







**Integrity  
and  
Anti-Corruption**

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- There was a circumstances where I was in a difficult situation and some of my friends ask to replicate a project I'm working on. The deadline is approaching, and there is a lot of pressure. These friends are unable to finish the job by themselves for a variety of reasons and the problems they are going through . Sharing my work would be the simple way out, but it goes against my principles of personal accountability and academic honesty.

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- In this scenario when I find myself in a pretty bad situation and my friends ask to copy my assignments there's a deadline approaching, and tensions are running high. For a variety of reasons, these friends can't finish the job by themselves. Although sharing my work would be the simple solution, I believe that academic honesty and personal accountability are more important.

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- In this moment, maintaining your values and self-esteem becomes crucial. You experience conflicting emotions , pity for your friends and jealousy of your diligence. It's easy to give in, especially if doing so could make you appear popular for a short while or keep you out of trouble. But you also remind yourself of the worth of your own work and the significance of honesty and integrity.

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- Politely but firmly, you express that you can't allow them to copy your assignment. You explain that you believe in earning grades through individual effort. Your friends may be initially disappointed or frustrated because it's not an easy conversation.

## **Things might happen and how self esteem and values would have lost**

- Sharing my hard worked assignment with my friends who were struggling academically. It would be a moment of weakness. this seemingly innocuous deed would affect my sense of self-esteem . My achievement would casually turn in my work as their own. They would not value the time, energy, and creativity I put into that task and my assignments would have taken for granted . Beyond academic dishonesty, there would be a betrayal of trust involved. this seemingly innocuous deed would affect my sense of self-esteem.




# What should be done in order to avoid that

***Self respect*** : starts with valuing and realizing your own worth. Develop a sense of respect for yourself that is unaffected by approval from others or from outside sources.

**Boundaries** : Establishing and communicating clear boundaries is crucial. Knowing when to say no and setting limits on what you are willing to tolerate helps prevent others from taking advantage of your kindness.

**Self-Care**: Prioritizing self-care is essential. Taking care of your physical, emotional, and mental well-being ensures you have the strength and resilience to navigate situations where people may try to take advantage of you.

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- In the end, you submit your assignment proudly, knowing that you stayed true to your values. The experience strengthens your sense of self-esteem, reinforcing the importance of integrity and the value of your own hard work. Your friends might not fully understand at first, but you hope that, in the long run, they'll respect your decision and perhaps even be inspired to approach their future assignments with the same commitment and diligence.