

INTEGRITY

SUPER SKILLS

WHAT IS

Integrity is the practice of being honest, being respectful, adhering to our values, and consistently making positive decisions - even when no one else is looking. Whereas honesty refers to the act of being truthful, integrity is the act of adherence to principles. Acting with integrity has many personal, social, and professional benefits.

Children with an understanding of the importance of integrity match their actions to their words.



Integrity is linked with happiness, high self-esteem, confidence, and a strong sense of self. These characteristics can help children and youth resist pressure to engage in risky behaviors.

Integrity teaches children to take responsibility for the consequences of their actions and helps them make informed decisions about their lives.

Integrity motivates social action. It is fundamental for social harmony and sustaining healthy communities, free of corruption and hypocrisy.

Our brain has evolved to be social and supports linkages and connections on a social level. A person with integrity contributes to a safe space for social connection. People with integrity are perceived as honest, fair, and reliable and have more high-quality relationships.

WHY INTEGRITY MATTERS

Did You Know?

Integrity is best fostered early by positive parenting, such as active, non-judgmental listening, warmth, and affection.

Integrity is one of the Super Skills promoting Social and Emotional Learning (SEL).

**Listen
FIRST**

THE SCIENCE OF SKILLS
Listen First, a UNODC initiative to support happy, healthy and nurturing families.
www.unodc.org/listenfirst



THE SCIENCE OF SKILLS

UNODC's Listen First materials support the development of children that will grow to be happy, successful persons in their communities. Children who develop social and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.

SELF MANAGEMENT

Being able to regulate one's emotions.
Do you think before acting?
Do you set and achieve goals and plans? Do you recognize anger?

RESPONSIBLE DECISION MAKING

The ability to make decisions about your life and others.
Do your decisions have a positive impact on others?
Do you use critical thinking skills to set priorities?

STRESS MANAGEMENT

Being able to make changes to your life if you are in a stressful situation.
Do you prevent stress by practicing self-care and relaxation?
Do you manage your response to stressful situations when they do occur?

SELF AWARENESS

To recognize one's emotions and behavior.
Do you know your emotions?
How do they influence your behavior?

Grow Your
Super Skills
AND THRIVE!

RELATIONSHIP SKILLS

The ability to build positive relationships, especially with diverse groups.
Do you use communication skills such as active listening, and conflict resolution?
Do you practice empathy?



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