



## Integrity

### **What is Integrity?**

Integrity is doing the right thing, not necessarily the popular thing. It is doing the right thing even when it is easier to make the wrong choice and not get caught. It is how you act when no one else is watching. The foundation of integrity is respect! It comes by having respect for what is right and then the conviction to do what is right.

“Try not to become a man (or woman) of success but rather try to become a man (or woman) of value.”  
– Albert Einstein

### **Why is Integrity Important?**

Integrity establishes trust in your words and actions. When you have integrity, people will know what to expect from you in all circumstances. Your consistency leads to you becoming a dependable member of a team. This means that you can be counted on to do the right thing. It doesn't mean being perfect, no-one is, but it means that you are consistent in trying to do the right thing. Integrity doesn't just apply to big decisions. It also applies to your small decisions.

### **What you can do to have integrity**

I will respect my parents, teachers, coaches and peers.

I will take responsibility over my actions.

I will do the right thing, even if it isn't going to be easy for me or for others.

I will make sure there is no difference between what I say and what I do.

### **Examples of how to show Integrity at practice and during games**

Do what you say you will do – practice hard – play hard

Do the best of your capability and not give up on doing the right thing

Taking Responsibility- If you get beat on a play don't blame your teammates

If you get lost on a cheer don't blame others. Learn from it and work harder next time!

### **What is the opposite of Integrity?**

Being a hypocrite - you say one thing and do another

Being dishonest – telling lies to protect your self

Being a cheater – disregarding rules to get ahead

Being irresponsible – not taking responsibility of your own actions