



Project Cornerstone and the **YMCA** would like to invite you to practice integrity this summer. Match your actions to your beliefs.

- Do you believe in being kind? Then, be kind to everyone. Start with your family.
- Do you believe in being patient? Then, be patient with everyone.
- Pause and reflect in your beliefs. Ask your parent(s) or guardian what values are important for them and why.
- Picture yourself positively.

Doing the right thing is challenging at times. It takes practice and strength. You got this!

Developmental Asset #28 — INTEGRITY: Young person is acts on and stands up for his/her beliefs.

Learn more at www.projectcornerstone.org



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