

## Very Important Assets

### 1. Family Support- To feel loved and supported by your family.

- **Have your family spend time together.** Eat as many meals together as you can, have a family night, go on a picnic, play games, do crafts, etc. Just make sure you do things that allow communication. Talking is an important asset in family support.
- **Let them know you love them.** This can be by giving hugs and kisses, holding their hand, saying “I love you,” writing them a note, doing them a favor, etc. Try all kinds of ways, don’t just limit yourself to one. Just let every member in your family know that you love them.
- **Do the unexpected.** Help out around the house without being asked. Surprise family members with little gifts of appreciation, or sweet things to tell them. Compliment as much as possible.
- **Let them know you feel loved.** Let them know when something they said or did touched you in a special way. Thank them when they compliment you. Respond when they tell you they love you. Let them know what they did that made you feel like you are loved.
- **Let them know what you need.** If you need to be left alone, tell them. If you need a hug, or a talk, tell them. The important thing is that your family knows what you expect of them or what you need them to do for you.
- **Do your part.** Stray away from insults and teasing. Run to giving compliments, affection, and interest. Just follow the rule “Treat others as you want to be treated.” This is the best way to make others feel loved.

### 2. Positive Family Communication- Talking with your parents about practically anything...even the serious stuff.

- **Talk every day.** Tell your parents how your day went and ask them about their day too. Have just a short conversation, whether you feel like it or not, to open the lines of communication between you and your family.
- **Talk about their interests.** Ask your parents questions about work, growing up, friends, hobbies, etc. just to show you are interested in their life and the things they love. This might help you to understand them and where they come from a little better.
- **Write a letter.** If there are some things you want to talk about, but don’t feel comfortable doing it face to face, communicate through letters. This way you say everything you need to say without being interrupted or sidetracked.
- **Don’t push them.** If your parents feel uncomfortable talking about certain things, accept that and find an adult that will talk about it. There is nothing wrong with your parents...some things are just too touchy or uncomfortable for them to talk about with you.

- **Be there for your sisters and brothers.** When your siblings need to talk, be there for them and try to help them the best that you can. If you're busy, either put what you're doing aside, or arrange for a time to go out for a soda or lunch or even dessert. Be mature and be the adult in the conversation. Don't criticize them or make them feel stupid, instead, build them up and encourage them. Give them advice without sounding too pushy.
  - **Fuel up on positive communication.** Go to your library and find books on this subject, or go to your local bookstore. Take classes on it, even do it with your family.
3. **Other Adult Relationships-** Talk with at least two or three different adults, beside your parents, about serious matters, or even just to chat.
- **Take care of your relationships with adults.** Make sure to keep in contact and to let them know you still want their friendship. Most adults love to help out, give advice, and chat with teens.
  - **Let them know you care.** Write your adult friends a letter or give them a call, or even visit them to let them know that they are important to you. Thank them for their love, support, and advice. Do this to many different adults. Try to do it once a week or once a month.
  - **Find a mentor.** Find someone who will have a positive influence on you, and who will take the time to give you advice, encourage you, and just basically be there for you.
4. **Caring Neighborhood-** Neighbors who support, encourage, and care about you.
- **Make a map of your neighborhood.** Label all your "houses" or apartments" by the family, or person's name, and if you don't know their names, just put what kind of people live there. (i.e. A man, woman, and three children)
  - **Get to know your neighbors.** Do this as a family. Think of creative ways to get to know them. Hold a neighborhood barbecue, bring Christmas cookies to their house, invite them over for dinner and games, start a newsletter for the neighborhood, etc.
  - **Support your neighbors.** Give them cards or food baskets if they lose loved ones. Buy them presents or gift certificates on their birthday, graduation, Christmas, etc. These don't need to be expensive gifts, just a little something to show your neighbors that you are thinking about them.
5. **Caring School Climate-** When school is an encouraging and caring place to be.
- **Help out.** Help all the students and faculty feel cared about and supported by you, and by others. Learn names and get to know as many people as possible. Smile at people in the hallway and give them a wave or say "hi." Be a friend to kids who are excluded from most of the students. Get involved in student leadership to work at creating a warm, caring, and supportive school environment.

- **Join in.** Get involved in school activities. Join a sports team, get on the newspaper staff, join a club, or even start one of your own.
- **Help to fix it.** If you don't like some of the ways the school environment or system is working, go to someone who knows how to fix it and tell them how you, and possibly other students feel about it.
- **Take a student survey.** Ask questions to students to find out what they think about the school environment, and if there seems to be a problem, take the survey to the principal and see what he or she can do about it.

6. **Parent Involvement in Schooling-** When parents are actively involved in helping you succeed in school. When they talk about school with you, help with homework, and attend school events.

- **Talk to your parents about school.** Tell them how your day went, what you did, who you talked with, etc. Tell them as much as you can without becoming boring and dragging it on slowly.
- **Keep your parents informed.** Any time an event is coming up, or a note is given to you to take home, be sure to let your parents know. Your parents want to be as involved in your school as they can, and the only way they can know what is going on is if you tell them. Write them notes or write conferences, musicals, games, etc. on the calendar so they can remember to come.
- **Let them know that you do want them involved.** Some parents will try to stay away from their child's school events and activities because they think their child wants them to. If your parents need a little nudge, or if they don't know they are wanted at your school happenings, tell them. That is the only way that they will find out you want them there. If your parents are involved in your school, tell them that you appreciate it, and let them know that you want them to keep being involved.

7. **Community Values Youth-** The adults in your community value and appreciate youth.

- **Find out about community youth programs.** Look in your telephone book, go to a community center, ask different adults who are involved in the community, contact the mayor's office, schools, churches, and other community-based organizations to find out what they offer.
- **Scope out some hangouts.** Go with some other teens to find out the hot places to hangout. Restaurants, coffee shops, parks, stores, and anything else you can think of. Just make sure it is legal and safe to hang out wherever you do. If there aren't that many hangouts for teens write up a survey, have friends and other teens fill it out, and take it to your city officials to see if they will do anything about it.
- **Show adults that there are good teenagers out there.** When walking by an adult, nod and smile. Help an old lady reach the cereal she wants at the top of the shelves. If

someone drops something, pick it up and return it to him or her. Just do little things that show there are some teens who are mature and polite.

- **Help your community feel valued...by you.** When there is a community project, get right out there and start working. Visit some nursing homes and day cares to show people of all ages that you care. Thank any waitresses, teachers, mailmen, baggers, etc. that you come in contact with so that they know they are appreciated.
- **Volunteer.** A great way to show adults that you are likable is to volunteer. You can volunteer practically anywhere. Libraries, nursing homes, shelters, tutoring centers, day cares, churches, community centers, and parks. Just ask around until you find a volunteering job you think you would enjoy.

8. **Youth as Resources-** When young people are given useful roles and meaningful things to do in your community.

- **Look around and get involved.** Become a member of a youth organization, city council, committees, or boards. Help to run community programs.
- **Don't sit around.** If there is nothing open to you, or nothing interests you, start your own organization to help the community out. Just think of different projects you would like to do to help your community. They can be things that are already being done, or things that still need to be done.
- **Get others involved.** Make sure you get as many teens involved in your community as you can. Invite them to help with your organization, or tell them about other organizations that might interest them. The more people helping to make the community strong, the better.
- **Work to serve.** If you have a job, and you don't have time to volunteer, how about doing something that would help your community out? If you need to get paid, find a job at some place that emphasizes community outreach and service to the community.

9. **Service to Others-** Doing an hour or more of community service each week.

- **Serve as a family.** Visit an elderly person who can't leave their home. Bake cookies or make dinner for new parents. Shovel driveways of handicap or elderly people. Do whatever needs to be done, or whatever you want to do, but do some things as a family. Try to do something at least once a week, or once every two weeks, to serve people in your community or around the world. You could even sponsor a child as a family.
- **Spend some cash.** And I don't mean at the mall. Donate some money to an organization or service of your choice, if they don't need any physical help at the time. They will appreciate whatever you give them, whether it is 1, 5, or 50 bucks. Whatever you can afford will be a blessing to whomever you donate it to.
- **Encourage your classmates to serve.** Get as many students in your school as you can to serve at as many places, or as many people as you can. Maybe your whole school could serve all around your community. That would be an awesome project to head up. Talk to

your principal or teachers about promoting it and possibly offering extra credit for any students who serve.

- **Serve with a friend.** Serving tends to be much more fun when you do it with a friend. That way you can serve and spend time with your friend all at once. It can be very encouraging to see a couple of friends working together to help make the community a better place.

#### 10. **Safety**- Feeling safe at home, at school, and in your neighborhood.

- **Talk safety with your family.** Talk about how to answer the phone, the door, how to safely surf the Internet. Talk about staying home alone. Talk about how to escape your home from a fire. Also talk about tornadoes, hurricanes, earthquakes, anything that could happen in your area of the country. Talk about emergency numbers, and what to do in emergencies.
- **Talk about fears and concerns.** If you are uncomfortable about something in your home, neighborhood, school, church, or someplace else, talk to your parents about it, and see what they can do.
- **Help to make school a safe place.** Find out from students what they feel safe about, and what they feel unsafe about. Go to your principal and teachers, and tell them what needs to be done to help the students feel more safe in your school.
- **Watch the neighborhood.** If your neighborhood doesn't already have a neighborhood watch, talk to all your neighbors and see if they want to start one. This will help people feel more safe. Especially people like single mothers, babysitters, latchkey kids, and single women.
- **Friends.** Go places in groups, to be safer. Go on double dates for a first date. When goofing off, be careful not to do anything dangerous.

#### 11. **Family Boundaries**- When families have clear rules and consequences for their children's behavior. They also monitor their children's whereabouts.

- **It's a good thing.** Boundaries, rules, and consequences are good things. Yes! You heard right. Without them, we would be in danger, and the world would be terribly chaotic. When your parents set rules and boundaries, accept them graciously, and know that they are only doing what's best for you.
- **Find out your boundaries.** Ask your parents what boundaries they have set for you, if you don't already know them. Ask them who you are allowed to go out with, where you are allowed to go, and when you need to be back. You should know and understand what's expected of you, so make sure you tell your parents you need boundaries that are clear and to the point.
- **Gain some freedom.** If you want freedom, you need to prove you are mature enough to get it. And freedom won't come all at once. You will have to gain it one step at a time. Follow all of your parents' rules, and see how much freedom you will gain! When your parents are happy, you can be happy. If your parents aren't happy, you won't be happy. So make your

parents happy by following their rules. When you move out, you can set your own rules, but for the time being, it is much wiser to make and keep peace with the parental units.

- **Keep track of each other.** Not only do your parents need to know where you are, but you need to know where they are too. So make sure that everyone leaves notes, calls, or whatever else they need to do to let your family know where they are. This is where cell phones and pagers come in especially handy.
- **Answer before they ask.** Tell your parents all the details about where you are going, so they don't drive you up the wall asking twenty questions when you're trying to walk out the door. This will also make them happy because you are letting them know without them having to ask. This makes you look very responsible and mature.

12. **School Boundaries**- When schools have clear rules and consequences for behavior.

- **Accept your school's boundaries.** Just like at home, boundaries at school are to keep you safe and out of trouble. It makes the learning environment run smoothly, and it keeps students feeling safe and secure.
- **Learn your school's boundaries.** If you don't already know the boundaries, get a handbook and start reading. The more you know, the less you'll get into trouble.
- **Follow the boundaries.** Don't go against all the boundaries that the school has set for you. That will just get you into trouble, and possibly kicked out. Follow the boundaries and you will have a safer, more peaceful school experience.

13. **Neighborhood Boundaries**- When neighbors take responsibility for monitoring your behavior.

- **Appreciate it if your neighborhood has boundaries.** Neighborhoods that don't have boundaries are often dangerous and avoided by many. If your neighbors get into your business or seem nosy, they are just looking out for you, and it shows that they care. So be glad they are "sticking their noses" into your business.
- **Set neighborhood boundaries.** If your neighborhood doesn't have many boundaries, with an adult, set up some boundaries, and share them with all of your neighbors. Most of them will be glad to help out because everyone wants to live in a safe neighborhood.
- **Set curfews for kids and teens.** This helps to keep them off the streets and out of trouble after a certain time. If curfews don't seem to help, set up a late night game of basketball, or something along those lines to keep the kids busy and out of trouble.
- **Keep an eye on the little ones.** Make sure they don't go in the streets, and that they are safe from harm. If you see a child in the street, or in danger, redirect their path, and explain to them why they shouldn't be where they were or doing what they were doing.

14. **Adult Role Models**- Parents and other adults who model positive, responsible behavior.

- **Find role models.** If you don't already have at least three role models, think of some people who would be good examples to you, and that you would like to have as role models.
- **Be careful who you choose.** A lot of teens like to use celebrities when choosing a role model. But you need to be careful, because not all celebrities are role model material. You need to choose role models who are responsible, mature, and who can set good examples even to young children.
- **Examples of good role models.** Some good role models would be teachers, parents, pastors, youth leaders, parent's friends, the president, neighbors, or bosses. Just remember that everyone makes mistakes. If your role model makes a mistake, learn from it and know that no one is perfect.

**15. Positive Peer Influence** - When your best friend models responsible behavior. They are a good influence on you. They do well at school, and they don't do risky things like drink alcohol or use other drugs.

- **Think about your current friendships.** Think about which friends you want to be like and which friends you'd rather not imitate. Try to hang out with the positive influences more than the negative ones, so you can stay out of trouble, and lead a mature, peaceful, and trouble free life. Also, be careful when choosing new friends. If they don't help you to be your best, it would be a wise choice to keep them at an acquaintance level.
- **Get your parents' opinions about your friends.** Ask your parents what they think about certain friends. If they don't approve of certain ones, try to steer clear of them. If they like some of your friends, keep on hanging out with them.

**16. High Expectations**- When your parents and teachers encourage you to do well.

- **Parent expectations.** Tell your parents what you expect of yourself, and ask them to help you along with your expectations. Also, ask them what expectations they have of you, and try to live up to them.
- **Your own expectations.** Set high expectations of yourself, and keep up with them. Write them down, and go over them once or twice a week to make sure you are keeping those expectations.
- **Teacher expectations.** Tell your teachers how well you would like to do in their class, and have them update you on your grades. Find out what they expect of you and try to go above and beyond those expectations.
- **Church expectations.** Find out what your pastor or youth leader expects of you, and ask them to hold you accountable to those expectations. Also ask them to pray for you that you may keep up with all the expectations everyone has of you.
- **Friend expectations.** Set expectations on your friends, and have them set expectations on you. That way when you are together, you can discuss those expectations, and update each other on how you are doing with those.

17. **Creative Activities**- Spending three or more hours each week in lessons or practice in music, theater, or other arts.

- **Participate.** Get involved in the arts so you can become a well-rounded young person. Do something in the art field, music, drama, dance, singing, designing, photography, etc. Find something you enjoy doing, and go at it.
- **Compromise.** If your parents want you to take certain lessons, and you really think you'd enjoy doing something else, talk to them about it and see what would make both of you happy.
- **School involvement.** If your school offers classes, clubs, or organizations in different creative activities, get involved in it. That way you can be involved with your schools extracurricular activities and still enjoy them.
- **Youth group.** Start a youth choir, or have the artistically talented teens offer free lessons once a week in your church building. Start a band or a singing group that can travel to different churches and youth groups.
- **Friends.** Go to museums, art exhibits, plays, concerts, etc. with your friends to grow in the arts together.

18. **Youth Programs**- Spending three or more hours each week in sports, clubs, or organizations at school and/ or in the community.

- **Think hard.** Start thinking about different activities you would like to participate in with your family, church, school, friends, or even solo. Make a list of things you would like to do, and do as many of them as possible, without overdoing yourself.
- **Start your own.** Ask your church, school, or parents if you can hold certain activities in their buildings or on their grounds. Advertise your activity in church bulletins, on bulletin boards at school, in the newspaper, on the Internet, and by passing out flyers.
- **Join with your friends.** Find something all of you would like to join, and join in it as a group. Doing activities with your friends makes it even more fun than it would be if you were to do it by yourself.

19. **Religious Community**- Spending one or more hours each week in religious services or spiritual activities.

- **Join in.** If you aren't already involved in a religious community, find one that suits your tastes and needs, and join it. It is good for your mind, soul, and spirit.
- **Don't quit.** A lot of the time, teenagers stop going to church or other religious services because they don't think it is cool. Stick with it and it will get better. It is very good for you to have some sort of religion in your life. Make sure to be involved in the youth program, if they have one.

- **Friends.** Encourage friends to go to church with you. Or encourage them in their own churches or religions. Try to make sure all of your friends are involved in a church of some kind.

20. **Time at Home**- Going out with friends with nothing special to do two or fewer nights each week.

- **Enjoy down time.** When you and your friends have nothing to do, spend some time at each other's houses playing games, baking cookies, doing projects, making videos, writing songs, or even spending time with your families. This time will give you some rest and energy for the next time you and your friends go out on the town.
- **Enjoy your family time.** When you are "stuck" spending time with your family, have fun, and try to enjoy each other's company. When you move out, these times will be even more rare than they are now, and you will wish for some of those times back. Cherish the time you spend with your family. You won't regret it.
- **Keep away from the TV and computer.** Read a book, take a walk, paint a picture, play a board game, write a poem, sing a song, play outside with your little brother or sister, cook a meal for your family, bake something, drink lemonade and soak in your surroundings, play with your pet, take a nap, read the Bible, go on a picnic, go sledding, run through the sprinkler, just don't watch TV, talk on the phone, or use the stinkin' computer!

21. **Motivated from within**- When you want to do well in school.

- **Parents.** Make sure you keep your parents involved in your schooling. Ask for help on homework if you need it. Ask them to encourage you throughout the school year, and to hold you accountable to your tasks.
- **Teachers.** Have your teachers keep you updated on how you are doing. Ask them questions. Do all of your assignments. Ask them what the best way is to study for their tests. Study.
- **Friends.** Have your friends study with you. Be accountability partners when it comes to doing homework and studying for tests. Think up some creative ways to study. Make up memory games. Make studying and learning with your friends a fun and productive experience.

22. **Getting actively involved in School**- When you like learning new things.

- **Parents.** Talk with your parents about school and the things you learn. Make a whole conversation out of it instead of one-word answers to their questions. Tell them how much you enjoy learning, and even ask them if you could take extra classes after school at your local college, or through some sort of learning program.
- **Think differently.** If you don't have a positive attitude towards school and learning, try to develop one. Stop thinking negative thoughts, and start looking for the good, the fun, the

excitement in each lesson, lecture, or assignment. If you can choose where you sit, sit up front. It will minimize distractions, and help you focus on what the teacher is saying.

- **Your community.** There are plenty of opportunities to learn or take classes in the community. Ask your teachers or principal about those opportunities. Find out where to go, how much it costs, and what it involves. Be sure to find something that interests you, and be ready to learn, learn, learn.
- **Your church.** Learning happens at church too. Listen to the Sunday school lessons and sermons. Take notes. Study those notes and make devotions out of them. Study your Bible, and any workbooks or devotional books you have. Learn as much as you can about your denomination and about God. Out of all the things you could learn, these are the most important.
- **Your Friends.** Take some classes outside of your school with your friends. Discuss what went on in those classes. Discuss things you learn when you are apart. Have intellectual conversations. Just discussing those things will help you learn, because you will be learning what your friends have learned.

**23. Homework-** When you do at least one hour of homework every school day.

- **Get used to it.** Face it, as long as you are in school, you will have homework, and you will have to do it to get good grades.
- **Get going.** Don't put it off. Do your homework before you do anything else. If you need a break after school, take a little 20-minute nap, grab a snack, and get going. Don't skip studying altogether if you have no homework for the night, instead, take at least an hour to read up on your material, and learn something new. This will help you keep up with your teacher, and it will help you better understand the tasks you need to accomplish.
- **Get information.** If you don't have good study skills, and you want to build them up, go to the library or bookstore and get a couple of books on how to study and do homework. These will help you out a lot, especially in building good study habits for college.
- **Get help.** There are many websites online that help people write papers, do research, and answer questions on how to figure out math problems, or any problems dealing with homework. These are especially helpful if your teacher isn't available after school and if your parents don't have a clue about what is going on.
- **Get friends involved.** Start a study group after school once or twice a week. You could even do it once every two weeks if your schedules are tight. Study together, get help on homework, and just use this as a time to get things done and to learn.

**24. Bonding to School-** When you care about your school.

- **Benefits of Bonding.** When you like your school, good things can happen. You will be able to achieve more, be less likely to get into trouble, and basically have an all around better experience during your high school years.

- **Think about it.** Think real hard and try to find something you like about your school. Doing this will help you to start thinking more positively about your school in general.
- **Get involved.** Think of something you enjoy doing, and see if your school offers that. If it does, join in, and chances are, you will like your school even just a little bit better than you did before you got involved.
- **School spirit.** Some teens think school spirit is for the athletes, cheerleaders, and geeks. But school spirit can be for everyone, and it makes your school experience a whole lot more fun. Wear your school colors to games. Participate in pep rallies and homecoming dress up weeks. Get as much school spirit as you can, and you might just end up loving your school to death.
- **Don't drop out.** Don't even think about it. Have it set in your mind that you will be at your school until you graduate. That way you will make the most of it, and will be less likely to slack off or to criticize your school.
- **Friends.** Encourage friends to get involved in school, and to stick with it. Promise each other that you will stay in school and graduate together. Go with your friends to sporting events, plays, and band and choir concerts. Promote school spirit as a group by painting your faces, wearing school t-shirts, and cheering loudly at games and pep rallies.

**25. Reading for Pleasure-** Spending three or more hours each week reading for pleasure.

- **Read at home.** Any chance you get, read. Especially when you are sitting at home. Involve your family in reading. Read the same book and discuss it over dinner once a week or so.
- **Bookstores.** Some bookstores have couches or chairs, or coffee shops you can read in. Grab a book that looks good to you and start reading. If you don't buy it, remember to put it back where you got it.
- **School.** If you have any extra time, like in study hall or whatever, read. It will relax you and help to build your brain at the same time.
- **Church.** Try to get a library started in your church if you don't already have one. Volunteer to be the librarian. Read the books that your church provides.
- **Friends.** Swap books with friends. Recommend your favorite book(s) to them. Go to bookstores and coffee shops with them. Give books on birthdays or at Christmas. Encourage your friends to read, and read a lot yourself.

**26. Caring for others-** When you believe it's very important to help other people.

- **Care for your family.** Show your family that you care for them by doing little things for them. Tell them you love them and appreciate them. Give them little notes. Buy them cards when they need support, or just need to know someone cares. Make them dinner. Clean their rooms. Offer to do the laundry for your mom. Give your sister a makeover.

Mow the lawn for your dad. Play video games with your brother. Spend time with your family so that they know you care about them.

- **Care for your school.** Show your teachers that you appreciate them by writing them a letter, or giving them flowers. Show your classmates you care by smiling and talking with them. Let them know you will be there for them if they need to talk.
- **Get to know your community.** Go to nursing homes and hospitals to visit the elderly and the sick to show that someone out there really cares about them. Visit elderly neighbors. Baby-sit for single moms for free. Think of different ways to show your community that someone cares.
- **At church.** Show the people in your church that you care by sending them birthday and Christmas cards. Cook a meal for someone who lost a loved one. Take out some elderly people to dinner. Play with the children after church so their parents can visit with their friends.
- **Your friends.** Show your friends you care by being there for them when they need you. Offer to pay when going out to eat or going to a movie. Invite a friend who has been depressed over for cookies and hot chocolate or lemonade. Baby-sit their younger siblings so they can go out and spend time with their parents.

**27. Equality and Social Justice**- When you want to help promote equality and reduce world poverty and hunger.

- **In your community.** Volunteer at a soup kitchen or shelter. Invite less fortunate people to look through your old stuff before you sell it at a garage sale. Donate old clothes to Goodwill. Start a club that emphasizes equality and volunteers to help those less fortunate than you.
- **In the world.** Sponsor a child. Go on a mission trip. Donate money to missionaries. Start a community fund to go towards a poverty-stricken community in another country. Gather as much clothing, supplies, and non-perishable food as possible, and send it to a poor family across the border.
- **At school.** Start a club that reaches out to students and others in the community to help them find jobs to support their families. Do a canned food drive at your school every Thanksgiving. Set up some sort of Angel Tree in your gym or auditorium around Christmas time.
- **With your friends.** Make posters that promote equality and social justice, and go to different stores and businesses to ask them if you can hang them up. Start a club that goes against racism, bigotry, and any other form of hate.

**28. Integrity**- When you act on your convictions and stand up for your beliefs.

- **With your family.** Talk to your parents about your family values. Have your family discuss integrity, what it means to you, and why it is important to have.

- **At your school.** Be an example of integrity by using it with the people at school. Ask your teachers if you can put up quotes about integrity around their classrooms. Maybe even have a bulletin board somewhere that is based on integrity.
  - **At your church.** Have your youth group start an integrity night once a month. There you can discuss different times you used integrity, and what integrity means to each of the teens and leaders who are involved. Make sure you have pizza and pop or cookies and punch so people have something to munch on and drink while they're listening to everyone's stories.
  - **Friends.** Show integrity when you are with your friends. If they want to do something they shouldn't be doing, suggest something else, or tell them you don't want to take part in it. Hold each other accountable, and make sure you give each other clear definitions of what integrity means to you.
29. **Honesty**- When you tell the truth – even when it's not easy.