

Integrity Under Pressure

A Playbook for Christian Greeks

A practical ethics guide for hot moments on campus and in life using the P.R.O.O.F. framework.

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"Helping Christian Greeks walk with integrity when the pressure is highest."

Welcome and How to Use This Playbook

Who This Is For

This playbook is designed specifically for Christians in Black Greek Letter Organizations, both undergraduate and graduate chapter members. Whether you are navigating pledging, chapter leadership, social events, or complex interpersonal dynamics, this guide offers practical wisdom rooted in faith.

You are trying to honor both your letters and your Lord. That journey is not always easy, but you are not alone. This resource is here to help you stand firm when the pressure mounts and the path forward is unclear.

What Are "Hot Moments"?

Hot moments are those high pressure situations where your values, safety, or witness might be compromised. They include parties where drinking gets out of hand, pledging activities that cross into hazing, conflicts with chapter leadership, requests to cover up illegal behavior, sexual pressure, social media drama, and conversations where people question your faith or your choice to be Greek.

These moments arrive fast and demand quick decisions. This playbook prepares you to respond with wisdom, courage, and grace.



Read and Highlight

Work through scenarios that match your current challenges. Mark phrases that resonate.



Practice Scripts

Say the sample phrases out loud until they feel natural and authentic to your voice.



Role Play

Act out scenarios with friends, Bible study groups, or mentors to build confidence.



Pray and Reflect

Use the reflection pages to process your experiences and invite God into your decisions.

The P.R.O.O.F. Framework Overview

When pressure hits, you need a clear lens to see what is really happening and how to respond. The P.R.O.O.F. framework gives you five questions to ask in any hot moment. These questions help you cut through confusion, identify hidden dynamics, and make choices that honor Christ.

01

Process

How did I get here and what is happening? Trace the steps that led to this moment. Identify who has power, what emotions are running high, and what the immediate consequences might be.

02

Rituals

What symbols, habits, or unwritten rules are active here? Notice the traditions, routines, or cultural expectations being used to justify actions or pressure you.

03

Oaths

What commitments or promises are being used to pressure me? Examine whether loyalty, secrecy, or brotherhood/sisterhood language is being twisted to silence your conscience.

04

Obscurity

What is hidden, secret, or in the dark in this situation? Ask what is being concealed and why. Secrecy often protects harm, not honor.

05

Founding

What kind of Christ honoring legacy do I want to leave? Consider the long term impact of your choices on your witness, your chapter, and the people you influence.



P.R.O.O.F. in Action: Quick Example

Scenario: At a party, someone keeps refilling your drink and pressuring you to "keep up" with the group.

- **Process:** I arrived planning to stay two hours. Now I am three drinks in and feeling pressured to drink more.
- **Rituals:** The unwritten rule is "real members drink together." Refusing feels like rejecting the group.
- **Oaths:** Loyalty is being used to make me feel obligated to match their pace.
- **Obscurity:** No one is talking about how drunk people are getting or who is driving home.
- **Founding:** I want to be known as someone who has fun without losing control or compromising safety.

Response: "I am here to have a good time, not to lose control. I am good with what I have." Then step away to get water and check in with a sober friend.

Field Rule Number One: Protect Your Witness and Your Safety

Before you dive into specific scenarios, anchor yourself with these three non negotiable principles. These are your guardrails when everything else feels confusing or overwhelming. Memorize them. Return to them when pressure mounts.

Do Not Harm Yourself or Others

Your body is a temple of the Holy Spirit. You are called to protect life, dignity, and safety, including your own. If an action puts you or someone else at physical, emotional, or spiritual risk, it violates this principle. Walk away, intervene, or get help.

Do Not Lie, Cover Up, or Help Hide Illegal Behavior

Integrity means telling the truth even when it costs you. If someone asks you to lie, destroy evidence, or stay silent about illegal activity, your answer is no. Brotherhood and sisterhood do not require you to become complicit in wrongdoing. Real love speaks truth and seeks justice.

When in Doubt, Step Back and Seek Wise Counsel

You do not have to make every decision in the moment. When you feel confused, conflicted, or pressured, pause. Remove yourself from the situation if possible. Call a mentor, pastor, trusted friend, or family member. Pray for clarity. Wisdom often comes in the space between pressure and response.

Conscience Check: Answer Honestly

- Am I being asked to do something that could hurt me or someone else physically or emotionally?
- Would I be comfortable explaining this action to my pastor, parent, or mentor?
- Am I being asked to lie, hide evidence, or cover for illegal behavior?
- Is secrecy being used to pressure me into something I know is wrong?
- Does this decision honor Christ and reflect the legacy I want to leave?
- If I say yes to this, will I be able to sleep peacefully tonight?

If you answered **yes** to any of the first four or **no** to the last two, stop. Do not proceed. Seek wise counsel immediately.

Scenario 1: Pressure to Participate in Hazing

Snapshot

An upperclassman pulls you aside and tells you it is time to "toughen up the line." The activities described, yelling, physical challenges, sleep deprivation, humiliation, cross the line into hazing. When you hesitate, you hear: "This is how we have always done it. Do you want to be part of this legacy or not?"

What Is Really Going On Here

- Tradition is being used to justify harm and bypass accountability.
- Your loyalty is being tested by asking you to violate your values.
- The culture assumes silence equals agreement and participation equals belonging.
- Fear of rejection or being labeled "soft" is driving your hesitation.
- Real harm could result, physically, emotionally, legally, and spiritually.

P.R.O.O.F. in Action

- **Process:** I was approached privately. Pressure is coming from someone with authority and status in the chapter.
- **Rituals:** "This is how we have always done it" makes hazing sound sacred instead of harmful.
- **Oaths:** Loyalty and legacy language is being weaponized to silence my conscience.
- **Obscurity:** This conversation is happening in secret. Why? Because what is being asked is wrong.
- **Founding:** I want to be remembered for building people up, not breaking them down.

Sample Script 1

"I am not comfortable doing that. I made a commitment to God not to put people in harm's way. Let us find another way to build strong bonds."

Sample Script 2

"I respect our legacy, but I do not believe this honors it. We can challenge the line without breaking them down. I am happy to help plan something better."

Sample Script 3

"If we have to keep this secret, that tells me it is wrong. I will not participate, and I hope you will reconsider too."

Role Play: Three Person Script

Characters: Jordan (Christian Greek), Alex (pressuring upperclassman), Casey (bystander who checks in later)

Alex: "Jordan, we need you tonight. The line needs to learn respect, and you know how we do that."

Jordan: "I hear you, but I am not doing anything that could hurt someone. That is not who I am."

Alex: "Come on, do not be soft. This is tradition. Everyone goes through it."

Jordan: "Tradition does not make it right. I care about this chapter too much to help hide something that could get us in trouble or hurt someone."

Alex: (frustrated) "Fine. But do not say anything."

Jordan: "I will not lie for anyone. If someone asks me, I will tell the truth."

(Later, Casey approaches Jordan privately.)

Casey: "Hey, I heard Alex tried to pull you into that thing tonight. Are you okay?"

Jordan: "Yeah, I am good. I said no. It felt hard, but I know it was right."

Casey: "Good. I am glad you stood up. I think more of us need to do that."

Debrief Questions

1. What made it hard for Jordan to say no? What gave Jordan the courage to refuse?
2. How did Alex use tradition and loyalty to pressure Jordan? How did Jordan respond?
3. Why was Casey's follow up conversation important? How can we support each other in these moments?
4. What would you do if you were in Jordan's position? What script feels most authentic to you?
5. How can we shift chapter culture so that integrity is valued more than "toughness"?

Scenario 2: Drinking and Party Pressure

Snapshot

You are at a chapter event, and the drinks are flowing. Friends keep handing you drinks, refilling your cup without asking, and teasing you when you try to slow down. Someone says, "What, you think you are too good for us now?" The pressure to keep drinking, and to drink more than you want, is intense.



Process

I came planning to have one or two drinks. Now I have had four, and people are pushing for more. I am starting to feel out of control.



Rituals

The unwritten rule is that "real members" drink together and match each other's energy. Saying no feels like rejecting the group.



Oaths

Brotherhood and sisterhood language is being used to make me feel obligated to keep up, even though I am uncomfortable.



Obscurity

No one is talking about how drunk people are getting, who is driving home, or what could go wrong. The danger is being ignored.



Founding

I want to be known as someone who can have fun without losing control or compromising my values and safety.

Sample Scripts

"I am here to have a good time, not to lose control. I am good with what I have."

"I promised myself and God that I would handle alcohol differently. Respect that decision for me."

"I am not judging you. I am just making a different choice tonight. Can we leave it at that?"

"I have had enough. I am switching to water. Who wants to grab food with me later?"

Additional Strategies

- Hold a cup of water or soda so people stop offering you drinks.
- Buddy up with a friend who shares your limits and check in with each other.
- Offer to be a designated driver. It gives you a clear reason to stay sober.
- Leave early if the pressure becomes too much. Your safety matters more than appearances.



Role Play: Friend Support Script

Characters: Morgan (Christian Greek), Taylor (friend offering support), Sam (person pressuring)

Sam: "Morgan, come on, one more shot! Do not be boring."

Morgan: "I am good, Sam. I have had enough."

Sam: "You are killing the vibe. What is your problem?"

Taylor: (stepping in) "Sam, Morgan said no. Let it go. Come dance with me instead."

Morgan: (to Taylor later) "Thanks for backing me up. That was getting uncomfortable."

Taylor: "Always. We look out for each other. That is what real friendship looks like."

Debrief Questions

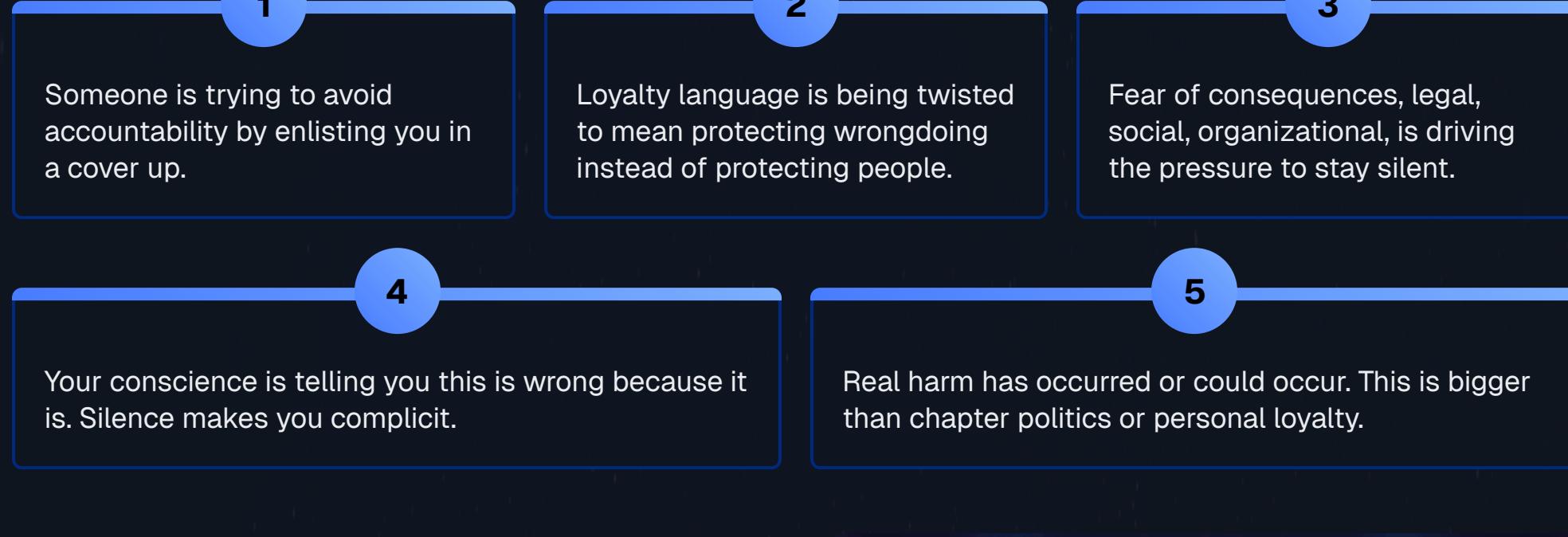
1. Why is it hard to set limits around alcohol when everyone else is drinking? What fears come up?
2. How did Taylor's support change the dynamic? How can we be better allies for each other?
3. What would you do if you were Morgan and no one backed you up?
4. How do we balance having fun with protecting our witness and safety?
5. What systems can we put in place as a chapter to reduce pressure and increase safety at events?
6. How does your faith inform your choices about alcohol? How can you articulate that clearly?

Scenario 3: Being Asked to Cover Up Illegal or Dangerous Acts

Snapshot

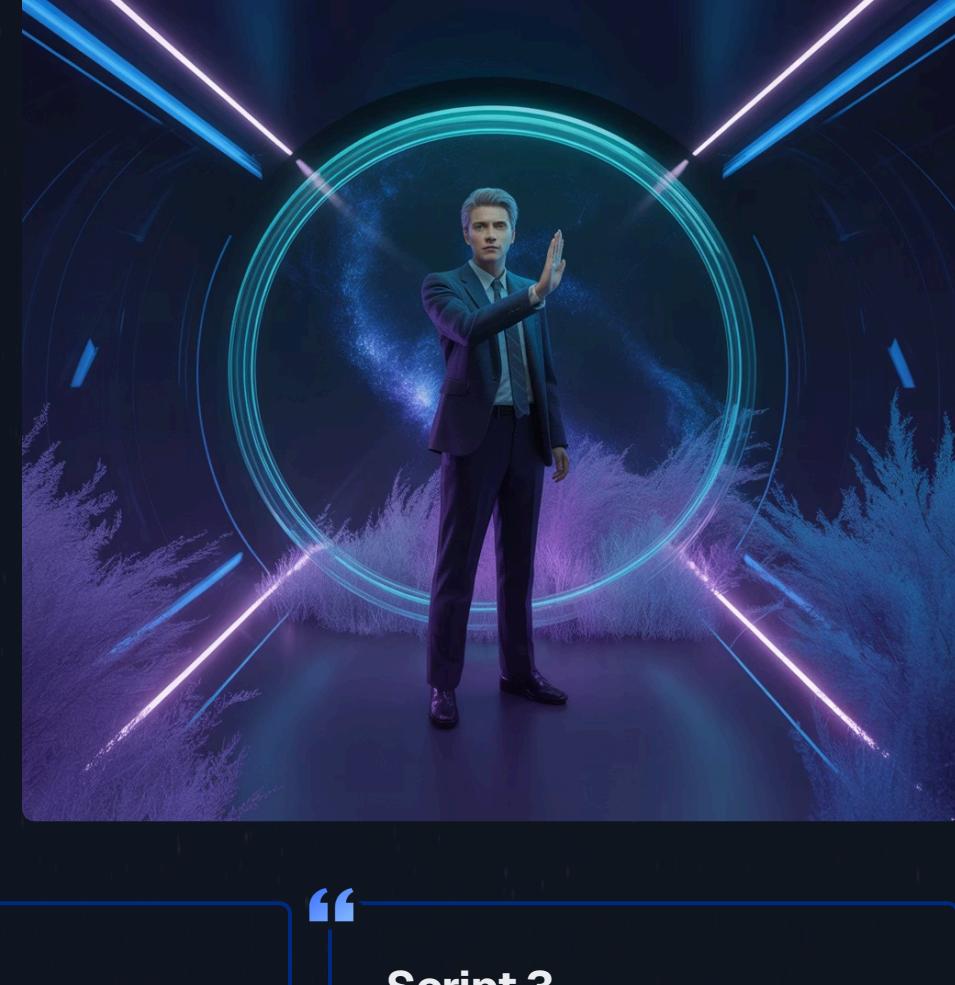
After a chapter event, something goes terribly wrong. Someone was hurt in a fight, a serious hazing incident occurred, or illegal activity took place. Now a leader is asking you to delete messages, lie to advisors, or "keep this in the brotherhood" to protect the chapter. You know this is wrong, but you also fear being labeled a snitch or losing your place in the organization.

What Is Really Going On Here



P.R.O.O.F. in Action

- Process:** An incident happened. Now leaders are scrambling to control the narrative and minimize consequences.
- Rituals:** "Keep it in the family" sounds protective, but it actually enables harm to continue.
- Oaths:** Brotherhood or sisterhood is being weaponized to demand my silence and participation in a lie.
- Obscurity:** Deleting messages and lying to advisors are acts of concealment. That tells me this is serious and wrong.
- Founding:** I will not build a legacy on lies and cover ups. I want to be someone who protects people, not reputations.



Script 1

"I will not lie about this. Someone was hurt, and this needs to be handled the right way."

Script 2

"If I say nothing, I become part of the problem. I care too much about you and this chapter to help hide this."

Script 3

"This is bigger than us. We need to involve advisors, campus officials, or legal help. I will not delete anything or change my story."

□ Role Play: Refusing to Participate and Finding a Safe Ally

Characters: Chris (Christian Greek), Jordan (leader asking for cover up), Taylor (safe ally)

Jordan: "Chris, we need everyone on the same page. Delete those messages and if anyone asks, say you left early. Got it?"

Chris: "Jordan, I cannot do that. Someone was hurt. I am not lying about it."

Jordan: "Do you want this chapter to get suspended? Do you want us all to go down because you could not keep your mouth shut?"

Chris: "I do not want anyone to go down. But I also will not help hide something illegal. This is not about loyalty. This is about doing what is right."

Jordan: "You are making a huge mistake."

Chris: "Maybe. But it is the right mistake to make."

(Later, Chris calls Taylor, a trusted mentor.)

Chris: "Taylor, I need help. Something bad happened, and people are asking me to lie. I do not know what to do."

Taylor: "You did the right thing by calling. Tell me what happened, and we will figure out the next steps together. You are not alone in this."

When to Report and How

If illegal activity, serious harm, or safety concerns are involved, you must report. Contact campus police, Title IX offices, student conduct, or a trusted advisor. Do not let fear of retaliation silence you. Protecting life and safety is a Christian responsibility. Document what you know, save messages if safe to do so, and seek legal or professional guidance if needed.

Debrief Questions

- What makes it so hard to refuse a cover up when chapter loyalty is on the line?
- How did Chris balance care for the chapter with commitment to truth and safety?
- Who are the "safe allies" in your life? Who can you call when pressure mounts?
- What would you do if you were in Chris's position? What script resonates most with you?
- How do we redefine loyalty so it means protecting people instead of protecting secrets?
- What are the long term consequences of staying silent versus speaking up?

Scenario 4 and 5: Boundaries and Faith Conversations

Scenario 4: Sexual Pressure, Boundaries, and Rumors

A partner or friend inside Greek Life is pressuring you sexually, using lines like "if you love me, you would" or "everyone else is doing it." Alternatively, rumors and gossip are circulating after an event, questioning your character or choices. You feel caught between protecting your integrity and protecting your relationships.

P.R.O.O.F. Lens on Sexual Ethics

- **Process:** Manipulation, pressure, or shame tactics are being used to override your boundaries.
- **Rituals:** Hookup culture or social expectations about relationships create pressure to conform.
- **Oaths:** Love, commitment, or loyalty language is being twisted to coerce you into violating your values.
- **Obscurity:** Secrecy, shame, and gossip thrive when healthy boundaries are absent.
- **Founding:** I want relationships built on respect, consent, and dignity, not pressure or manipulation.

Sample Scripts

- "If you loved me, you would respect my no. This is not about love. This is about control."
- "I have made commitments to God about my body and my boundaries. I need you to honor that."
- "I will not defend myself against gossip. I know my truth, and God knows my heart. That is enough."
- "Consent means both people say yes freely. Pressure, guilt, and manipulation are not consent."

Scenario 5: Hot Conversations About Faith and Denouncing

Someone confronts you with the claim that "no real Christian can stay Greek" or mocks your decision not to denounce your letters. The conversation is charged with pain, trauma, or theological judgment. You want to respond with grace, but you also feel attacked and misunderstood.

P.R.O.O.F. Walk Through

- **Process:** This person may have experienced real harm in Greek Life. Their pain is valid, even if their conclusions about you are not.
- **Rituals:** Denouncing has become a ritual of purity in some circles, but grace allows for different journeys.
- **Oaths:** You are being asked to choose between your faith and your letters, but that is a false choice.
- **Obscurity:** Trauma, hurt, and unhealed wounds are often hidden beneath theological arguments.
- **Founding:** I want to be someone who listens well, responds with grace, and refuses to argue my salvation.

Sample Scripts

- "I respect your story and your pain. My journey is different, and I am still seeking to honor Christ with my decisions."
- "Letters do not save me. Jesus does. I am working that out daily, and I will not argue my salvation with you."
- "I hear your concerns. I am also listening to the Holy Spirit, my mentors, and my conscience. I trust God to lead me."
- "We can disagree on this and still love each other. I am not asking you to change your mind. I am asking you to respect mine."

□ Role Play: Responding with Clarity and Grace

Characters: Riley (Christian Greek), Jordan (harsh critic), Casey (supportive friend for debrief)

Jordan: "Riley, how can you call yourself a Christian and still wear those letters? You know what goes on in those organizations."

Riley: "Jordan, I hear you. I know Greek Life has hurt people, and I take that seriously. But my walk with Christ is mine. I am not going to defend every chapter or every action. I am responsible for my own integrity."

Jordan: "That sounds like compromise to me."

Riley: "Maybe it does to you. But I trust that God is leading me, and I am accountable to Him, not to anyone else's judgment."

(Later, Riley debriefs with Casey.)

Casey: "That looked hard. How are you feeling?"

Riley: "Honestly, frustrated. But I also felt strong. I did not argue or get defensive. I just told the truth."

Casey: "That is all you can do. You honored them by listening, and you honored yourself by standing firm."

Debrief Questions for Both Scenarios

1. What makes boundary setting so difficult in relationships, whether romantic, social, or spiritual?

2. How can we respond to pressure, gossip, or criticism without losing our integrity or our compassion?

3. What role does prayer, mentorship, and community play in navigating these hot moments?

4. How do we separate trauma from theology when people challenge our faith or our choices?

Quick Access Script Library and Role Play Guidance

Integrity Phrases You Can Use in the Moment

Memorize a few of these. Practice them out loud. When pressure hits, you will have language ready.

• **Boundaries**

- "I am not comfortable with that, and I am not going to do it."
- "I have made commitments to God about how I live. This crosses that line."
- "My no is not up for negotiation. Please respect it."

• **Safety**

- "If someone is hurt, we need to get help now. I am calling for support."
- "This situation is not safe. I am removing myself and I suggest you do the same."
- "Secrecy protects harm, not honor. I will not stay silent."

• **Saying No**

- "I am good with what I have. Thanks, but no thanks."
- "This is not for me, and I am okay with that."
- "I am not judging you. I am just making a different choice."

• **Seeking Help**

- "I need to talk this through with someone I trust before I decide."
- "This is bigger than I can handle alone. I am reaching out for guidance."
- "Can we pause and bring in a mentor or advisor before we move forward?"

• **Witness and Example**

- "I want to be someone who protects people, not reputations."
- "My faith matters more to me than fitting in."
- "The legacy I leave starts with the choices I make today."

Practicing with Friends: How to Use Role Plays in Real Life

Role plays are not just exercises. They are training for your real life. When you practice saying no, setting boundaries, or standing firm, you build muscle memory. In a hot moment, your body and voice will remember what to do.

How to Role Play

1. **Read a scenario together.** Choose one from this playbook or create your own based on real situations you are facing.
2. **Assign roles.** One person is the Christian Greek. Another is the person applying pressure. A third can be a bystander or supportive friend.
3. **Act it out.** Do not overthink it. Just say the words and see how they feel. Notice what is hard and what feels natural.
4. **Swap roles.** Let everyone experience being the one under pressure and the one offering support. This builds empathy and confidence.
5. **Debrief.** Talk about what you learned. What worked? What felt awkward? What would you do differently in real life?

Practice with your Bible study group, a trusted friend, a mentor, or a chapter accountability partner. The more you rehearse, the more ready you will be.



When It Is Bigger Than You and Closing Reflections

Emergency Steps and Support

Some situations require immediate professional intervention. Do not carry the weight alone. Protecting life, safety, and dignity is a Christian responsibility, and sometimes that means involving authorities, counselors, or campus officials.

01

Contact Campus Police or Emergency Services

If there is immediate danger, violence, serious injury, or a threat to safety, call 911 or campus police. Do not wait. Do not debate. Act.

02

Contact Title IX, Student Conduct, or Trusted Campus Office

For sexual misconduct, hazing, discrimination, or other violations of campus policy, report to Title IX or student conduct. You can often report anonymously or with support from an advocate.

03

Talk with a Pastor, Chaplain, or Counselor

For emotional support, spiritual guidance, or processing trauma, reach out to a pastor, campus chaplain, or counselor. Many campuses offer free counseling services. Use them.

You Are Not Alone

If you are reading this and feeling overwhelmed, take a breath. You are not crazy for feeling conflicted. You are not weak for needing help. You are not a traitor for telling the truth. You are a person of integrity navigating complex, high pressure situations. That takes courage.

God sees you. He knows your heart. He honors your desire to walk with integrity even when it costs you. And you have a community, on campus, online, in your church, that is ready to walk with you.

Personal Reflection and Prayer

Use the space below to process your thoughts, fears, and commitments. Write honestly. Pray openly. Let God meet you here.

God, where have I felt the most pressure to compromise my integrity?

What hot moment am I most worried about right now?

What kind of legacy do I want to leave in my chapter and in my life?

A Prayer for Integrity Under Pressure

God, You see me in the middle of this mess. You know the pressure I feel, the fear that grips me, and the choices I face. Give me courage to stand firm when it would be easier to go along. Give me wisdom to know when to speak and when to listen. Give me clarity to see what is hidden and grace to respond with love. Help me honor You, protect others, and build a legacy that reflects Your heart. I trust You to lead me, even when the path is unclear. Amen.

You Are Called to Integrity

You are not alone. You are not crazy. You are called to walk with integrity, even when the pressure is high.

This playbook is a tool, but you are the one who has to live it. When hot moments come, and they will, return to these pages. Review the scripts. Pray the prayers. Call your people. And trust that God is with you, guiding you, strengthening you.

Your letters do not define you. Your choices do. Choose integrity. Choose courage. Choose Christ.

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100%

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God Is With You

Every hour, every decision, every hard conversation.

Your Worth Is Secure

In Christ, not in letters, status, or approval.

One Choice at a Time

Integrity is built in moments, not in perfection.

Connect and Continue the Journey

- SacredGreeks.com
- Start Here: <https://sacredgreeks.com/#card-mwywcov7nqn2if3>
- Sacred Greeks App: www.sacredgreekslife.com

Join a community of Christian Greeks committed to walking with integrity, supporting each other, and honoring Christ in every season of life.

