

NEWSLETTER

re:co
re:connect

parenting with **INTEGRITY**

please only
take one

OCTOBER
2023

Integrity is a tricky thing. Like trust, it takes time to build your reputation as a person with integrity. It is one of those character traits that builds over time, but can be erased quickly with one bad choice.

As a parent, there are many ways in which you want your child to have integrity, and it's hard not to be very specific about each and every behavior you want to correct. When talking about integrity, use words that help your child understand that being a person of integrity relates to our reputation, our ability to be trusted, and heavily influences how much freedom they get at school and at home.

Having integrity and telling the truth might be hard in the moment, but students who show academic and personal integrity now will have opportunities and choices in the future that others may not.

Questions for parents to consider:

- When was a time you had trouble telling the truth? Why? What did it cost you?
- How do you feel after you've told a lie?
- How do you encourage integrity in your child?

Questions to ask your child:

- How do you think integrity relates to your future?
- What is academic integrity?
- When is it hard for you to be truthful? Why?

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INTEGRITY:

Choosing to be truthful in whatever you say and do

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WEEK ONE:

What is integrity?

What does it mean to be truthful in what you say AND do? How can our words be truthful but our actions not? This month, we're going to talk about truth in words, in actions, and in academics. We'll also talk about how to stand your ground when faced with a challenge to your integrity. Finally, we'll cover how to show integrity when you've messed up and need to make amends.

COLLEGE AND CAREER FOCUS

WEEK TWO:

Academic integrity

It can be tricky, because some things might not feel like a big deal, and because you may think that everyone else is making the same choice as you. But the truth of the matter is, if you get accused of violating academic integrity, it can have long-term consequences. This week, we'll talk about making smart decisions in terms of academic integrity so that you can maximize your potential.

COLLEGE AND CAREER FOCUS

WEEK THREE:

When no one is looking

Integrity is about being truthful in whatever you say and do, especially when others aren't watching. So basically, integrity is a commitment to yourself. It's a commitment to being true to who you are on the inside — and who you want the world to know you to be.

MENTAL HEALTH FOCUS

WEEK FOUR:

Hard to say "I'm sorry."

We've all been there. Every one of us has told a tiny little lie — fibbed about something that didn't really matter, exaggerated a story, tried to protect someone else's feelings. But what about the big ones? The lies or half-truths that DO matter, that damage relationships or put us in jeopardy? What then? This week, we'll talk about how you have integrity when you have done something wrong.