

## **Practical Steps to Integrity:**

### **All Ages:**

- Do Not Lie (Establish consequences for lying.)
- Be hard workers. No laziness allowed.
- Set the personal expectations bar high.
- Keep your word. If you said you'd do it, do it.
- Stick with responsibilities to a reasonable conclusion. (i.e. Start on a ball team, complete the season. Taking piano lessons, finish a semester. Sign up for a volunteer position, be there when you are scheduled, or find your replacement.)

### **Ages 2-5:**

- Instruct in the difference between a lie and a truth. Then enforce consequences for lying.
- Train them to do small chores (i.e. put clean silverware away. Pick up their toys and put in a basket).
- Give them a responsibility that helps the family beyond their chores (i.e. fold napkins for the dinner table).
- This age already knows loyalty.
- Praise them when they help out doing something that you didn't ask them to do or expect from them (i.e. they get you a tissue when you look like you are about to sneeze).

### **Ages 6-10:**

- Establish a chore list. With multiple children, rotate the chores weekly for variety.
- Give them a responsibility that helps others (i.e. helping you with set-up for Sunday services).
- Talk about loyalty to their teachers, coaches, or other instructors. God has placed those people in authority over them.
- Set high expectations for your child's grades. Always be sure you know what they are capable of, as different children have different levels. Encouragement is huge at this level. Also, set boundaries to reduce distractions (i.e. no TV, phone, internet,

or texting while studying. They can play music – some children need the stimulus to concentrate.). Routines are vital.

### **Ages 11-17:**

- Capable of bigger responsibilities beyond the chore list (i.e. mowing the lawn, babysitting siblings, running errands, etc.)
- Encourage your child to take on a volunteer responsibility of their own and/or a job.
- Instruct in loyalty to friends when they betray them. (It happens to every teenager at one time or another.)
- Stay on top of what your child is doing in their homework and on tests. They will want to start slacking off in this age group. Inspire them with ideas, encouragement, and praise. Also, be sure you have the same boundaries in place as in the previous age group.
- If they have a job, talk to their employer periodically to check on their work ethic. You are still their parent; you have every right to follow up.

### **Parents:**

- Be an example of always telling the truth. Your children are listening.
- Do not ask your child to lie for you.
- Keep your commitments.
- Always show loyalty to the authorities over you and to your spouse and kids. If you have complaints, don't do it in front of your kids.
- Be a volunteer somewhere (church, other non-profit organizations, etc.).