



Exploring Leadership

PERSONAL LEADERSHIP: INTEGRITY

Integrity means doing the right thing for the right reason. It's not about seeking reward or attention, but about making decisions based on what is truly right. When your actions align with your values, you show integrity—this is the foundation of trust in all relationships, personal and professional. Integrity is essential for leadership and sets you apart as someone others can count on.

CONVERSATION STARTERS:

Say: "Everyone would cheat if there were no controls and punishments." Then, ask: "Do you agree with this statement? Why or why not? Can you think of a real-life example to support your answer?"

Living with integrity means staying true to your values, even when it's difficult. People with integrity act according to their beliefs, regardless of others' opinions. This consistency builds trust and makes them stand out. Whether in school, at work, or everyday situations, integrity shows you can be trusted to do what's right, even when no one is watching. This is what makes someone a strong role model.

EXPLORATION ACTIVITY:

In this activity, you'll explore how Integrity shows up in real-world scenarios by considering different values for your soccer team. Let's see how Integrity can guide your decisions!

FACILITATOR TIPS:

- Copy and cut out the situation cards ahead of time.
- Remember that each group may come up with different responses to the scenarios. This diversity can lead to valuable discussions about personal values and integrity.

KEY OBJECTIVES:

- Understand the key elements of integrity and why they are important.
- Identify actions that show integrity when faced with difficult decisions.

WHAT YOU'LL NEED:

- Situation cards (see Appendix) – enough for each group of five participants

- Divide into teams of five.
- As members of a youth soccer league, your task is to decide on your team's primary value. What is the most important aspect of youth soccer for your team?
- Discuss as a team and choose the value that best represents your league. Think about the bigger picture: Is it more important to focus on winning, or should sportsmanship, teamwork, and player development come first?
- Each team member will receive a situation card describing a scenario in a youth soccer game.
- Read your card and think about what your character should do to show integrity.
- Share your situation card with your team, and as a group, answer the questions on the card for each character.



REFLECTION QUESTIONS:

- Did your team's answers reflect the main value you identified for youth soccer? Why or why not?
- How does integrity show up in the situation described in your scenario?
- Which character faced the biggest challenges for maintaining integrity? Explain why.

APPLICATION DISCUSSION:

- How can you maintain your *Integrity* if your personal values differ from team values?
- What are your core values? What would it take to get you to compromise them?
- How can you handle situations where doing the right thing might be unpopular or difficult, but your integrity is at stake?



CONCLUSION:

Living with integrity isn't always easy. It requires self-awareness and courage to make tough decisions. But choosing integrity helps you avoid the moral compromises that others may face. Surround yourself with people who value integrity, and continue to build your confidence. By living according to your values, you gain respect and trust. Integrity is more than just a trait—it's the key to lasting success.

Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination. For USU's non-discrimination notice, see equity.usu.edu/non-discrimination.

REFERENCES

- How to Preserve Your Integrity: <https://www.mindtools.com/pages/article/integrity.htm>
- Learning to Give: <https://www.learningtogive.org>
- Knox Doss at Drakes Creek Middle School Teacher's Lounge: <http://kddcteacherlounge.pbworks.com/w/file/attach/49799706/Integrity%20Scenarios.pdf>
- United Nations Office on Drugs and Crime: https://www.unodc.org/documents/e4j/FunCorner/ZorbLessonPlans/Zorbs_Solving_ethical_dilemmas.pdf
- United Nations Office on Drugs and Crime: <https://fun-corner.unodc.org/e4j-fun-corner/en/watch.html>



APPENDIX: INTEGRITY SITUATION CARDS

Coach Albert: You are the coach of Nicole's, Sarah's, and Ernesto's soccer team. The score is 0-0, and there are only three minutes left in the game. You see that Nicole scores a goal, but it looked like she may have touched the ball with her hand, even though it seemed like she scored with her head. You're not completely sure. If the goal is ruled out, your team will be out of the tournament since you've lost nearly all your matches this season.

What would you do? What value does your decision support? Does your response maintain your integrity? What are the potential consequences?

Ernesto: You're Nicole's best friend, and you're playing on the same soccer team. The score is 0-0, and there are three minutes left in the game. Nicole receives a great pass from you and heads the ball toward the goal. But you notice that she touches the ball with her hand before scoring. Neither the players nor the referee seem to have noticed. If the goal is ruled out, your team will be out of the tournament because you've lost nearly all your matches this season.

What would you do? What value does your decision support? Does your response maintain your integrity? What are the potential consequences?

Nicole: You, Ernesto, and Sarah are playing on the same soccer team. The score is 0-0, and there are three minutes left in the game. You get a great pass from Ernesto and have a chance to score. You head the ball, but it also hits your hand, and you score a goal. Your team cheers, and everyone congratulates you. The referee doesn't say anything. If the goal is ruled out, your team will be out of the tournament because you've lost nearly all your matches this season.

What would you do? What value does your decision support? Does your response maintain your integrity? What are the potential consequences?



APPENDIX (CONTINUED):

Janet: You are Nicole's mom, watching her play a soccer match. The score is 0-0, and there are three minutes left in the game. You see Nicole receive a great pass from Ernesto and score a goal. She headed the ball, but you're sure she also touched it with her hand. Neither the players nor the referees seem to have noticed. If the goal is ruled out, your team will be out of the tournament because you've lost nearly all your matches so far this season.

What would you do? What value does your decision support? Does your response maintain your integrity? What are the potential consequences?

Sarah: You, Ernesto, and Nicole are playing on the same soccer team. The score is 0-0, and there are three minutes left in the game. You're not really friends with Nicole, but you see her score a goal. However, you think she might have touched the ball with her hand. Neither the players nor the referee seem to have noticed. If the goal is ruled out, your team will be out of the tournament because you've lost nearly all your matches so far this season.

What would you do? What value does your decision support? Does your response maintain your integrity? What are the potential consequences?
