

Integrity: Choosing to be truthful in whatever you say or do.

PARENTING WITH INTEGRITY

The whole truth?

Teaching our kids about integrity can be tough - because it requires integrity from us. Getting that discount on the 12 and under child's ticket even though your kid is 13? Might make for tricky conversations later. Watching a lot of politics in the next month? Probably going to have to explain some truth stretching along the way.

However, building integrity in our children is foundational for their having good character as adults. Making choices that represent who you are and who you want to be - even when no one is looking - is a skill that requires practice, and sometimes redirection from caring adults.

CONVERSATIONS ABOUT THE BIG 3:

For parent reflection:

- How does our self-worth and ego get in the way of teaching your kids about integrity?
- How do you typically acknowledge integrity in your kids?

Academic integrity

At this age, many students become concerned with their academic performance as it relates to grades...which leads to college acceptances and scholarships. It may seem like academic integrity won't pay off the way cheating might, especially when under pressure.

Taking time now to discuss your expectations with your child, both about grades and achievement as well as your expectations on how they go about accomplishing those will lay a foundation for truth later. It will be important to help your child see that cheating not only jeopardizes their current grades and status, it also doesn't prepare them with the necessary knowledge to succeed at future levels.

With your child:

- What does integrity mean to you?
- When might it be hard to tell the truth with what you SAY? What about with what you DO?
- Is there ever a time when it is OK to lie? Explain your answer.

INTEGRITY

october 2020

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WEEK ONE: Truth in Words

What we say tells who we are. Having integrity with our words is more than just not telling lies - it includes knowing when to speak and when to stay quiet. It includes keeping confidences and not advancing "drama."

FOCUS:
Integrity includes what we say.

WEEK TWO: Truth in Actions

"Actions speak louder than words" is something we hear a lot. Where do we see this play out in the teenage years? How have you seen people be dishonest (or not have integrity) with their actions? How might you walk the walk and prove yourself to have integrity?

FOCUS: What we do needs to match what we say

WEEK THREE: Academic Integrity

Why is it important to have academic integrity, even when others around you do not? Breaking the rules is serious and has long term consequences, but even more importantly, it tells others who you are as a person.

FOCUS: Having academic integrity has external and internal repercussions

WEEK FOUR: Reputation Management

There are several places to think about our reputation and what it means for us in the short and long term:

- In real life
- In school
- Online

FOCUS: How does your personal integrity impact your reputation?