

## Activity: Session 14 Integrity

**Objective:** The object of this activity is to determine what qualities a person of integrity has.

### Materials Needed

- "Rate Your Integrity" Worksheet
- Pens/Pencils

### Sign In and Welcome

Mentors should greet their protégés and show them where to sign in.

### Group Activity: "Defining Integrity."

Examples: Being honest with yourself and others, matching what you do with what you believe, doing the right thing even if it isn't easy or popular.

State: Integrity is defined as acting on your convictions and standing up for what you believe.

Pass out the "Rate Your Integrity" worksheets and allow group time to complete the answers.

Review the questions and discuss how people answered them.

### One-on-One Time

- Share an experience when you stood up for someone or something, even though it was hard to do.
- Share an experience when you did *not* stand up for something or someone.
- How did you feel in those situations?
- Why is it easier to act on your convictions in some situations and not others?

### Group Activity: "What are your values?"

As a group, brainstorm other values that are important to have in yourself and to have in the people who are your friends.

Examples:

- |                  |               |
|------------------|---------------|
| ▪ Honesty        | ▪ Helpfulness |
| ▪ Caring         | ▪ Respectful  |
| ▪ Sympathy       | ▪ Equality    |
| ▪ Responsibility | ▪ Humor       |
| ▪ Kindness       |               |

Why are these values important to have?

Why are these values important to have in those we choose to be our friends? Explain.

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## Wrap up Discussion and Closure

Try to surround yourself with people of integrity, friends who act on their convictions and stand up for their beliefs. Then you can support each other during challenging situations. Challenge group to look for situations over the next week where they or someone else is acting with integrity. At the next meeting share those stories. Thank everyone for participating.

## Optional Activities/Discussions

### Group Activity: “A Model of Integrity”

#### Materials

- Lined paper for writing letters

#### Instructions:

It’s easier to act on your convictions and stand up for what you believe when you have role models that do the same. Think about an adult in your life whom you admire for her or his integrity. Write a letter to that person, expressing what you admire about him or her and why. Then thank the person for being a good example.

Allow group time to write their letters and encourage each person to deliver it to the individual they wrote to.