



*Values For Life*

# PREFACE

The Ethics and Anti-corruption Commission (EACC) is mandated to fight against corruption through law enforcement, prevention and public education. The Commission educates and sensitises members of the public on ethics, anti-corruption and integrity. Through the Department of Education, the Commission has initiated several programmes in the formal learning institutions in Kenya. These programmes include Adili/Integrity Clubs, integration of anti-corruption in the school curriculum and school outreach programmes aimed at giving integrity talks to students.

The Education sector is critical in the fight against corruption and therefore to the realization of Kenya Vision 2030. The moral focus of education is to train the youth to become leaders of integrity who will advocate for ethics, anti-corruption and character change in conformity with the Constitution of Kenya.

## Introduction

This brochure addresses positive values. Values are the principles or qualities that direct the actions that we take. Values are the basis for the social, intellectual, emotional and moral development of the whole person.

Values are acquired from childhood based on teachings and observations of our parents, teachers, religious leaders and influential others.

The values that one acquires and upholds determine the kind of a person one becomes. This is because values guide our choices, decisions and behaviour.

Positive values such as honesty, respect, responsibility, obedience, orderliness, patience and sharing help us to act in ways that are beneficial, worthwhile and desirable to all.

Young people need to develop positive values. These values will enable them become useful and reliable members of society. Such young people make a difference in the communities that they live in.

Weak values at personal and societal levels and the failure to enforce organizational codes of conduct and values encourage corruption and unethical behaviour. The EACC calls upon all Kenyans to uphold and promote our national values which include: Patriotism, National Unity, Rule of law, democracy, integrity, transparency and accountability, human dignity, equity and social justice.

# Honesty

Honesty is the act of being frank and sincere. An honest person tells the truth, does not cheat and stands for what is right.

## Characteristics of an honest person

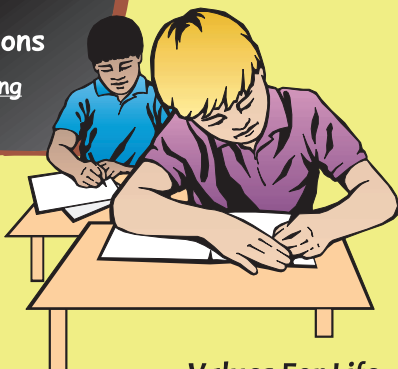
An honest person:

1. Does not cheat
2. Does not tell lies
3. Tells the truth
4. Stands up for what is right
5. Does not steal
6. Is reliable
7. Is believable
8. Is straightforward

## Reasons for being honest

1. Protects innocent people from being blamed or punished.
2. Makes other people trust you more.
3. Reduces confusion and conflict.
4. Makes one feel secure and peaceful.
5. Minimizes injustice.

Honest Hearts  
produce  
Honest Actions  
Brigham Young



## How would you show honesty?

1. Telling the truth at all times.
2. Admitting you made a mistake.
3. Not cheating during examinations or tests.
4. Doing your homework without copying from others.
5. Giving back change to your parents or teacher if any money remains after buying something.
6. Returning any money one may have been given by mistake.



## Consequences of being dishonest

1. One can get into trouble
2. A dishonest person is not trusted
3. Innocent people may be blamed
4. One loses respect.

A lie does not just affect the person to whom the lie is told but also the liar.

~ anonymous

A truth withheld becomes like a stone one must carry until the truth is told.

~ anonymous

## ***Obedience***

Obedience is willingly, promptly and cheerfully doing what one is told to do by authority provided it is right and fair.

### ***Characteristics of an obedient person***

An obedient person is:

1. Loyal
2. Trustworthy
3. Respectful
4. Follows lawful/legitimate instructions.

### ***Reasons for being an obedient person***

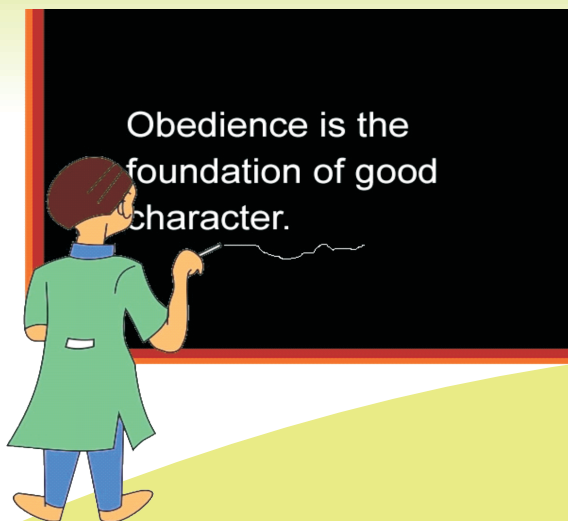
1. Punishment is avoided
2. Makes one likeable and acceptable
3. Conflicts are avoided
4. Builds positive character

### ***How would we show obedience?***

1. By listening and doing what one is asked to do

### ***Consequences of being disobedient***

1. Leads to conflict
2. Leads to intolerance
3. Creates mistrust by authority
4. Creates a disorganized and chaotic society



## Helping

Helping is voluntarily being of use or service to others. It is also assisting others without expecting a reward.

### ***Characteristics of a helpful person***

A helpful person:

1. Shows understanding and concern for others.
2. Creates time for others
3. Is approachable and accessible



## Reasons for helping

1. It is the right thing to do
2. To assist people who are in need
3. To lessen suffering and pain for others
4. To create friendship
5. To make people succeed in what they are doing

## Consequences of not being helpful

1. Increases suffering
2. Promotes irresponsibility
3. Lead to unfriendly relationships
4. Destroys the spirit of co-operation
5. Encourages indifference

“Success has nothing to do with what you gain in life or accomplish for yourself. It is what you do for others”  
- Danny Thomas

“Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them”  
- Dalai Lama



# Respect

Respect is showing regard and appreciation for the worth of someone, something and self.



## Characteristics of a respectful person

1. Listens
2. Is kind
3. Waits for his or her turn on the queue
4. Does not interrupt others as they talk
5. Is courteous, says please and thank you
6. Does not speak hurtful words to others

## Reasons for being respectful

1. Promotes peaceful coexistence
2. Leads to healthy relationships
3. It is a sign of responsibility
4. To earn respect
5. To accept people as they are

## Consequences of not being respectful

1. Leads to conflict
2. Makes us poor role models
3. Promotes unethical behaviour
4. Leads to punishment and suffering

“ Every human being of whatever origin, of whatever station, deserves respect.”  
- Thomas Jefferson

“ Self respect is the cornerstone of all virtues ”  
- Ralph Waldo Emerson

## Patience

Is enduring or persevering through circumstances or situations calmly without complaining. It is also being tolerant and understanding. It is being able to wait.

### Characteristics of a patient person

A patient person is:

1. Tolerant
2. Steadfast
3. Understanding
4. Respectful
5. Enduring
6. Calm and Composed



### Reasons for being patient

1. Allows a person to make right decisions.
2. Enables a person to think through the consequences of his or her actions
3. Helps one make and keep friends
4. Makes one succeed
5. Helps one overcome negative feelings such as anger, worry and hate.

## Consequences of not being patient

1. One may make hasty decisions which one may later regret
2. One may make wrong decisions
3. One may hurt self and others

“ All things come to him who waits - provided he knows what he is waiting for ”  
- Woodrow T. Wilson

“ Patience is bitter but its fruit is sweet.  
~ anonymous ”

## Sharing

Is to give what a person has to another person for them to use or enjoy. It is dividing or distributing what one has to others.



## Reasons for Sharing

1. To show that we care
2. To help those in need
3. To make and keep friends

## Characteristics of a person who shares

A person who shares is:

1. Kind
2. Loving
3. Selfless
4. Caring

## Consequences of not sharing

1. One is considered selfish and uncaring
2. One loses friends

“ It is far more blessed to give  
than to receive. ”  
Acts: 20:35

“ Happiness is not so much in  
having as sharing. ”  
- Norman Macewan

“ We make a living by what we get,  
but we make a life by what we give. ”  
- Norman Macewan

## Orderliness

Is being clean, tidy, neat, and organized.

## Reasons for being orderly

1. Saves time as one exactly knows where to find one's belongings or items
2. Enables one to complete tasks in a timely manner
3. Enables one to meet deadlines as one is easily able to trace documents that one is working on
4. One is not easily distracted and is able to focus on tasks
5. Makes one highly productive



## Characteristics of an orderly person

An orderly person :

1. Is clean
2. Is well behaved
3. Pays attention to detail
4. Is organized
5. Carries out activities without being reminded
6. Is disciplined

## Consequences of not being orderly

1. One will not achieve one's goals
2. One will be untidy
3. One will be easily distracted

“Those who lead disciplined and orderly lifestyles achieve all their goals and progress.”  
-Yajur Veda



**Be Honest**



**Be Obedient**



**Learn to Share**



**Be Patient**



**Respect Others**





*For further information contact:*

**Ethics and Anti-Corruption Commission**

P.O. Box 61130 Nairobi 00200

Tel: (254) 020 – 2717318, 310722

Fax: (254) 020 – 2719757

Hotlines: (254) 020 – 2717468

Mobile: 0727 285663, 0733 520641

0729 888881/2/3, 0736 996600/33

Email: [eacc@integrity.go.ke](mailto:eacc@integrity.go.ke)

Website: [www.eacc.go.ke](http://www.eacc.go.ke)