

# Choosing INTEGRITY

Integrity means living your standards, no matter where you are, who you're with, or how hard it is. It's part of the covenant we make at baptism "to stand as witnesses of God at all times and in all things, and in all places" (Mosiah 18:9).

## Are you living with integrity?

I am honest about how I spend my time.	True	False
I feel good about my choices, not guilty or embarrassed.	True	False
I use the same words at school that I use at home or church.	True	False
I treat people well no matter who's watching.	True	False
I don't hide what I'm watching, reading, or listening to.	True	False
I don't have to worry I'll be overheard saying something mean.	True	False

Circle true or false.



How did you do?



**If you answered mostly true, you're doing well. If you need to make some changes, here are some ideas to get you started.**

**Make a plan.** What will you do the next time you want to watch or do something you know you shouldn't? Put it down, turn it off, and walk away. Go work on a project or do something fun.

**Talk to your parents or someone you trust.** Often, feeling like you have to lie is the worst part. Being honest is a relief, and it's important to have someone on your side to help you do better.

**Repent and do better next time.** If you mess up, don't give up! Heavenly Father never gives up on us, and we shouldn't either. Keep praying for help and keep trying your best. Remember that Heavenly Father loves you, no matter what!

If you have questions about things you see, read, or hear, or if something makes you curious but uncomfortable, ask someone you trust about it. Don't go looking online for answers without a trusted adult helping you.