

Integrity: sticking to a strict moral or ethical code; what you do when nobody is looking.

*Student leaders strive to nurture and empower all students to make a difference in their schools, communities and world. A student leader displays **integrity**, cooperation and respect toward self and others.*

Integrity Actions that make a POSITIVE difference.	Integrity Actions that make a NEGATIVE difference.
<ul style="list-style-type: none"> ▪ Breaking up a fight ▪ Talking to someone who is alone ▪ Helping others with homework ▪ Loaning money ▪ Asking to help ▪ Compliments ▪ Cleaning up after yourself ▪ Recognizing ideas as possible ▪ Going out of your way to help people ▪ Standing up for what is right ▪ Not cheating ▪ Paying attention ▪ Sticking to decisions ▪ Sticking up for other people ▪ Picking up trash ▪ Volunteering ▪ Tutoring someone ▪ Sitting with a new person at lunch ▪ Being enthusiastic ▪ Asking someone who is sitting alone if he/she would like company ▪ Giving compliments ▪ Not getting in trouble outside of school ▪ Setting a good example ▪ Volunteering to help people in need ▪ Sharing happiness ▪ Not gossiping ▪ Listening to other people ▪ Standing up for a friend ▪ Complimenting people you do not know ▪ Holding open a door 	<ul style="list-style-type: none"> ▪ Being mean and bullying ▪ Cutting in line ▪ Not taking the blame for your mistakes ▪ Ignoring someone that needs help ▪ Breaking promises ▪ Making fun of people ▪ Graffiti ▪ Spreading rumors ▪ Cussing ▪ Name calling ▪ Threats ▪ Fighting ▪ Blaming others ▪ Excluding others ▪ Vandalizing ▪ Encouraging bad behavior ▪ Ignoring others ▪ Arguing with teachers ▪ Insulting people ▪ Giving up quickly ▪ Not doing assigned work ▪ Being a jerk ▪ Letting groups change you ▪ Doing drugs and alcohol ▪ Interrupting ▪ Not doing what you are told ▪ Not intervening in negative situations ▪ Putting others down ▪ Judging someone by looks ▪ Not stepping up to the plate

Integrity Actions that make a POSITIVE difference.	Integrity Actions that make a NEGATIVE difference.
<ul style="list-style-type: none"> ▪ Helping new students ▪ Sticking to beliefs ▪ Not changing for someone ▪ Staying positive ▪ Making someone feel better ▪ Using manners and kindness ▪ Going green ▪ Saying “hi” to people ▪ Cleaning up someone else’s mess ▪ Standing up for what you believe in and for what is right ▪ Doing what is asked of you ▪ Going the extra mile ▪ Choosing to do the right thing when others don’t ▪ Being yourself ▪ Being a fan of a school sport ▪ Getting rid of your “cool card” ▪ Stepping out of your comfort zone ▪ Letting go of your confidence to help others ▪ Making others feel welcome ▪ Helping someone who is lost ▪ Helping people work out their differences ▪ Doing something without being told ▪ Helping someone fix a mistake ▪ Patting someone on the back ▪ Always being responsible ▪ Encouraging others to act with integrity ▪ Changing something for the better ▪ Recognizing everyone’s ideas ▪ Doing simple things to help others ▪ Asking permission before you do something ▪ Doing chores for others ▪ Turning in missing things you find ▪ Being polite ▪ Donating time and money ▪ Community service projects ▪ Not letting the same problem happen twice ▪ Stopping negative situations then forgetting about them 	<ul style="list-style-type: none"> ▪ Needing to be asked more than once ▪ Procrastination ▪ Following the crowd ▪ Throwing a party when your parents are away ▪ Avoiding others ▪ Looking the other way when you could help ▪ Doing nothing ▪ Being rude or annoying ▪ Laughing at others ▪ Backstabbing a person when you are pretending to be his/her friend ▪ Cheating off someone’s paper ▪ Pantsing people ▪ Using violence ▪ Creating drama ▪ Being a poser or two-faced ▪ Stealing ▪ Going along with the wrong thing to do ▪ Ignoring problems and not trying to solve them ▪ Telling people to shut up ▪ Only following instructions when the teacher is around ▪ Being abusive ▪ Getting carried away ▪ Being inconsiderate ▪ Telling a lie ▪ Talking trash ▪ Roasting someone ▪ Ranking on someone ▪ Not acting innocent when you are wrong ▪ Abusing your power ▪ Damaging property ▪ Doing something wrong when you know it is wrong

Integrity Actions that make a POSITIVE difference.	Integrity Actions that make a NEGATIVE difference.
<ul style="list-style-type: none"> ▪ Showing school spirit no matter what ▪ Recycling ▪ Encouraging others to keep trying in class ▪ Compromising when you disagree with others ▪ Telling an adult when two people are fighting ▪ Knowing right from wrong ▪ Avoiding peer pressure ▪ Individuality ▪ Replying nicely ▪ Doing the right thing when the wrong thing is easier ▪ Helping everyone AND anyone out ▪ Talking to someone who is upset ▪ Taking everyone's word into consideration ▪ Speaking up for yourself ▪ Standing up for others when no one else will ▪ Being kind no matter what the situation ▪ Being a friend ▪ Getting work in on time ▪ Helping someone pick up his/her papers when they fly away ▪ Honesty ▪ Being loyal and truthful to all ▪ Not laughing at someone when they mess up ▪ Following words with actions ▪ Encouraging people to try new things ▪ Inviting someone to go with you and your friends ▪ Being a role model ▪ Helping your community ▪ Believing in yourself and others ▪ Telling the truth ▪ Turning a \$100 bill into the office ▪ Giving hugs and compliments ▪ Serving the elderly in the community ▪ Going out of your way to be nice to special education students 	

Cooperation: acting together for a purpose; willingness to help and be a part of a team.

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Cooperation Actions that make a POSITIVE difference.	Cooperation Actions that make a NEGATIVE difference.
<ul style="list-style-type: none"> ▪ Listening to each other ▪ Encouraging each other to be a part of the team ▪ Giving your best effort ▪ Participation in activities ▪ Working together ▪ Reaching compromises ▪ Following instructions ▪ Following directions ▪ Following rules ▪ Not arguing ▪ Not being mean ▪ Being friendly when meeting new people ▪ Being open minded ▪ Participating in a meeting ▪ Respecting everyone ▪ Making an effort to help ▪ Helping someone who is stuck ▪ Communicating ▪ Not doing things by yourself ▪ Accepting your teammates ▪ Showing sportsmanship ▪ Being a mentor ▪ Acting as a community ▪ Agreeing with others ▪ Giving hugs ▪ Not putting down others ▪ Asking questions ▪ Letting people voice their opinions ▪ Applying ideas ▪ Thinking before you speak ▪ Talking something over with your group 	<ul style="list-style-type: none"> ▪ Bossing people around ▪ Showing no effort ▪ Not finishing work ▪ Fighting ▪ Leaving people out ▪ Negatively singling out one person in a group ▪ Distracting others ▪ Complaining ▪ Not caring ▪ Interrupting a speaker ▪ Arguing with your group in non-civilized ways ▪ Refusing to cooperate ▪ Getting people off task ▪ Excluding others ▪ Being unkind and controlling ▪ Talking off topic ▪ Not listening ▪ Being selfish ▪ Making fun of people ▪ Avoiding tasks ▪ Being too independent ▪ Not doing what you are asked to do ▪ Not voting ▪ Not working together ▪ Staying in cliques ▪ Not sharing ▪ Ganging up on someone ▪ Not accepting ideas from others ▪ Not taking things seriously

Cooperation Actions that make a POSITIVE difference.	Cooperation Actions that make a NEGATIVE difference.
<ul style="list-style-type: none"> ▪ Efficiency ▪ Communicating with everyone in the group ▪ Giving input ▪ Brainstorming possibilities ▪ Shaking hands ▪ Organizing and setting up projects ▪ Sharing ideas ▪ Curiosity ▪ Voting ▪ Treating others the way you want to be treated ▪ Including everyone ▪ Not faking like you are paying attention ▪ Mediating ▪ Giving attention to people and details ▪ Working well with all people in the group ▪ Not being a ball hog ▪ Helping struggling people ▪ Showing a positive attitude ▪ Making people feel comfortable ▪ Staying on task during the situation ▪ Paying attention to the speaker ▪ Sitting in a circle so everyone's voice can be heard ▪ Adding ideas to other ideas ▪ Sharing the work equally ▪ Being a good sport ▪ Acting as a team with someone you don't like ▪ Supporting a friend to do the right thing ▪ Considering the thoughts of others ▪ Motivating people ▪ Being considerate ▪ Taking an active part in the group ▪ Getting other people involved ▪ Doing more than your part ▪ Making sure everyone works together ▪ Problem solving together ▪ Leading when your leadership is needed ▪ Positive relationships 	<ul style="list-style-type: none"> ▪ Having a closed mind ▪ Coming to a group unprepared ▪ Negative sharing ▪ Making a mess ▪ Avoiding ▪ Dominating ▪ Being deliberately off task when you were asked not to ▪ Inflexible and unwilling to compromise ▪ Thinking too much about your own ideas ▪ Carrying a bad attitude ▪ Disturbing a group ▪ Coming late to a meeting or event ▪ Acting exclusive, only working with your friends ▪ Being condescending ▪ Yelling ▪ Going separate ways

Cooperation Actions that make a POSITIVE difference.	Cooperation Actions that make a NEGATIVE difference.
<ul style="list-style-type: none">▪ Helping others complete tasks▪ Doing things you don't want to do but you do it anyway▪ Listening to other people talking even when you want to be somewhere else▪ Being a positive force▪ Being flexible▪ Being friendly and introducing yourself▪ Staying involved▪ Asking questions to get people to talk▪ Smiling▪ Giving options in a positive way▪ Reaching goals▪ Doing your best▪ Working with younger people▪ Giving everyone a chance▪ Telling a friend not to do something stupid▪ Acknowledging everyone▪ Being quiet while others are talking▪ Going with the flow▪ Waiting your turn, patience▪ Speaking your mind▪ Making sure everyone is on task▪ Wanting to do excellent work▪ Going the extra mile for someone else	

Respect for Self & Others: *for self* actions and attitudes showing appreciation & value toward self.
for others actions and attitudes showing appreciation & value toward others.

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Respect Actions that make a POSITIVE difference.		Respect Actions that make a NEGATIVE difference.	
<p>Respect for Self</p> <ul style="list-style-type: none"> ▪ Having good self esteem ▪ Trying something you thought you could not do ▪ Being involved ▪ Eating healthy ▪ Being safe ▪ Making good choices ▪ Exercising ▪ Saying, "I can do it" ▪ Smiling ▪ Commending yourself ▪ Treating others the way you want to be treated ▪ Changing yourself in positive ways ▪ Trying your 100% best ▪ Trying new things ▪ Paying attention in class ▪ Studying for tests ▪ Setting high standards for yourself ▪ Setting goals ▪ Believing you have the courage ▪ Doing your best ▪ Rewarding yourself ▪ Staying positive ▪ Sharing ideas ▪ Having confidence 	<p>Respect for Others</p> <ul style="list-style-type: none"> ▪ Offering to help someone ▪ Standing up for the kid that gets teased ▪ Saying "hi" to others ▪ Being nice ▪ Offering to help someone ▪ Greeting new kids ▪ Treating other kindly ▪ Respecting the environment ▪ Offering to help someone study ▪ Listening ▪ Making eye contact with people ▪ Sitting with someone new at lunch ▪ Reminding people about things they need to do ▪ Encouraging people ▪ Being a good example ▪ Giving ▪ Using the Golden Rule ▪ Greet others properly ▪ Supporting others ▪ Giving compliments ▪ Positive reinforcement ▪ Volunteering to help others 	<p>Not Respecting Self</p> <ul style="list-style-type: none"> ▪ Staying up late so you can't give your full effort ▪ Doing bad stuff ▪ Putting yourself first ▪ Being careless ▪ Putting yourself down ▪ Not knowing when to keep your mouth shut ▪ Talking too much ▪ Giving up ▪ Not paying attention ▪ Having low self-esteem ▪ Telling yourself you are not worth it ▪ Not trying ▪ Unhealthy activities ▪ Speaking poorly about yourself ▪ Not taking care of yourself ▪ Not doing your chores ▪ Doing drugs ▪ Being destructive to yourself ▪ Being hypocritical and not sticking to your values ▪ Not being responsible ▪ Not caring about yourself or anything around you 	<p>Not Respecting Others</p> <ul style="list-style-type: none"> ▪ Communicating about someone's differences in a mean way ▪ Being mean ▪ Encouraging fighting ▪ Pushing and shoving ▪ Fighting ▪ Saying something mean ▪ Ignoring others ▪ Not saying "hi" ▪ Rolling your eyes at someone ▪ Putting people down ▪ Teasing ▪ Laughing at people ▪ Not caring ▪ Bullying ▪ Yelling ▪ Talking back to people ▪ Joining in a fight ▪ Cursing ▪ Not accepting others for who they are ▪ Talking when others are talking ▪ Getting mad and doing things uncalled for ▪ Frowning ▪ Criticizing

Respect Actions that make a POSITIVE difference.		Respect Actions that make a NEGATIVE difference.	
Respect for Self <ul style="list-style-type: none"> ▪ Being proud of yourself ▪ Getting good grades ▪ Pushing yourself to achieve ▪ Keeping a positive attitude ▪ Taking care of your body ▪ Meeting new people ▪ Believing in your decisions ▪ Being yourself ▪ Not agreeing with a wrong decision because of popularity ▪ Not being afraid of peer pressure ▪ Not partying a lot ▪ Not being too hard on yourself ▪ Respecting the school ▪ Suggesting a good idea ▪ Turning in homework ▪ Brushing your teeth and hair ▪ Being respectful at your school ▪ Stepping out of your comfort zone ▪ Not letting people get to you ▪ Being cheerful ▪ Being a leader not a follower ▪ Saying please and thank you ▪ Trusting yourself ▪ Working hard ▪ Challenging yourself ▪ Being who you want to be 	Respect for Others <ul style="list-style-type: none"> ▪ Learning to respect the views of others ▪ Being polite while eating ▪ Intervening in a fight ▪ Making others feel welcome ▪ Being kind even when it is really hard ▪ Comforting ▪ Shake, smile & share ▪ Standing up for others even if they are not your friend ▪ Setting a positive example ▪ Knowing everyone is equal ▪ Inviting people to things ▪ Not interrupting ▪ Taking turns ▪ Apologizing when you are in the wrong ▪ Listening ▪ Being respectful at other schools ▪ Looking out for new or lonely kids ▪ Getting involved in the community ▪ Appreciating others ▪ Having empathy with others ▪ Supporting the beliefs and ideas of others ▪ Showing an attitude of appreciation ▪ Influencing other people to be confident ▪ Trusting people 	Not Respecting Self <ul style="list-style-type: none"> ▪ Not starting conflicts with others when angry ▪ Lowering your standards ▪ Eating a lot ▪ Slouching ▪ Starving yourself 	Not Respecting Others <ul style="list-style-type: none"> ▪ Placing yourself outside society ▪ Influencing others to do the wrong thing ▪ Not sticking up for people ▪ Name calling ▪ Telling lies ▪ Dwelling on mistakes ▪ Making fun of the differences in people ▪ Talking out of turn ▪ Aloofness ▪ Glares ▪ Being sarcastic

Respect Actions that make a POSITIVE difference.		Respect Actions that make a NEGATIVE difference.	
Respect for Self <ul style="list-style-type: none"> ▪ Getting good sleep ▪ Not mouthing off to teachers ▪ Taking good care of your stuff ▪ Trusting yourself more and friends less ▪ Projecting your voice ▪ Respect your own actions ▪ Staying confident 	Respect for Others <ul style="list-style-type: none"> ▪ Thinking before you speak ▪ Calmly disagreeing ▪ Believing in others ▪ Being open ▪ Giving someone a person to talk to ▪ Being realistic ▪ Don't keep secrets, they don't help others ▪ Showing up to their games and pumping them up ▪ Being quiet ▪ Saying "please" and "thank you" ▪ Introducing people to each other ▪ Pulling people aside to correct them ▪ Giving hugs 		

Empowering Others: giving away power; enabling others to lead; building people up; instilling confidence in others.

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Empowering Others Actions that make a POSITIVE difference.	Empowering Others Actions that make a NEGATIVE difference.
<ul style="list-style-type: none"> ▪ Giving up a high position for others ▪ Staying positive ▪ Saying “Hi” to a new student ▪ Staying calm ▪ Supporting each other ▪ Training new officers ▪ Volunteering ▪ Sharing experiences with nervousness with people who are nervous ▪ Complimenting others ▪ Helping others ▪ Laughing at yourself when making mistakes ▪ Giving up a role in an assembly to someone else ▪ Welcoming people ▪ Letting everyone be heard ▪ Showing encouragement ▪ Giving examples of what people did well rather than saying, “good job” ▪ Showing others how to empower people ▪ Talking through situations ▪ Taking positive risks ▪ Feeling good about yourself ▪ Standing up for people ▪ Encouraging people to talk to the person being disrespectful ▪ Believing in others ▪ Showing respect to everyone ▪ Telling a joke that is not at anyone’s expense ▪ Cheering someone up ▪ Helping someone overcome their fears ▪ Giving someone a positive attitude ▪ Giving advice and helping someone achieve a goal ▪ Cheering someone on ▪ In a play, helping people get a different part when they are upset that they 	<ul style="list-style-type: none"> ▪ Ignoring others ▪ Put downs ▪ Being self-centered ▪ Using put downs for humor ▪ Having a bad attitude ▪ Showing little respect toward others ▪ Telling people what they did wrong in a mean way ▪ Not showing people how to work through problems ▪ Blaming people when things don’t go right ▪ Insults ▪ Not believing others ▪ Being disrespectful ▪ Telling others that they will fail ▪ Giving negative comments ▪ Laughing at someone ▪ Saying, “that sucks for you” but not helping ▪ Leaving people to handle their own problem ▪ Bull ▪ Not getting upset when things don’t go as planned ▪ Avoiding others that are different from you ▪ Making fun of people ▪ Tagging ▪ Littering ▪ Bullying ▪ Being in a gang ▪ Mad dogging people ▪ Spreading rumors ▪ Setting a bad example and encouraging bad

Empowering Others Actions that make a POSITIVE difference.	Empowering Others Actions that make a NEGATIVE difference.
<p>didn't get the part they wanted</p> <ul style="list-style-type: none"> ▪ Singing a song to someone ▪ Telling someone who messed up that they will get it next time ▪ Giving someone a gift ▪ Giving people positive feedback ▪ Helping people who drop their books or spill their lunch ▪ Helping people study ▪ Sticking up for someone who is being picked on ▪ Standing up for and trusting others ▪ Acceptance ▪ Inviting others to sit with you ▪ Making new friends ▪ Letting other people talk ▪ Building your confidence ▪ Jumping out of your shell and helping others do this too ▪ Getting other people involved ▪ Including others ▪ Talking situations and problems through ▪ Giving positive advice about what to do and not do ▪ Standing your own ground ▪ Being nice ▪ Cleaning up after yourself ▪ Cleaning the community, it helps make people feel better ▪ Recycling ▪ Painting over graffiti ▪ Organizing clubs for other people ▪ Tutoring people ▪ Teaching others ▪ Listening ▪ Being a good example and role model ▪ Motivating others ▪ Not encouraging bad behavior ▪ Helping others with their problems ▪ Showing others how to do something if they don't know how ▪ Talking to others that normally don't get talked to ▪ Sitting with new people at lunch ▪ A simple smile 	<p>behavior</p> <ul style="list-style-type: none"> ▪ Not letting someone be a part of your group ▪ Bringing others down ▪ Turning your back ▪ Backstabbing ▪ Gossiping ▪ Acting like you don't care ▪ Being distracting ▪ Violence ▪ Putting someone's ideas down ▪ Leaving someone out ▪ Not letting people participating in activities ▪ Making people feel bad and eliminating their self-confidence ▪ Shoving ▪ Teasing ▪ Rolling your eyes ▪ Having an "all about me" attitude ▪ Not mingling ▪ Telling people they are stupid for not knowing something ▪ Calling people names ▪ Threatening a person to do something ▪ Embarrassing someone ▪ Using bad language ▪ Teasing people about their inabilities ▪ Keeping silent ▪ Criticizing others ▪ Booing ▪ Using mean words, looks or actions ▪ Not intervening in negative situations ▪ Fighting ▪ Negative humor ▪ Breaking promises ▪ Doing everything everyone wants ▪ Not inviting others to participate ▪ Only planning activities that you like

Empowering Others Actions that make a POSITIVE difference.	Empowering Others Actions that make a NEGATIVE difference.
<ul style="list-style-type: none"> ▪ Making friends ▪ Helping others to build self-esteem ▪ Being polite and introducing yourself ▪ Not excluding people ▪ Getting to know someone better ▪ Encouraging people to feel better about themselves ▪ Acknowledge students at pep assemblies ▪ Boosting others confidence ▪ Noticing the good that people do and telling them about it ▪ Hearing a rumor and not spreading it ▪ If someone makes a mistake in class...not laughing ▪ Giving students who have been doing a good job a chance to do the announcements ▪ Appointing others as leaders of a group or committee ▪ Making people feel important ▪ Making someone the leader of the pack ▪ Saying helpful things ▪ Leading a team to victory ▪ Working together as a group ▪ Having a loud voice ▪ Being respected and giving respect ▪ Building others up ▪ Letting others do the work ▪ Breaking up fights ▪ Comforting others ▪ Explaining to others how good being a leader can be ▪ Bribery (but in a good way) ▪ Not listening to pointless criticism because it will set an example ▪ Backing up and let people have the spot light ▪ Comforting the new kid ▪ Cheering for the other side, both the winners and the underdogs ▪ Giving hugs and high fives ▪ Saying, "You're a great leader always being here for me" ▪ Making people feel needed ▪ Helping someone persevere ▪ Giving someone a thumbs up ▪ Saying "thank you" and "you're welcome" 	<ul style="list-style-type: none"> ▪ Being self-centered and greedy

Empowering Others Actions that make a POSITIVE difference.	Empowering Others Actions that make a NEGATIVE difference.
<ul style="list-style-type: none"> ▪ Encouraging people to do nice things ▪ Getting rid of the cool card or fake attitude ▪ Letting go of your confidence to help others ▪ Setting an example for a large group of people ▪ Standing up for a group of people ▪ Starting a community clean-up crew ▪ Being friendly to others ▪ Inspiring others to start something new ▪ Giving your ideas but not expecting that each one should be done ▪ Practicing optimism ▪ Giving to others what you would expect to get ▪ Talking nice to different types of people ▪ Speaking well of people ▪ Changing your perspective about people ▪ Organizing a service project ▪ Sitting by someone who is alone ▪ Remembering positive traits ▪ Not getting angry ▪ Giving meaningful compliments ▪ Acting in a way so people don't think you are power hungry ▪ Just taking a piece of the conversation ▪ Doing what is right ▪ Giving up something you like to another person ▪ Asking someone to participate with you ▪ Sharing your experiences with others 	