, but has taken a liking to you and is excited to have a new friend. You get phone call on Friday evening from your best friend inviting you to play laser tag with a bunch of your friends on Saturday at the same time you agreed to hang out with Freddy. The laser tag is already reserved, and Freddy is only available at the time you have already agreed on. What do you do?
