

CHARACTER & INTEGRITY CRS GUIDE

THIS PACKET IS YOUR GUIDE.

YOU SHOULD **NOT** BRING IT INTO THE CLASSROOM WITH YOU,
BECAUSE YOU SHOULD USE THIS TO MAKE NOTECARDS!

A FEW TIPS FOR MAKING NOTE CARDS:

- Number your notecards** to keep them in order
- Make a note of **who is going before you** and what the last thing they are doing/saying before your part
- Put things in your **own words** so that you don't sound rehearsed
- Do not cut up the CRS guide and paste them onto note cards—> actually **writing down your parts on note cards** will help you familiarize yourself with your part so that you don't read off your notecards

THINGS YOU DON'T NEED TO MAKE NOTE CARDS FOR

(YOU WILL GET THE HANDOUTS DURING THE ACTUAL CLASSROOM SESSION):

- Small Group discussion
- Q&A (if your part is reading the questions, you will get the hand out. If it is not your part, you may want to jot down a few answers to the questions if you think you will forget or it will help you not to be so nervous)

THINGS TO REMEMBER FOR CLASSROOM SESSIONS:

- Wear your **Velocity shirt** (and follow dress code!)
- No gum**
- Make sure your teachers know where you are & **make up any work that you miss** during your Classroom Session
- Speak **loud & clear**
- Make **eye contact** (do not read off your note cards!)
- Speak with **enthusiasm** (in other words, don't be boring)
- Make note cards** to help learn your part (do not bring this guide into the classroom with you!)
- Remember that the reason you are doing this is to HELP the 6th graders**, so make sure everything you do and say is for their benefit! So remember to do things like: make sure everyone feels included during small groups, give real and genuine sharings, give real and helpful advice during the Q&A.

CHARACTER & INTEGRITY CRS GUIDE

THIS PACKET IS YOUR GUIDE.

YOU SHOULD **NOT** BRING IT INTO THE CLASSROOM WITH YOU,
BECAUSE YOU SHOULD USE THIS TO MAKE NOTECARDS!

A FEW TIPS FOR MAKING NOTE CARDS:

- Number your notecards** to keep them in order
- Make a note of **who is going before you** and what the last thing they are doing/saying before your part
- Put things in your **own words** so that you don't sound rehearsed
- Do not cut up the CRS guide and paste them onto note cards—> actually **writing down your parts on note cards** will help you familiarize yourself with your part so that you don't read off your notecards

THINGS YOU DON'T NEED TO MAKE NOTE CARDS FOR

(YOU WILL GET THE HANDOUTS DURING THE ACTUAL CLASSROOM SESSION):

- Small Group discussion
- Q&A (if your part is reading the questions, you will get the hand out. If it is not your part, you may want to jot down a few answers to the questions if you think you will forget or it will help you not to be so nervous)

THINGS TO REMEMBER FOR CLASSROOM SESSIONS:

- Wear your **Velocity shirt** (and follow dress code!)
- No gum**
- Make sure your teachers know where you are & **make up any work that you miss** during your Classroom Session
- Speak **loud & clear**
- Make **eye contact** (do not read off your note cards!)
- Speak with **enthusiasm** (in other words, don't be boring)
- Make note cards** to help learn your part (do not bring this guide into the classroom with you!)
- Remember that the reason you are doing this is to HELP the 6th graders**, so make sure everything you do and say is for their benefit! So remember to do things like: make sure everyone feels included during small groups, give real and genuine sharings, give real and helpful advice during the Q&A.

CHARACTER & INTEGRITY CRS GUIDE

The date(s) of my Classroom Session:

My part number is: _____

The other members of my group & their part numbers:

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |
| 6. _____ | 6. _____ |
| 7. _____ | 7. _____ |

The class(es) I am missing for my Classroom Session:

WHEN I need to meet for my Classroom Sessions:

WHERE I need to meet for my Classroom Sessions:

Other Notes:

CHARACTER & INTEGRITY CRS GUIDE

The date(s) of my Classroom Session:

My part number is: _____

The other members of my group & their part numbers:

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |
| 6. _____ | 6. _____ |
| 7. _____ | 7. _____ |

The class(es) I am missing for my Classroom Session:

WHEN I need to meet for my Classroom Sessions:

WHERE I need to meet for my Classroom Sessions:

Other Notes:

CHARACTER & INTEGRITY CRS GUIDE

I. INTRODUCTION

Hey, everybody! We're Velocity. Velocity is a group of 7th and 8th graders who are dedicated to living lives of integrity and making good decisions. We are totally drug free. As members of Velocity, we go into 6th grade classrooms and talk about things that matter to us middle school students.

We do this because we care about the decisions you make. We hope that it's helpful when we come to your class, and we hope it's fun for you, too!

Now we'll introduce ourselves. We'll tell you our name, grade, and about a right choice we made. I'll begin. I'm... (introduce yourself).

ALL Introduce yourself with name, grade and an example of a right choice you've made (for example, being drug-free, not cheating, being nice to others, etc.)

To introduce today's topic, we're going to play a game of charades. We need three volunteers that are willing to act out some roles for us. *(Pick three 6th graders to come forward.)*

Each of these students is going to be given a character to act out. They are not allowed to talk or use sound effects. It is going to be up to you, their peers, to figure out who they are supposed to be. Because there are other classes nearby you CAN NOT shout out an answer. You MUST raise your hand.

(Give each of the 6th graders a slip of paper with their character on it. It will be either: Superman, a body builder/weight lifter, or a super model)

(Ask all three 6th graders to begin acting out their characters at the same time. Call on the other 6th graders to guess, but only those who have their hand raised. When someone has guessed correctly that actor can go back to their seat.)

How were you able to identify each person? *(Wait for responses.)*

You were able to guess who these students were impersonating because we're all familiar with their character. We all know that Superman flies, Body Builders lift weights and Supermodels pose. When people know what you'll do in a certain situation it is because they're familiar with your character. Our actions tell people who we really are.

CHARACTER & INTEGRITY CRS GUIDE

I. INTRODUCTION

Hey, everybody! We're Velocity. Velocity is a group of 7th and 8th graders who are dedicated to living lives of integrity and making good decisions. We are totally drug free. As members of Velocity, we go into 6th grade classrooms and talk about things that matter to us middle school students.

We do this because we care about the decisions you make. We hope that it's helpful when we come to your class, and we hope it's fun for you, too!

Now we'll introduce ourselves. We'll tell you our name, grade, and about a right choice we made. I'll begin. I'm... (introduce yourself).

ALL Introduce yourself with name, grade and an example of a right choice you've made (for example, being drug-free, not cheating, being nice to others, etc.)

To introduce today's topic, we're going to play a game of charades. We need three volunteers that are willing to act out some roles for us. *(Pick three 6th graders to come forward.)*

Each of these students is going to be given a character to act out. They are not allowed to talk or use sound effects. It is going to be up to you, their peers, to figure out who they are supposed to be. Because there are other classes nearby you CAN NOT shout out an answer. You MUST raise your hand.

(Give each of the 6th graders a slip of paper with their character on it. It will be either: Superman, a body builder/weight lifter, or a super model)

(Ask all three 6th graders to begin acting out their characters at the same time. Call on the other 6th graders to guess, but only those who have their hand raised. When someone has guessed correctly that actor can go back to their seat.)

How were you able to identify each person? *(Wait for responses.)*

You were able to guess who these students were impersonating because we're all familiar with their character. We all know that Superman flies, Body Builders lift weights and Supermodels pose. When people know what you'll do in a certain situation it is because they're familiar with your character. Our actions tell people who we really are.

CHARACTER & INTEGRITY CRS GUIDE

Today we're talking about Character & Integrity.

Can anyone define the word "integrity" for the class? *(Wait for responses)*

Basically, integrity is about choosing to do the right thing. It is how you act even when you know no one is looking. Integrity is what allows people to trust you because they can rely on you to do the right thing. In Velocity, we try our best to have good integrity.

Can anyone define the word "character" for the class? *(Wait for responses)*

Character is your reputation, which is formed by the choices you make. It can be good or bad, because it is what people see when they look at your actions.

You can make right choices or wrong choices. If you make right choices, it benefits you. If you make wrong choices, it doesn't. If you choose to lie, you develop a reputation of being a liar. It will be difficult for people to trust you, because you've shown bad character.

A bodybuilder chooses to regularly lift weights, work out, and eat right. Because they make these choices, we know they have a character of good discipline.

Good character comes from having integrity. When you practice choosing to do what is right you will be known as a person of integrity.

II. SMALL GROUPS

Often times we know how a person is going to act in a situation. This is because we know their character, we've seen how they've acted before. We need to be sure that our choices are developing our own character in a positive way. This will allow others to trust us to make the right decisions because they know we have integrity. Right now we're going to split up into 4 small groups and talk about how our actions shape our character and demonstrate our integrity. *(Quickly divide the class into four groups by CORNERS. It doesn't have to be exact. A Velocity small group leader goes to each group.)*

ALL *(Velocity – divide yourselves equally among the four groups and participate. Each group finds a space in the classroom to work together as a group. Follow the instructions on the discussion guide to lead your group. After 10-12 minutes, ask the class to return to their seats, and ask the spokesperson from each group to come to the front of the room.)*

CHARACTER & INTEGRITY CRS GUIDE

Today we're talking about Character & Integrity.

Can anyone define the word "integrity" for the class? *(Wait for responses)*

Basically, integrity is about choosing to do the right thing. It is how you act even when you know no one is looking. Integrity is what allows people to trust you because they can rely on you to do the right thing. In Velocity, we try our best to have good integrity.

Can anyone define the word "character" for the class? *(Wait for responses)*

Character is your reputation, which is formed by the choices you make. It can be good or bad, because it is what people see when they look at your actions.

You can make right choices or wrong choices. If you make right choices, it benefits you. If you make wrong choices, it doesn't. If you choose to lie, you develop a reputation of being a liar. It will be difficult for people to trust you, because you've shown bad character.

A bodybuilder chooses to regularly lift weights, work out, and eat right. Because they make these choices, we know they have a character of good discipline.

Good character comes from having integrity. When you practice choosing to do what is right you will be known as a person of integrity.

II. SMALL GROUPS

Often times we know how a person is going to act in a situation. This is because we know their character, we've seen how they've acted before. We need to be sure that our choices are developing our own character in a positive way. This will allow others to trust us to make the right decisions because they know we have integrity. Right now we're going to split up into 4 small groups and talk about how our actions shape our character and demonstrate our integrity. *(Quickly divide the class into four groups by CORNERS. It doesn't have to be exact. A Velocity small group leader goes to each group.)*

ALL *(Velocity – divide yourselves equally among the four groups and participate. Each group finds a space in the classroom to work together as a group. Follow the instructions on the discussion guide to lead your group. After 10-12 minutes, ask the class to return to their seats, and ask the spokesperson from each group to come to the front of the room.)*

CHARACTER & INTEGRITY CRS GUIDE

III. THE CLASS SHARES

_____ Will the spokesperson from each group please step forward and share your group's answers to the last three questions (*Read the first question then have each spokesperson share their answer. Then move on to the next question. After all the questions have been answered, thank the spokespeople and have them return to their seats.*)

IV. VELOCITY SHARES

In Velocity we try to be people of integrity. Sometimes doing the right thing can be easy and sometimes it can be very difficult. Though we work hard to be people of integrity we sometimes make mistakes.

Now some of us are going to share about times we have done the right thing or times we have done the wrong thing and realized our mistake.

_____ Velocity Student Sharing (*please read "Sharing Tips" before the CRS*)

_____ Velocity Student Sharing (*please read "Sharing Tips" before the CRS*)

_____ Velocity Student Sharing (*please read "Sharing Tips" before the CRS*)

_____ Velocity Student Sharing *please read "Sharing Tips" before the CRS*)

V. QUESTION AND ANSWER

_____ We are going to answer questions middle school students have about integrity and doing the right thing. I'm going to ask Velocity a question and then a few of them will share answers to the question.

ALL Velocity answers questions

- Ask Velocity each of the questions from the Q&A sheet that is attached
- Each of you should be prepared to answer all of the questions
- Make sure at least two or three Velocity students answer the question before asking another question.
- Answer from your own thoughts and experiences

CHARACTER & INTEGRITY CRS GUIDE

III. THE CLASS SHARES

_____ Will the spokesperson from each group please step forward and share your group's answers to the last three questions (*Read the first question then have each spokesperson share their answer. Then move on to the next question. After all the questions have been answered, thank the spokespeople and have them return to their seats.*)

IV. VELOCITY SHARES

In Velocity we try to be people of integrity. Sometimes doing the right thing can be easy and sometimes it can be very difficult. Though we work hard to be people of integrity we sometimes make mistakes.

Now some of us are going to share about times we have done the right thing or times we have done the wrong thing and realized our mistake.

_____ Velocity Student Sharing (*please read "Sharing Tips" before the CRS*)

_____ Velocity Student Sharing (*please read "Sharing Tips" before the CRS*)

_____ Velocity Student Sharing (*please read "Sharing Tips" before the CRS*)

_____ Velocity Student Sharing *please read "Sharing Tips" before the CRS*)

V. QUESTION AND ANSWER

_____ We are going to answer questions middle school students have about integrity and doing the right thing. I'm going to ask Velocity a question and then a few of them will share answers to the question.

ALL Velocity answers questions

- Ask Velocity each of the questions from the Q&A sheet that is attached
- Each of you should be prepared to answer all of the questions
- Make sure at least two or three Velocity students answer the question before asking another question.
- Answer from your own thoughts and experiences

CHARACTER & INTEGRITY CRS GUIDE

VI. CLOSING

I want everyone to close their eyes and think with me for just a minute. Imagine you have the opportunity to rob a bank and you know for sure that you will NEVER get caught. Just think silently about whether or not you'd do it. *(Give the class a few seconds to think)*

With your eyes still closed, think about another situation. You're working on a really hard test, and your teacher walks out of the room. You know they won't be back and no one will see you if you pull out your textbook and cheat. Think silently about what you would do. *(Give the class a few seconds to think.)*

Now everyone can open their eyes again.

Sometimes having integrity means making right choices even when no one will ever know about it. Another way to say that is: integrity is who you are when no one is looking.

We want to encourage you to do the right thing. We want you to know that we are trying to do the right thing and be people of integrity, too. You are not alone if you're trying to do what is right.

Sometimes we fail and we don't do the right thing. That is a time to start again. Maybe we need to tell someone what we've done, or maybe we need to apologize.

It is very important that we don't give up trying to do what is right just because we failed. You don't fail at being a person of integrity unless you quit trying to do what is right.

We are glad we could spend this time today learning about integrity together. We enjoyed it and we hope you enjoyed it, too. Thanks.

CHARACTER & INTEGRITY CRS GUIDE

VI. CLOSING

I want everyone to close their eyes and think with me for just a minute. Imagine you have the opportunity to rob a bank and you know for sure that you will NEVER get caught. Just think silently about whether or not you'd do it. *(Give the class a few seconds to think)*

With your eyes still closed, think about another situation. You're working on a really hard test, and your teacher walks out of the room. You know they won't be back and no one will see you if you pull out your textbook and cheat. Think silently about what you would do. *(Give the class a few seconds to think.)*

Now everyone can open their eyes again.

Sometimes having integrity means making right choices even when no one will ever know about it. Another way to say that is: integrity is who you are when no one is looking.

We want to encourage you to do the right thing. We want you to know that we are trying to do the right thing and be people of integrity, too. You are not alone if you're trying to do what is right.

Sometimes we fail and we don't do the right thing. That is a time to start again. Maybe we need to tell someone what we've done, or maybe we need to apologize.

It is very important that we don't give up trying to do what is right just because we failed. You don't fail at being a person of integrity unless you quit trying to do what is right.

We are glad we could spend this time today learning about integrity together. We enjoyed it and we hope you enjoyed it, too. Thanks.

CHARACTER & INTEGRITY

QUESTION & ANSWER

1. What is integrity and what does it have to do with me?

- Integrity is choosing to do the right thing, even when no one is looking
- Integrity builds good character
- Integrity allows people to trust you
- Integrity shows people you are responsible and mature
- Examples of integrity: being honest, not cheating, not bullying, not gossiping

2. If my MySpace/Facebook profile is set to private then it doesn't matter what is on my profile, right?

- Many of us don't know every single friend on our list, and it only takes one of them to save a file to their computer and make it available for others to see.
- Just like credit cards and personal information there is always someone out there that knows how to hack into other people's accounts. The best way to keep stuff from getting into the wrong hands is to not put anything inappropriate or too personal on your profile at all.

3. My friends and I pick on people online but that doesn't really count. We would never act like that to their face so it's completely harmless, right?

- No, it's never harmless to bully someone. Whether you say it in person, or in comments, or even just to each other, ugly speech can hurt others and shows everyone how hurtful you really are.
- Nothing online is completely private and/or untraceable. When you say hurtful things online you risk really hurting someone if it gets to them or hurting your own character by showing how mean you are to other people.
- Who you are online should match who you are in real life.

4. Why should I respect my teacher if I think they are being mean to me?

- Realize that disrespecting a teacher will only show them you don't deserve to be respected.
- If you make life easier on your teacher - by doing what is asked - they will have more time and energy to hear you out.
- If you really think a teacher is still being mean talk to them about it but also ask what you can do to change the situation.

5. How can you show integrity when you have done something wrong?

- Apologize and admit you were wrong.
- Learn from your mistakes and do the right thing next time

CHARACTER & INTEGRITY

QUESTION & ANSWER

1. What is integrity and what does it have to do with me?

- Integrity is choosing to do the right thing, even when no one is looking
- Integrity builds good character
- Integrity allows people to trust you
- Integrity shows people you are responsible and mature
- Examples of integrity: being honest, not cheating, not bullying, not gossiping

2. If my MySpace/Facebook profile is set to private then it doesn't matter what is on my profile, right?

- Many of us don't know every single friend on our list, and it only takes one of them to save a file to their computer and make it available for others to see.
- Just like credit cards and personal information there is always someone out there that knows how to hack into other people's accounts. The best way to keep stuff from getting into the wrong hands is to not put anything inappropriate or too personal on your profile at all.

3. My friends and I pick on people online but that doesn't really count. We would never act like that to their face so it's completely harmless, right?

- No, it's never harmless to bully someone. Whether you say it in person, or in comments, or even just to each other, ugly speech can hurt others and shows everyone how hurtful you really are.
- Nothing online is completely private and/or untraceable. When you say hurtful things online you risk really hurting someone if it gets to them or hurting your own character by showing how mean you are to other people.
- Who you are online should match who you are in real life.

4. Why should I respect my teacher if I think they are being mean to me?

- Realize that disrespecting a teacher will only show them you don't deserve to be respected.
- If you make life easier on your teacher - by doing what is asked - they will have more time and energy to hear you out.
- If you really think a teacher is still being mean talk to them about it but also ask what you can do to change the situation.

5. How can you show integrity when you have done something wrong?

- Apologize and admit you were wrong.
- Learn from your mistakes and do the right thing next time

CHARACTER & INTEGRITY

SMALL GROUP DISCUSSION

Small Group Leader – Have your small group sit together in a circle. Work through this handout with your group. Do your best to draw everyone into the discussion. Also, get one 6th grader to volunteer to write down and share with the class your group's answers to the last three questions. Remind him or her to speak loudly when sharing answers with the class. Please discuss the first questions, but do not write down the answers to them! Only write down the answers to the LAST THREE questions.

Everyone share your first name and answer this question:

What is a character trait that you admire in a person?

Do you try to model the good character traits you see in your role models?
Why?

Why don't we always stand up for what we believe in?

Why do you think people act differently online than in person?

What kind of character traits do we associate with people who name call and use profanity?

We'll share the next answers with the entire class. (Choose a spokesperson to write down the next three of answers.)

What does profanity and name calling have to do with integrity?

What do you earn by giving respect to authority?
Give examples of how you can give respect to authority.

What are some ways we can show integrity?

CHARACTER & INTEGRITY

SMALL GROUP DISCUSSION

Small Group Leader – Have your small group sit together in a circle. Work through this handout with your group. Do your best to draw everyone into the discussion. Also, get one 6th grader to volunteer to write down and share with the class your group's answers to the last three questions. Remind him or her to speak loudly when sharing answers with the class. Please discuss the first questions, but do not write down the answers to them! Only write down the answers to the LAST THREE questions.

Everyone share your first name and answer this question:

What is a character trait that you admire in a person?

Do you try to model the good character traits you see in your role models?
Why?

Why don't we always stand up for what we believe in?

Why do you think people act differently online than in person?

What kind of character traits do we associate with people who name call and use profanity?

We'll share the next answers with the entire class. (Choose a spokesperson to write down the next three of answers.)

What does profanity and name calling have to do with integrity?

What do you earn by giving respect to authority?
Give examples of how you can give respect to authority.

What are some ways we can show integrity?

CHARACTER & INTEGRITY SHARING TIPS

Sharing with the sixth graders is so important! They are really listening and they want to hear the experiences you've had!

TIPS ON SHARING WITH OTHER STUDENTS:

Do...

- ...share your own story -- not someone else's
- ...share more than just a sentence or two (**talk for a minute or two**)
- ...think about what you're going to say ahead of time -- jot down notes to remind yourself
- ...try to share something that a lot of middle school students can relate to
- ...share your hurt, struggle, and your feelings
- ...tell them what you learned

Don't...

- ...use names or experiences that might point a finger in a negative way at another person.
- ...preach to the sixth graders -- just share what you've experienced
- ...try to make your story better by making things up -- just share the truth
- ...give lots of advice- just share your story.

IDEAS FOR WHAT YOU CAN SHARE ON:

- A time when you realized your online image was sending the wrong message
- A time when you were happy your online image reflected the real you
- A time when you were tempted to disobey your teachers or parents.
- A time when you learned that profanity or putdowns can hurt people.
- A time when you compromised your values.

Remember: This does not need to be a formal speech, but please spend some time thinking about what you want to say and how you want to say it. It will make it much easier for you, and it will be a much better sharing.

CHARACTER & INTEGRITY SHARING TIPS

Sharing with the sixth graders is so important! They are really listening and they want to hear the experiences you've had!

TIPS ON SHARING WITH OTHER STUDENTS:

Do...

- ...share your own story -- not someone else's
- ...share more than just a sentence or two (**talk for a minute or two**)
- ...think about what you're going to say ahead of time -- jot down notes to remind yourself
- ...try to share something that a lot of middle school students can relate to
- ...share your hurt, struggle, and your feelings
- ...tell them what you learned

Don't...

- ...use names or experiences that might point a finger in a negative way at another person.
- ...preach to the sixth graders -- just share what you've experienced
- ...try to make your story better by making things up -- just share the truth
- ...give lots of advice- just share your story.

IDEAS FOR WHAT YOU CAN SHARE ON:

- A time when you realized your online image was sending the wrong message
- A time when you were happy your online image reflected the real you
- A time when you were tempted to disobey your teachers or parents.
- A time when you learned that profanity or putdowns can hurt people.
- A time when you compromised your values.

Remember: This does not need to be a formal speech, but please spend some time thinking about what you want to say and how you want to say it. It will make it much easier for you, and it will be a much better sharing.

CHARACTER & INTEGRITY

SHARING YOUR STORY ABOUT CHARACTER & INTEGRITY

IDEAS FOR WHAT YOU CAN SHARE ON:

- A time when you realized your online image was sending the wrong message.
- A time when you were happy your online image reflected the real you.
- A time when you were tempted to disobey your teachers or parents.
- A time when you learned that profanity or putdowns can hurt people.

WHAT DO YOU WANT TO SHARE ABOUT?

HOW DID YOU FEEL?

HOW DID YOU DEAL WITH IT?

WHAT DID YOU LEARN?

CHARACTER & INTEGRITY

SHARING YOUR STORY ABOUT CHARACTER & INTEGRITY

IDEAS FOR WHAT YOU CAN SHARE ON:

- A time when you realized your online image was sending the wrong message.
- A time when you were happy your online image reflected the real you.
- A time when you were tempted to disobey your teachers or parents.
- A time when you learned that profanity or putdowns can hurt people.

WHAT DO YOU WANT TO SHARE ABOUT?

HOW DID YOU FEEL?

HOW DID YOU DEAL WITH IT?

WHAT DID YOU LEARN?
