Code of Honor

Honor Codes are an important part of many school's academic integrity efforts. The Center for Academic Integrity found that only 23% of students at colleges with honor codes reported one or more incidents of serious cheating, while the number increased to 45% at colleges without an honor code. *Because I said I would* developed a Code of Honor as a framework for teaching character and to help supporters fulfil an obligation or keep a promise. Writing a personal code of honor is one of the most important exercises anyone can do in life. It provides you an opportunity to create your personal framework for making decisions and living life.

Promise:

I will write my personal code of honor and post it where I can see it each day.

Element of Honor:

Contemplation

Through my actions I seek to alleviate suffering, establish peace, and build happiness with others and in myself. I recognize that the world is in great need. Because of this need, I am needed. My belief in the importance of a promise is strong; however, I know that doing what is right will always be more important than keeping a promise. Commitment holds me accountable to my compassion; it does not blind me of it.

Action Items:
- Watch the Code of Honor Video.
- Download the Code of Honor activity outline from the *because I said I would* website.
- Schedule large blocks of time on your calendar to complete the activity (this may take longer than you think!).
- When you arrive at a finished product, type or write your code of honor on paper.
- Post your code of honor somewhere where you will look at it each day.
- Schedule some time 3 months down the road to reflect on your code of honor and make any additions or changes.

Verification:
Complete Badge Verification Form (located on website) which should include a picture of your code of honor.

Approval:
Badges will be verified and approved for presentation quarterly.

because I said I would.

I'm inspired to...

"It's not hard to make decisions when you know what your values are."
Roy E. Disney