

October 2011  
Cheating



Look inside for a special  
teacher submission ||  
page 8

## Submissions

All Lynbrook students and alumni are eligible to submit stories to *Aletheia*. We publish every submission that adheres to our guidelines, which may be found on the website. The *Aletheia* staff is committed to preserving the integrity of your submission and will not make any changes, with exception to certain profanity (which will be asterisked-out). We do not edit stories for grammar or syntax.

Suggestions for future topics can be made at <http://lhsaletheia.org/contact>.

The November topic will be Self Image. Submissions are due by October 14. If you are interested in sharing your experiences, a submission box may be found online at [www.lhsaletheia.org/submit](http://www.lhsaletheia.org/submit).

## Mission

*Aletheia*, "truth" in Greek, is a student outreach publication that strives to provide a voice for all students at Lynbrook High School. Inspired by Los Gatos High's *Reality Check* and Monta Vista's *Verdadera*, *Aletheia* was created to facilitate communication and overcome stigmas concerning prevalent and taboo issues within the Lynbrook community. At the beginning of the school year, the staff designates a list of monthly topics pertaining to the realities of high school. Each issue of the publication comprises of firsthand experiences submitted anonymously by Lynbrook students and alumni, professional articles relating to that month's theme, and resources compiled by the student staff. Finalized newsletters are published into a PDF format and emailed out to Lynbrook families. Back issues may be found on our website, under Archives.

The content in *Aletheia* is composed by the students at Lynbrook High School in San Jose, California. Ideas and thoughts expressed within the publication are not necessarily reflected by the school administration or staff.

This is the first issue of *Aletheia* for the 2011 school year. Due to environmental concerns this issue was not distributed in paper form.

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I hate the fact that I study for two hours to get a good score when other people just cheat their way through. It's unfair, and teacher should be more aware of the different cheating methods. In my opinion, there really aren't any excuses to cheat. If you suck at a certain subject, get a STAR tutor. If you want an A to maintain your 4.0 GPA, maybe you should stop slacking off and actually apply yourself to your studies. If you simply need a passing grade to stay on a sports team, talk to the teacher first, and maybe you'll be able to work something out. Like I said, there are no excuses to cheat. It's funny though. I've seen all types of people cheating: the dumb, lazy kids, the popular kids, etc. But the cheaters I see in my \_\_\_ class... they CAN be smart if they WANTED to be. They're just lazy. Simple as that. In class, our teacher occasionally let us grade our own quizzes. Although he tells us to clear our desks, it doesn't stop students from hiding pencils in their laps. While the teacher is facing the board to write down the answer for a certain question, people just use the pencils they hid in their laps to change the answer that they originally got WRONG. No one's going to tell on them, because no one wants to be known as a tattler... and because she/he is cheating too. I'm sick and tired of people getting things they don't deserve by going through shortcuts. Unfortunately, that's how the world works. All I can hope for is that teachers will see this, and stop putting trust into students. Kids are always complaining about not being trusted, but when they do receive the trust, they abuse it. Teachers need to stop letting students grade their own exams. As for the cheaters I've already witnessed...I hope you have a terrible life. As much as I'd like to see you guys suffering on the streets, begging for money, I know the chances of that happening are less than 1%. The best, most realistic solution would be for me to be your boss years from now. I'll be sure to make your lives miserable. Like they say, "success is the best revenge."

*"All good is hard. All evil is easy.  
Dying, mediocrity, cheating is easy.  
Stay away from easy."*

*- Scott Alexander*

Cheating is promoted by usually one thing: the desire to do well by any means necessary. Especially at Lynbrook, where the mentality is: 'I have to get an A! Anything less is unacceptable and stupid.' The competitive nature of Lynbrook can push people to do whatever it takes to get that A+ on that math exam or lit essay. Cheating is almost always unacceptable, because it involves jacking someone else's work or answers and passing it off as your own. Not cheating doesn't put you at a disadvantage because there's no threat of getting caught. Someone who gets caught cheating almost always gets a 0 on whatever they were cheating for and ends up in a worse situation than if they had just tried their best. In middle school, I don't know if I could be called a cheater, but, stupidly, I did have what I liked to call a 'roaming eye', which was really just an excuse to say that I was unsure of my own answers and was looking at someone else's to confirm mine. At the time, I was incredibly conflicted if it was considered cheating or not and I often would have small panic attacks over my dishonesty. It might not have been intentional, but I was indeed cheating on a certain level. The boundary that defines cheating is looking at someone else's paper purposely in order to obtain an answer you didn't have before. People cheat because they are afraid of failure. If Lynbrook didn't have such an idiotically competitive atmosphere, I'm guessing that people would cheat a hell of a lot less.

*"It is impossible for a man to be  
cheated by anyone but himself."*

*- Ralph Waldo Emerson*

I entered chemistry one Friday, ready to take the test. I'd stayed up pretty much all night reading, writing, practicing, applying formulas. My eyes were drooping from lack of sleep and rest... the circles were more pronounced. I sat down, grabbed my pencil and eraser, and placed them on the corner of the desk. I was so ready to take this thing. Yes, I was tired. Yes, I was anxious. But I was so prepared. Nothing could faze me. Or so I'd thought. The teacher passed out the test. At first glance, I knew it wasn't right. This wasn't anything I'd ever seen before. It was like an entirely different language. I heard the pencils around me scratching furiously at the test. How did everyone around me

understand what I couldn't? I'd studied, darn it!

Okay, so here's the part where I tell you I cheated. That I looked at my neighbor's paper. That, under the pressure and circumstances, I succumbed to the devil.

Well, I didn't. I turned the test in at the end of the period, a lot less confident of myself. But I was proud that I hadn't cheated. And when I got the test back, with a big fat C written on it, it hurt, but I knew that next time, I'd just try harder.

But in the middle of all of this, during my math class, two boys were talking to each other about the test, like they always did. One of them hadn't taken it yet. The other boy was giving him all the answers. It pissed me off. A lot. Here I was, sleepless and insecure, while these boys got away with cheating every time.

And even though the teacher had caught them before, he didn't write them up! So what was I to do? I couldn't repeat what was already known, could I? They got A's every semester, while I was stuck with my stupid B's and C's. How is that fair? I hate those boys who cheated. Every time I see them, I lose more respect for them.

*Cheating is often more efficient.*

*- Jeri Ryan*

I'm sure everyone has cheated at some point in their high school career (as the guidance counselors like to call it). Sure, it might not have been as big as taking a picture of a test to send to all your friends or buying an essay you didn't write, but most people have asked their friends questions about a quiz or a test they took last period. I know that I've been on both sides of that situation, both supplying the answers and asking the questions. Do I feel bad about it? Not really. Do I think it's acceptable? Well, I don't think it's great that I do it, but I don't think it's the worst thing in the world. I figure that it's not really that big of a deal in the long run. People seem to always get so worked about cheating, but the weird thing is that I don't really care if other people cheat. On a certain level I know that I should, but it doesn't bother me for the most part. The one thing that does annoy me is when people have other people write their essays for them. Essays seem to be the one thing in school where it actually requires you to use your intellect and put some effort into it. They actually reveal a little about you as a human being. With tests, you might just as well be

a robot. So when people don't turn in an essay that they themselves wrote, it frustrates me. I spend hours slaving away so that I can get these words right, and someone else spends a couple minutes getting someone else to do it for them. This might make me sound like a grumpy little kid, but it's not fair. But I think the real problem isn't that people cheat; it's that people feel motivated to cheat. Cheating is simply a symptom of a bigger problem, and just targeting cheating isn't going to solve that problem. When you have strep throat you can take all the cough drops in the world to make your throat feel better, but your throat is going to keep feeling awful until you go to the doctor and get rid of the strep throat. The same thing goes for cheating. We all know that Lynbrook is a highly competitive environment when it comes to things like grades, so it makes sense that people feel like they have to cheat to keep up. The problem with this is that it only perpetuates the ridiculous standards that everyone adheres to. People want straight A's, but most people can't get those without a little assistance. And the problem isn't only at Lynbrook. College admissions are tougher than ever before, and people are trying to find some way to compensate for that. I don't know what the solution is, but it's pretty obvious where the pressure to cheat is coming from.

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I really do not condone cheating at all! I grew up in a household where it's not acceptable--especially on a person. You put so much time, commitment, love, and loyalty to somebody, why are you in a relationship if you're going to cheat? It's just horrible. I would never ever cheat on somebody and I hope nobody would do that to me.

*"The very scary thing about undiscovered lies is that they have a greater capacity to diminish us than exposed ones. They erode our strength, our self-esteem, our very foundation."*

*- Cheryl Hughes*

Cheating... is it ever okay? We've been conditioned to think that cheating is not acceptable, that it is something despicable. But is it really, ALWAYS, a bad thing? Here at Lynbrook, the workload that teachers give can sometimes be too great to finish in one night, after all the extracurriculars, and studying for tests. Sometimes lack of sleep catches up on you, and you just can't seem to finish that AP Bio homework before you crash that night. You have to resort to copying someone's notes, or even their homework quiz answers, so that your grade will not suffer. Many teachers don't seem to understand that our grades are what is going to get us into college. A certain chemistry teacher seemed to enjoy giving out "AP-level questions" on our tests and quizzes during Chemistry Honors, because there were people in his classes that were of the "above-and-beyond" type-- whose parents were chemists and physicists, and who have had extra tutoring outside of class. Is it fair to the rest of us, then, who only have the textbook and the teacher, to take these "AP-level-questions" and have our grades suffer, not because we did not study for the test, but because we simply could not do it? These kinds of situations put us students in the position of needing to cheat during a test. The counselors and teachers tell us, grades are not everything... but it's not true. Grades are so important, and they know it. "It's not the end of the world if you get a B" is what they like to say. But is it worth it to not cheat, and fail a test, and get a B in that class because of that test, and then not be able to get into your dream college as a result of it? The counselors' response to this may be, "It's not going to make that much of a difference", but it DOES. It DOES make a difference. Why do people with weighted GPA's of 4.92 get into Harvard, and people with 4.00's or lower, do not get into these top schools? They have better grades. This is the truth of how things are. This is why students at Lynbrook cheat. Because the harsh reality is, are college admissions officers going to listen to you explain those B's, and C's that you got in school, listen to you tell them how you never cheated on a single homework assignment or test, while everyone else around you did? Who is going to put up with that s\*\*\*? Don't believe people when they say they've never cheated before. Who's NEVER cheated before? Come on. Honestly? You've NEVER cheated? You've never copied a homework problem, showed someone your homework, told someone a test question, ASKED someone what was on a test, never ever? I don't believe you if you said that

you've never cheated before. No way, would anyone at Lynbrook put their integrity before their grades.

*"One must not cheat anybody not even the world of one's triumph."*

- Franz Kafka

In some ways or another, I'm sure all of us at Lynbrook have cheated before. Whether it's asking, "What questions were on the test?" or even the typical, "How was it?" everyone just wants to find ways to do that much better. Even I myself will shamelessly ask my friends, "How'd you do?" just to get a drift of what the test is like... Although we're always warned by our teachers at the beginning of the year that "cheating results in severe penalties" there's something that urges us to do whatever we can to get closer to that perfect score. I remember on the first day of school when one of my teachers was saying how he caught someone in the act; it was probably the most ridiculous method of cheating I've ever heard of. We all laughed it off... but then a week later we took our first test of the year. Number 4, it worth just one point, and I couldn't get it. I was confident about the rest of the questions, but it was just that one that had me stuck. I trained my eyes to the scantron sheet trying to resist from looking to the side... A, B, C, D, or E, 20% chance. The person sitting next to me suddenly stood up indicating that she was done. I reflexively tried to look at where number four was on her scantron sheet. All I could catch was that she marked something towards the left side... I took a guess and bubbled in B, then turned in my test. When we got our tests back the next day I saw that the only question I got wrong was number four. Just one point off from a perfect 100%... yet at the same time I was somewhat glad that I had missed that one; otherwise that 100% would have just given me guilt. It's not like I was disappointed about my score either, but it was the fact that I was so close that made me so dissatisfied. And I think that's why we cheat; because getting 2nd place is not only worse than 1st place, but in some ways it's worse than 3rd too.

*"Honesty is the best policy."*

- Don Quixote

This happened a while ago. I guess most people think of tests and homework when someone mentions cheating or something like cheating on a boyfriend, girlfriend, whatever. For me, it's the latter. It wasn't physical but instead emotional. "Officially" I was with him, but there was someone else that I couldn't stop thinking about and eventually I let that come between us. It really wasn't worth it. I still remember. I still regret it. I still wonder what would've happened.

~ ~ ~

When everybody else at Lynbrook is so over-achieving, you feel pressured to do well. Sometimes, even I work hard, I don't get the grade that other people get so easily. I don't cheat anymore because I realized that some of these people have unfair advantages. They cheat. It's more than just a little glance at your partner's paper. They take pictures of tests, they spread the test around, they ask people from other classes for the actual answers. I always hear students going "oh, number 3 is A. number 4 is B." It's a bit unfair really. I've been in an earlier period in some class, and I didn't do so well on the test. But I'm sure if I had been in a later period of the class, maybe I would have gotten the A and not my B. I thought about cheating myself, but in the long run, I realized it won't help me. I knew that I couldn't cheat myself through everything. I can't cheat myself to college. I couldn't cheat myself to my dream job.

I mean, yes, I was definitely tempted. I'm pretty sure I cheated sometimes too. I probably copied off of somebody's homework. But after all of that, I realized it's not going to get me anywhere. Getting that A by cheating won't feel as good as getting that A by my own effort.

*They are most cheated who cheat themselves.*

*- Danish Proverb*

I have cheated before. It was once, a long time ago, and I have not cheated since then. What sucks though is that colleges are going to see it, which means no private schools for me. What sucks even more is that 50% of this school cheats. 99% of them don't get caught and some of them who do don't even get written up. It's unfair and I hate it. Sucks for me I guess.

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Do you know what's the worst? When they actually think they deserve the grade they get and that they've actually achieved something. It takes quite a bit of self control to tell them off. Another thing. Watching your friends cheat during a class you have with them. I spend all of last year during a certain class doing that. Then I had to watch them smile giddily at their 95% while I was always borderline between an A and a B. And then they proceed to ask if they can copy my homework. Well, just this one person who NEVER did her homework but managed to learn enough of the content from copying someone else's assignment.

To be frank, they deserve to get caught; yet somehow, I'm unwilling to be the one person who tips off the admin. To be fair, I can understand why they do it. It's so much easier. Put in half the effort and reap twice the rewards. Who doesn't want that?

*"When people cheat in any arena, they diminish themselves--they threaten their own self-esteem and their relationships with others by undermining the trust they have in their ability to succeed and in their ability to be true."*

*- Cheryl Hughes*

I'd tell you not to cheat, but I would be a hypocrite. Honestly, who hasn't cheated before? I've done it so much that I don't feel bad about it anymore. I don't feel good, but I no longer hate myself for cheating.

I know the tricks to cheating, and I've done them all before. I'm the kid everyone hates because I'm the one who cheats their way to an A while everyone else get a C. This has happened so many times in the past and it'll only continue to happen.

Why do I cheat? I'm tired of failing everything even when I study. I'm just stupid or something, but as hard as I work I never do well. Cheating is just easier for me. Cheating this much will hurt me in the future, but right now I don't care.

~ ~ ~

Cheating plays a vital role in my life. It's up there with air, water, music, etc. I'm not sure when, or how it happened to rise to the top but now, almost every day I use it. On tests, I resorted to placing blank pieces of paper on my friend's shoe, with the number for them to write the answer. To my parents, I lie nearly every day. I know it's wrong, but I don't think I'll be able to give it up. The pressures of my everyday life, and the pressures of my parents making me tell them where I am, every moment of the day, is too much for me. The pressure forces me to cheat and ruin my integrity.

~ ~ ~

Cheating is disgusting. It really annoys me when people copy other peoples' homework every day. Why in the world can't you just do your own work? I used to cheat once in a while, myself. I would let people copy my homework. Now I realize that there's actually truth to the "you're cheating yourself if you cheat" saying. You don't learn anything when you cheat. You just learn how to be filthy and sneaky. If that's what you want to grow up being, then go ahead. I won't have any part of it, though.

*The cheat always lies at the feet of the cheated.*

*- Italian Proverb*

Yes. And this may sound incredibly Lynbrook-ish of me, but I was denied entry into a class that I had worked hard over the summer for the credits, only to be told at the last minute that there were no more spots left. Our admin suck. But you don't need another paper to tell you that. Anyway, life is like that. S\*\*\* happens. There are other things to focus on, even though I don't believe that myself. What else. That's about it. Have a nice day.

~ ~ ~

Cheating is when your best friend's girlfriend just happens to be in the same science class as you. Wait, the story's not over. Don't go about assuming - there's a whole lot of special things about this girl. I know she's my best friend's girlfriend, but she's so

pretty. And every time she asks for help, I can't resist - anything to make her happy, and perhaps she'll like me back. Perhaps if I let her borrow my homework that's due in two periods, she'll like me more. More than him? Perhaps.

*No one can cheat you out of ultimate success but yourself.*

*- Ralph Waldo Emerson*

To me, whenever someone utters the word 'cheat' or 'cheater' or quite frankly, anything with 'cheat' in it, I shudder. This word is not a word to be taken lightly. Cheating, to me, does not refer to any schoolwork or anything to do with school. To me, cheating reminds me of a relationship. When I think of cheating, I think of someone who stands in the shadows. Someone who wants to take the easy way out. Someone dishonest. A cheater. The word haunts me wherever I go. It's a faint obscurity when I look at that dark corner. That shadow is me. It all started around 7 months ago, when I was separated from my only love. An uncontrollable urge. That was what caused it all. Me and my lover had been together for one year and six months. I loved her dearly and her passion for me was the same. However, I could not stay loyal, and my love was wavering as I see another woman. Soon, I started seeing another behind her back. At first, I felt like a monster, a lying savage. I was the epitome of lust. I could not control myself, as this new girl made me feel alive and amorous. I could not bring myself to lose either girl, so the cheating ensued. My memories with each girl grew, and I loved both very much. On the other hand, my short lived happiness would soon come to an end. Like all cheaters, I would be caught. I would reap what I sow. My original girlfriend found out, and our flame of love was nothing to her inferno of anger. She did not express her anger, however, but instead talked to me in a cold and disheartened voice. "We're done." Those were the last words I have ever heard from her. She had moved to another state, and her joyless voice will always haunt me. She had always been a kindhearted and loving girl with a voice full of mirth. That night, I cried for the first time ever since elementary school. I had lost the most precious memory of my most valuable treasure. I was lost. I broke up with the other girl and told her the truth. The

pain I felt from the second breakup snapped my conscious. Everything I had ever cared for, was no more. I have never even looked at another girl since. I might not ever recover from that day. All I know is cheating is not something acceptable. Ever. Cheating will get you nowhere. This is not only cheating on tests, but in life itself. Now I only have one thing to say, if destiny allowed my past lover to read this. Never should I have let my heart stray. I shouldn't have taken you for granted. Guilt is now an everyday feeling. Having you in my heart to this very day. Te Amos. (Devotion reigns above grief. One night. Eternity.)

*"I would prefer even to fail with honor than to win by cheating"*

*- Sophocles*

Cheating...I try not to cheat. I don't on tests or quizzes, but from time to time I will look off of someone's homework, copying notes and whatnot. In terms like that, I think of it more like teamwork, and I'll try to help a friend in need if they missed a problem here or there. Generally I don't think much of cheating, despite rumors of it being a problem in high pressure environments like Lynbrook. I figure, when it comes to cheating, people can do whatever they want to do. I do feel a little bad when I see it though, as someone does all the work and another person gets all the credit. I guess ultimately though it just hurts the person who cheats, as they never really learn the material or the skill the homework/test/quiz teaches. I do think that students should collaborate on things though, as we can gain more answers and perspective by helping each other out.

# Letter from a Lynbrook teacher



So you saved yourself twenty minutes of work by borrowing your friend's worksheet during tutorial. Your quiz category grade was temporarily maintained when you glanced at your neighbor's paper. Perhaps you earned a full letter grade higher on the test than you should have thanks to some stealth cell phone usage during your last assessment. You win.

It was busy work anyways, you wouldn't have learned anything from it had you done it, I'm sure someone else understands. The reading was too long and you had other assignments so it's justified because you have a life to live right? It's not really cheating if you change the words or mix around the sentences. Everyone knows that right? Anyways, everyone cheats on assignments so it's just keeping up with the Jones'. You justify.

Most of the time, you get away with it... but sometimes you don't. At times we tell you, other times we presume and don't, but we always remember. You see, I understand the student perspective because I was once a student. Now I teach and have a different perspective. For you as a student, cheating may mean taking a chance with a zero. For me, when you cheat you destroy what I work to build with you.

Part of being a teacher is working hard in and out of the classroom to build trust and respect with students. Our job is not just to lecture you on content, but it's to help you grow as young men and women. We establish the foundations for relationships and nurture that along as we get to know you. Who we see is more than a student ID and a grade at the end of the semester. So when I know a student has cheated it essentially voids what we've built together.

It's truly a shame to know that when a cheating student comes up to me and says they enjoy my class, they appreciate my teaching, and that they are thankful for my support of their activities, that what actually lingers in my mind has nothing to do with that. I remember how it's all a fraud. The ultimate result of cheating has nothing to do with grades, it's about how we see each other as people. You can deal with how you feel about yourself alone, but when you cheat and we know about it, it's a "we" thing. When you cheat in my class, you don't just cheat the system, you've cheated me.



## Geetha Narayanan, MFT intern

Over the last eight years, I have had the privilege of working with adults, children, teens and families. It has been a pleasure to witness and play a small part in their personal growth and well being. My primary approach is one of psychodynamic orientation, employing techniques from attachment and object relations theories. I also employ EFT (Emotion Focused Therapy) and CBT (Cognitive Behavioral Therapy) as required.

I am a first generation immigrant of the USA and, apart from English, I am fluent in Hindi and Tamil (Asian Indian languages). As a therapist, I enjoy working with people from diverse cultural backgrounds.

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In the past year, 30 % of US high school students stole from a store and 64% cheated on a test, according to a new, large-scale survey suggesting that young Americans are too apathetic towards ethical standards.

The common response of teens – “why shouldn’t we? I am not the only one cheating”. It is disheartening to find that today’s youth are less honest than previous generations.

“The competition is greater, the pressures on kids have increased dramatically,” says Mel Riddle of the National Association of Secondary School Principals. “They have opportunities their predecessors didn’t have [to cheat]. The temptation is greater.” Michael Josephson, the institute’s founder and president, said he was most dismayed by the findings about cheating and stealing. “We have to create situations where it is easy for kids to do the right things,” he added. “We need to create classrooms where learning takes on more importance than having the right answer.”

“You can reinforce the character trait of integrity,” says Riddle, “We overload kids these days, and they look for ways to survive. ... It’s a flaw in our system that whatever we are doing as educators allows this to continue.” We may not be able to change the entire system immediately, but it is possible to make small changes at home.

### WHY DO TEENS CHEAT:

#### *Fear*

Fear is a common reason for cheating. Sometimes, teens cheat or steal because he/she fears that his/her mother would get “mad at her”, or his/her Dad would take privileges away, or in some situations, it may even result in detention or suspension from school. Typical parent admonishments like “I’ve told you more than a hundred times...” do not help teens deal with the heart of the problem. It alienates them. Parents have to address the behavior that forced them to cheat in the first place.

In some situations, teens may not be ready to take an AP or honor level classes for several reasons. Teens may cheat for their regular classes too. So parents should recognize that and not forcefully encourage them to take those classes. Sometimes teens feel helpless and resort to cheating.

**What parents can do about it?** Constantly angry, loud, rigid or restrictive parents often encounter compulsively cheating teens. Teens may also cheat because they may over-predict a reaction.

Allowing room for negotiation, compromise, listening before accusing and keeping the volume down helps pave the way for honest communication.

Show admiration for attempt, not just for success. Let your teens know that you’re not just looking at the results but also focus on process or effort praise rather than product praise.

### **Modeling**

Sometimes, Teens grow up in an environment where cheating/stealing is commonplace. The problem is that they repeat what they have experienced from others (peers and parents). Make telling the truth a priority, both in instruction and by example.

**What parents can do about it?** Although teens are strongly influenced by their peers, they also see what their parents believe in and model their behavior and base their moral compass on that.

While parents cannot control the 'cheating' that teens may encounter outside their home, it is important that they eliminate it at home. This is not to say that parents have to be perfect, but they also cannot say "I'm an adult, so I have to lie in some situations, but you cannot." Teens simply don't buy that argument.

### **SHOULD PARENTS PUNISH CHEATING?**

Seeking the deeper motivation for cheating and work at the source rather than the symptom would be the effective way to deal with lying and cheating. Teens will find different ways of misrepresenting the truth.

Above all, the purpose and desire of every parent is to encourage honesty. It is a characteristic, not just a behavior. When all is said and done, we want our teens to love the truth, not to fear it, and to hate to cheat or steal, not merely the punishment that cheating brings.

## **Additional Resources**

*Parenting from the inside out*  
Daniel Siegel and Mary Hartzell

*Guiding Students from Cheating and Plagiarism to Honesty and Integrity: Strategies for Change*  
Ann Lanthrop and Kathleen Foss

*Attached at the Heart: 8 Proven Parenting Principles for Raising Connected and Compassionate Children*  
Barbara Nicholson and Lysa Parker

*The Cheating Culture: Why more Americans are Doing Wrong to Get Ahead*  
David Callahan