



Dear Families,

This week our school community will be focusing on the character strength of ***Integrity***. Integrity means you are honest and speak the truth. You present yourself genuinely and sincerely.

Integrity is doing the right thing when nobody is watching. People with integrity practice what they preach and maintain a consistent pattern of behavior aligned with their values. They have the courage not to follow the crowd if it means going against their beliefs. Integrity is closely aligned with the terms of honesty and authenticity. People with integrity tell the truth and have alignment in their thoughts, feelings, and behaviors.

Integrity is vital to individual growth. It is correlated with a multitude of psychological well-being measures. Harmony in your feelings, thoughts, and actions makes you better able to personally grow and achieve goals. Authenticity and a lack of pretense make you more likable and trusted by others, meaning your relationships will benefit.

To practice and encourage the character strength of integrity with your child, please visit the Positivity Project's [P2 for Families](#) (password: **P2**), where together you will watch a video, read a quote, and talk about the answers to three questions.

Have a wonderful week!