

# TRUSTWORTHINESS

## **Integrity**

DO stand up for your beliefs  
DO follow your conscience  
DO be honorable and upright  
DO live by your principles no matter what others say  
DO have the courage to do what is right and to try new things even when it is hard or costly  
DO build and guard your reputation  
DON'T do anything wrong  
DON'T lose heart if you fail or don't get what you want

## **Honesty**

DO tell the truth and nothing but the truth  
DO be sincere  
DO be forthright and candid  
DON'T lie, cheat, or steal  
DON'T be sneaky, tricky, or deceptive

## **Reliability**

DO keep your promises  
DO honor your word and commitments  
DO be dependable  
DO do what you are supposed to do  
DO return what you borrow  
DO pay your debts  
DO be on time

## **Loyalty**

DO stand by and protect your family, friends, school and country  
DO be a good friend  
DO look out for those who care about you  
DO keep secrets of those who trust you  
DON'T betray a trust  
DON'T let your friends hurt themselves  
DON'T do anything just so others will like you  
DON'T ask a friend to do anything wrong or spread gossip that could hurt others