

# **INTEGRITY- WHAT IS IT?**

Integrity means being honest and doing the right thing even when no one is watching. It's about keeping your promises, being fair to others, and standing up for what you believe is right. When you have integrity, you show good character by being truthful, reliable, and respectful to yourself and those around you. It's important to practice integrity even during ordinary, everyday moments.

## **REFLECTION QUESTIONS**

Discuss with an adult or write the answers to the questions below.

1. Can you think of a time when you had to make a tough decision that involved doing the right thing? What did you choose, and why?
2. Who do you consider to be a person of integrity, and why? What qualities or actions make them a good example? This can be a real-life example or a character from a book or movie.
3. How do you think acting with integrity can impact your relationships with others? Can you think of examples where integrity could strengthen a friendship or trust?

