

# Resisting Temptation

This lesson gives students an opportunity to explore the concept of cheating through the lens of integrity; specifically, the lesson addresses the idea of using integrity when tempted to cheat for ourselves or asked to cheat by someone else. It isn't easy to make the right choice, especially when you feel pressured "in the moment". This lesson gives students strategies to combat both temptations in cheating and reminders to always do their own work.

**Integrity Sub-Concept(s)**

Honesty, Kindness

**Lesson Timeframe**

25-30 minutes

**Required Materials**

- ❑ Smartboard to play the video clip
- ❑ Poster paper and art supplies for creating posters

**Standards Map**

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

## Lesson Objective

Students will:

- Use strategies in integrity to combat the temptation to cheat.
- Explore a variety of ways people cheat and the consequences of their actions.

## Teacher Connection/Self-Care

Do your words and actions both inside and outside the classroom convey respect with regards to every student? Say what you mean and mean what you say. Your kind words and actions make all the difference!

**Tips for Diverse Learners**

- Use a graphic organizer to write down key thoughts from the posters as a pre-writing strategy.
- Review the key vocabulary words on the poster sheets; this can serve as a word bank as they write.



## Share

3-5 minutes

*Tell the person next to you about a time you tried to get away with something either at school or at home, but it didn't work. Students may feel more comfortable about sharing if you (the teacher) share something that you tried to get away with when you were a child and it didn't work.*



## Inspire

5-7 minutes

Watch Cheating in School <https://www.youtube.com/watch?v=BjPZ42UJtkk>

If you cannot play the video, you can read the transcript.

Let's talk about this short video clip.

- *Based on what you heard, why is it so dangerous to let someone get to his or her 20th time cheating? What is the difference between the first time a person cheats and the 20th time? (By the 20th time, they don't even care that they are cheating; they do it automatically as a very bad habit.*
- *What are some reasons that kids cheat in school, aside from just not wanting to do their own work? (Too busy, don't like the teacher, want to get into college, everyone is doing it, etc.)*
- *How does cheating hurt other people and not just yourself? (The kids who are studying and doing their own work are at an unfair disadvantage, even though they are doing the right thing. It robs the teacher of his or her ability to be their best, because they think they are teaching well and students are doing well, but if kids are cheating, the teacher cannot measure his or her own effectiveness.)*
- *How might you change your behavior if you have cheated in the past? How does perseverance tie into this?*



## Empower

15-20 minutes

*Cheating has consequences, even if you never get caught or do it so often that it no longer even feels like cheating. That does not change the reality of what you are doing and there are always consequences for our actions even if you don't get caught; remember the teacher's perception of effectiveness? What are some consequences of cheating?*

Answers might include:

- Cheating can make others angry.
- It is hard to trust someone who cheats.
- Cheating can lead to lying.
- Cheating can become a bad habit.
- Cheating affects how you learn.
- Cheating could even result in someone being hurt.

*We are now going to create some posters that we can hang around our room to help give us strategies to choose integrity when we feel tempted to cheat or when someone asks us to cheat and we need the courage to tell them no.*

### Instructions:

Put students in groups of 3-4 and give each group a piece of poster paper and art supplies (markers, crayons, colored pencils, etc.)

Assign each group one of two slogan categories: "Just Don't Cheat!" or "Just Say No!" Students can write their slogan at some point on the poster (it shouldn't be the main message, but more of a tagline).

Then, explain that their group needs to design a word or phrase that gives students support in making an honest decision regarding cheating. For example, in the “Just Don’t Cheat” category, a poster’s phrase could be, “I Can Succeed Without Cheating!” For a “Just Say No!” poster, students might come up with something like, “No you can’t copy me, but I will help you study!” The aim is to give students tangible phrases to use if they find themselves in a situation where they are tempted to cheat themselves or tempted to help another person cheat. Sometimes just having the right words at the right time can help students avoid a sticky situation!

Each group should work together to come up with their phrase and write it clearly across the poster; if there is time, they should make the poster colorful and visually creative.



## Reflect

5 minutes

Have students share their poster. Each group must explain what they wrote and why.

*Cheating is something we probably see other people do all the time. We may think it's just something small, but all these small things can break down our integrity. Cheating is not a kind way to act towards other people. Many times when we cheat, someone else has to pay for our actions. Remember our posters from the last lesson; when you are tempted to cheat or when someone wants to cheat off of you, you have support and the words to say to make an honest choice and to preserve your integrity. Make the right choice regarding cheating: just say no! It is never too late.*

### Reflection Questions

- What can you do to discourage cheating?
- Does cheating threaten your integrity?
- How does it make you feel when you see or hear about someone cheating?



## Extension Ideas

- Ask students to try to catch themselves doing little cheats you think are no big deal (like taking two cookies from the cookie tray at lunch when you know students are only allowed one) and challenge yourself to use your integrity to follow all the rules. Have students write about one example.



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