



***Honesty
is the first
chapter in
the book of
wisdom.***

Thomas Jefferson

PATH

*Walking the
Honest Way*

GAINS

- ➔ *Building trust in the relationships*
- ➔ *Fostering genuine connections through open and honest communication*
- ➔ *Developing a reliable and sincere character*
- ➔ *Enjoying a more content and fulfilled life*
- ➔ *Inspiring others to embrace truthfulness*
- ➔ *Developing strong leadership qualities through ethical behavior*
- ➔ *Setting a positive example for others through a commitment to honesty*



DIALOGUE

1 Read the following dialogues to determine their content.

Dialogue 1

- Mia:** What do people need to prioritize to become friends, Ben?
- Ben:** Trustworthiness, Mia. It's important for people to be dependable to each other.
- Mia:** Anything else?
- Ben:** Honesty. Dishonesty can erode the foundation of mutual friendship.
- Mia:** What else?
- Ben:** Sincerity, loyalty, perseverance and solidarity. These are the central tenets for a strong friendship.

Dialogue 2

- Laila:** What's the foundation of any strong relationship?
- Cindy:** Honesty.
- Laila:** And then?
- Cindy:** Trust, without a doubt.
- Laila:** What comes after that?
- Cindy:** Open communication and genuine understanding.

Dialogue 3

- Sarah:** What's the cornerstone of a lasting friendship?
- Jake:** Honesty, without a doubt, Sarah.
- Sarah:** What else is crucial?
- Jake:** Transparency, being real with each other.
- Sarah:** What does transparency build?
- Jake:** A bond that can weather any storm, founded on trust and genuine connection, Sarah.

Dialogue 4

- Mike:** What's the bedrock of a strong partnership?
- Rafael:** Truthfulness, Mike.
- Mike:** Anything in addition to that?
- Rafael:** Mutual respect and honesty lays the groundwork.
- Mike:** How do you sustain it?
- Rafael:** Through consistent communication, openness, and owning up to mistakes.

2 Reread the dialogues and compile a list of characteristics that exemplify truthfulness and honesty. Ensure the list includes at least seven distinctive traits.

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3 Examine the two conversations shown below. Summarize the main ideas regarding fostering a healthy work environment and nurturing a flourishing family. Then, answer the following questions.

- 1 What does honesty mean in the context of your family?
- 2 How can integrity and accountability be promoted in your environment?

Dialogue 1

Emily: What's essential for a healthy work environment?

Mary: Honesty, Emily, from top to bottom.

Emily: What complements it?

Mary: Integrity, accountability, and a culture where truth is valued.

Emily: And after a setback?

Mary: Learning from it together, adapting, and moving forward honestly.

Dialogue 2

Alex: What's crucial for a family to thrive?

Carl: Honesty, Alex, the glue that holds everything.

Alex: How do you strengthen family ties?

Carl: Being truthful about feelings, needs, and creating a space for open discussions.

Alex: And when mistakes happen?

Carl: Apologizing sincerely, forgiving, and building trust through consistent honesty.

4 Complete the dialogue with the following expressions.

understanding perspectives

Truthfulness

supporting each other with honesty

conflicts

Sarah: What's the foundation of a strong friendship?

John:, Sarah, the starting point.

Sarah: What else contributes to it?

John: Loyalty, sincerity and

Sarah: How do you navigate

John: Honest conversations,, and finding common ground, John.

5 Partner up and craft a dialogue that mirrors the structure of the provided examples, focusing on the theme of cultivating a positive school environment. Consider what elements are crucial, what aspects complement each other, the role of honesty in fostering this environment, and strategies for addressing conflicts. Present your dialogue in front of the class.



SHORT STORY

- 1 Read the following short story and map out the key elements and main points below.

- | | |
|---------------|---------|
| 1. Characters | 4. Plot |
| 2. Setting | 3. Time |

On a quiet Saturday afternoon, Sarah found herself engrossed in a captivating novel in the cozy living room. Her little sister, Lily, was playing nearby with a set of colorful building blocks. In the midst of Sarah's reading, a sudden crash interrupted the tranquil scene. Looking up, she noticed that Lily had accidentally knocked over a vase perched on the edge of the coffee table.

Fear seized Lily's eyes as she gazed at the shattered pieces on the floor. However, this wasn't just any vase – it was a cherished family heirloom, passed down from their grandmother. Its value transcended the monetary; it held a wealth of memories.

Sarah knew that honesty was crucial, but the fear of consequences momentarily gripped her. Instead of admitting the truth, she hesitated, contemplating whether she could fix the situation without anyone knowing. The idea of Lily facing the repercussions gnawed at her conscience.

The following days were marked by palpable tension in the household. Their parents, unaware of the true culprit, implemented strict measures and restrictions on both girls. Sarah observed Lily's gradual withdrawal as the weight of the situation bore down on her tiny shoulders.

Unable to bear the guilt any longer, Sarah decided to set things right. One evening, she approached her parents with a heavy heart and tearfully confessed the truth about the broken vase. The room fell silent as her parents processed the revelation. Lily, initially surprised, now looked at her sister with a mix of relief and gratitude.

To Sarah's surprise, her parents responded not with anger but with appreciation for her honesty. They recognized the difficulty in admitting mistakes and commended her for taking responsibility. The sisters, once at odds due to the unspoken truth, found themselves united by the shared experience.

As a family, they worked together to repair the broken vase, turning it into a symbolic reminder of the importance of honesty and communication. From that day forward, Sarah and Lily grew closer, understanding that the foundation of trust within their family was more valuable than any heirloom. The incident became a catalyst for open conversations and a commitment to facing challenges together with honesty and integrity.



- 2 What were the consequences of Sarah's initial hesitation to admit the truth about the broken vase?

- 3 How did the atmosphere in the family change after Sarah's confession?

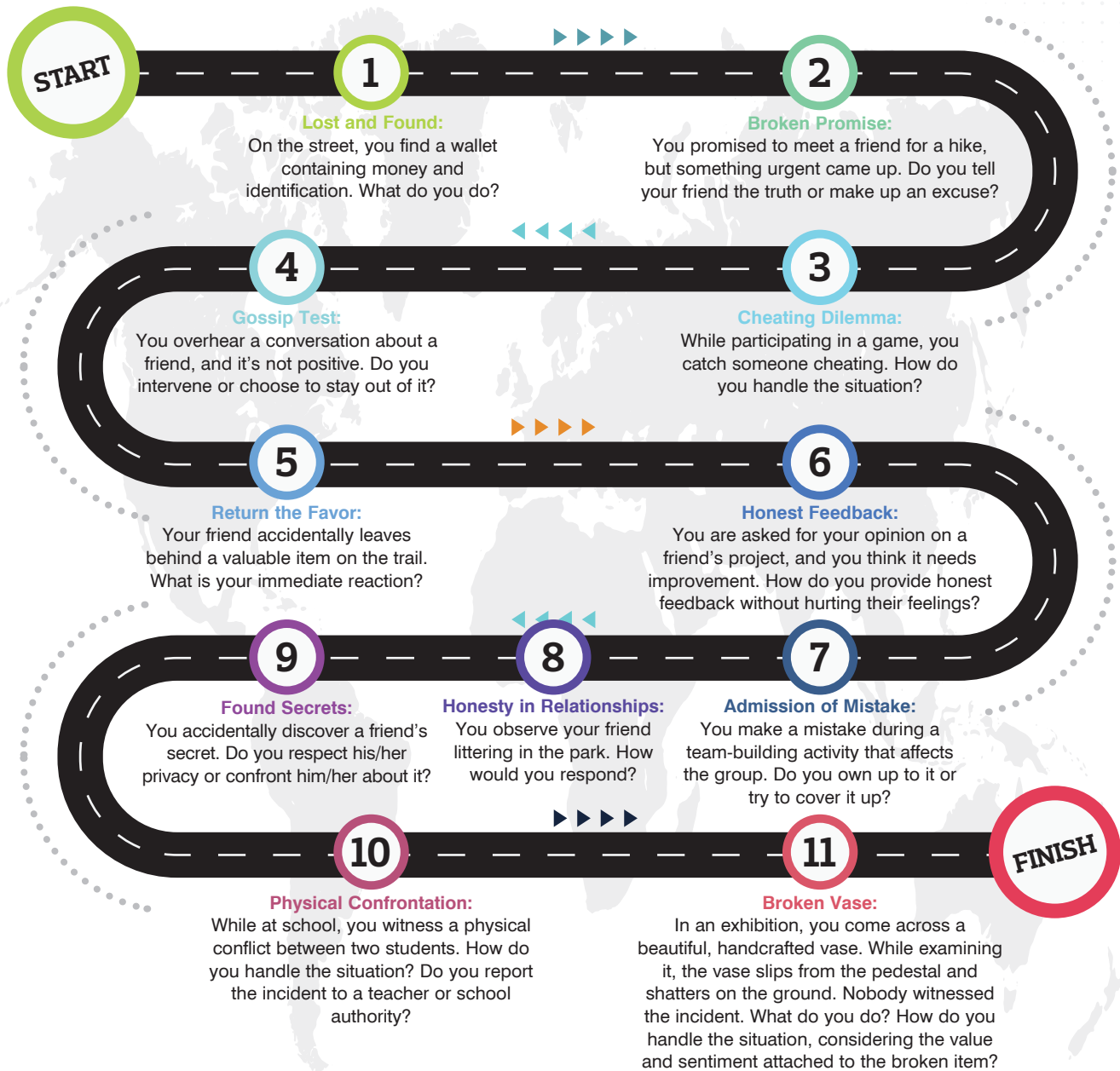
- 4 Discuss the emotional impact on both Sarah and Lily during the period of miscommunication.

- 5 Share personal experiences related to times when honesty played a crucial role in resolving conflicts or strengthening relationships.

“**GROUP WORK**”

- 6 Reflect on a moment in your life when honesty made a significant difference. How did you feel before and after being honest, as well as the impact on your relationships.

Honesty Trail Adventure



Game Title: Honesty Trail Adventure

Objective: You will navigate through a trail, encountering various challenges that require you to make honest decisions and communicate openly with your participants.

Preparation: Gather in groups of three or four. Write numbers from 1 to 11 on different pieces of paper and fold them.

How to play: Select a folded piece of paper and unfold it to reveal the challenge written on it. Place the corresponding number on the designated station along the trail. Share your genuine reaction and response with your group partners. Rotate turns until all the cards have been used. After each scenario, reflect on the significance of honesty and truthfulness in your responses. Upon reaching the end of the trail, discuss the challenges encountered, how they were managed, and the consequences of your decisions.

CONCEPTS

- 1 The following are some positive and negative concepts about honesty and truthfulness. Can you match them with their definitions?

Integrity	Betrayal	Manipulation	Trustworthiness
Deception	Accountability	Dishonesty	Transparency
.....	The quality of honesty and dependability essential for building constant trust between individuals and communities so that they can feel secure in their relationships and interactions.		
.....	Consistently aligning one's words and actions with moral and ethical principles for personal and professional growth.		
.....	Taking responsibility for one's actions and being truthful about mistakes or shortcomings, willingness to face the consequences of one's actions and make amends when necessary.		
.....	Sharing information openly and honestly to promote a culture of trust, collaboration, and intelligent decision-making to reduce the possibility of misunderstandings or hidden agendas.		
.....	Intentionally misleading or withholding information from others by weakening trust and distorting reality mostly to cause harm to people or organizations.		
.....	A spectrum of behaviors like lying, cheating, or engaging in fraud by intentionally misrepresenting facts or distorting the truth to erode trust and damage relationships.		
.....	Violating trust by breaking promises or revealing confidential information, causing emotional pain and damaging relationships with long-lasting effects on people that can be difficult to repair.		
.....	Using dishonest or deceptive tactics to influence or control others for personal gain by damaging autonomy, exploiting vulnerability, and eroding trust.		

2 Examine the following behaviors and determine if they are honest (H) by writing an 'H' in the empty box.

<input type="checkbox"/>	Telling the truth about a mistake you made.
<input type="checkbox"/>	Lying about your qualifications on a university application.
<input type="checkbox"/>	Keeping a promise you made to a friend.
<input type="checkbox"/>	Helping to spread false rumors about a close friend.
<input type="checkbox"/>	Providing accurate information to buyers while selling your game console.
<input type="checkbox"/>	Cheating on an examination.
<input type="checkbox"/>	Sharing confidential information without permission.
<input type="checkbox"/>	Falsifying data in a critical research study on life-saving medication.
<input type="checkbox"/>	Acknowledging and giving credit to others for their ideas, contributions, or work.
<input type="checkbox"/>	Falsely accusing others or shifting blame to avoid personal responsibility.


3 Read the following scenarios and reflect on each one individually. Afterwards, answer the questions provided below. Write a few sentences about each scenario in your notebook.

Toppled Secret	Project Terminated	Early Discovery
Your friend confides in you about a mistake they made, but he asks you not to tell anyone else. Later, another friend asks you if you know anything about it. What would you do? Why?	You accidentally damage a classmate's project. No one saw you do it, and you could easily walk away without taking responsibility. What choices do you have, and what would be the consequences of each choice?	Your teacher leaves the answer key for an upcoming test on their desk. What would you do if you noticed it? Why?

- 1 Why is honesty important in relationships and friendships?
- 2 How does being honest contribute to building trust?
- 3 What are some potential consequences of being dishonest?
- 4 Do you remember a time when you were honest even though it was difficult? How did your honesty change the situation?
- 5 What actions can you take to demonstrate honesty and trustworthiness in your everyday activities?

- 4 The following are the lyrics of Billy Joel's 1978 song 'Honesty', emphasizing the significance of truthfulness and integrity in every aspect of our lives. As you listen, fill in the blanks with the correct words from the word list below.

comfort	sleeve	promises
security	tenderness	blind
truthfulness	sympathize	believe
lies	sincerity	concerned



If you search for
 It isn't hard to find
 You can have the love you need to live
 But if you look for
 You might just as well be
 It always seems to be so hard to give

Honesty is such a lonely word
 Everyone is so untrue.
 Honesty is hardly ever heard
 And mostly what I need from you

I can always find someone
 To say they
 If I wear my heart out on my
 But I don't want some pretty face
 To tell me pretty
 All I want is someone to

(Chorus)

I can find a lover
 I can find a friend
 I can have until the bitter end
 Anyone can me
 With again
 I know, I know

When I'm deep inside of me
 Don't be too
 I won't ask for nothin' while I'm gone
 But when I want
 Tell me where else can I turn
 'Cause you're the one I depend upon

(Chorus)



https://youtu.be/SuFScoO4tb0?si=h66u2O_DkNTqDiVf

- 5 In "Honesty", Billy Joel points out to his need for truthfulness and honesty in relationships, but also expresses his disappointment and helplessness when people treat him insincerely.

*"Honesty is such a lonely word,
 Everyone is so untrue.
 Honesty is hardly ever heard,
 And mostly what I need from you."*

Do Joel's words relate to your personal experiences? Write a short paragraph about this in your notebook.

POWERFUL WORDS

1 Choose three of the following wise sayings and briefly explain them in your own words

"Honesty is the first chapter in the book of wisdom." – Thomas Jefferson

"Truthfulness is composed of justice and courage." – Ibn Hazm

"Honesty is the fastest way to prevent a mistake from turning into a failure." – James Altucher

"Honesty is more than not lying. It is truth-telling, truth-speaking, truth-living, and truth-loving." – James E. Faust

"No legacy is so rich as honesty." – William Shakespeare

"Truthfulness is certainty and tranquility, while lying is doubt and confusion." – Prophet Muhammad

"Honesty is telling the truth to ourselves and others. Integrity is living that truth." – Kenneth H. Blanchard

"Truth is the foundation of all knowledge and the cement of all societies." – John Dryden

"Honesty is often very hard. The truth is often painful. Yet, the freedom it can bring is worth the trying." – Fred Rogers

"The further a society drifts from truth, the more it will hate those who speak it." – George Orwell

2 Reflect on truthfulness and honesty, connecting wise sayings to your personal lives and experiences.

Instructions:

- Get a blank piece of paper.
- Choose one quotation that resonates most with you or captures your attention.
- Reflect on your chosen quotation and write a short paragraph, no more than 80 words, explaining its meaning. Please include examples or personal experiences that illustrate the importance of truthfulness and honesty in your life.
- Form small groups and share your chosen quotation, your interpretation, and your examples with your peers. Discuss and exchange ideas within your groups for 10 minutes.
- Following the group discussions, designate a speaker to share the collective reflections on your selected quotations with the class. Focus especially on discussing the significance of truthfulness and honesty in both personal and societal contexts. Embrace the challenge of crafting your own original quotations or statements about truthfulness and honesty. Write these on separate cards or strips of paper. Present your quotations to your teacher to have them displayed on the "Quotation Wall" of the classroom celebrating your creativity and reinforcing the importance of truthfulness and honesty.

REFLECTIONS

- 1** Answer the following questions and see if there's a difference between your words and actions.

HOW HONEST ARE YOU REALLY?

- 1.** You find a lost wallet on the street with money and identification. What do you do?
 - a** Look for the owner and return the wallet intact.
 - b** Take the money and leave the wallet where you found it.
 - c** Keep the money and discard the wallet.
 - d** Use the money and throw away the wallet.
- 2.** You accidentally damage a friend's phone while borrowing it. What is the most honest course of action?
 - a** Immediately admit to the accident and offer to repair or replace the phone.
 - b** Apologize but say you don't know how it happened.
 - c** Blame someone else for the damage.
 - d** Avoid telling your friend and hope they don't notice.
- 3.** You witness a friend cheating on a test. How would you react?
 - a** Confront your friend privately and encourage them to stop cheating.
 - b** Report your friend to the teacher.
 - c** Ignore it and focus on your own test.
 - d** Offer to help your friend cheat.
- 4.** Your parents ask if you've completed your chores, but you haven't. What do you say?
 - a** Tell the truth and explain why you haven't completed them.
 - b** Pretend not to hear the question.
 - c** Blame a sibling for not doing their part.
 - d** Lie and say you finished them.
- 5.** You accidentally receive a higher grade than you deserved on a test. What action would you take?
 - a** Inform the teacher about the mistake.
 - b** Ignore it and hope the teacher doesn't notice.
 - c** Celebrate and keep the higher grade.
 - d** Offer to help a friend cheat on the next test to balance things out.

- 6.** You notice a friend spreading a false rumor about another friend. What do you do?
- a** Confront your friend and discourage gossip.
 - b** Ignore it and stay out of the situation.
 - c** Join in and spread the rumor further.
 - d** Start a different rumor to divert attention.
- 7.** You accidentally damage a library book. What is the most honest course of action?
- a** Report the damage to the librarian and offer to pay for a replacement.
 - b** Return the damaged book without saying anything.
 - c** Hide the damaged book and check out a different one.
 - d** Blame someone else for the damage.
- 8.** Your teacher leaves the answer key to an upcoming test on their desk. What would you do?
- a** Report the situation to the teacher and suggest securing the answer key.
 - b** Ignore it and focus on your own studying.
 - c** Take a quick peek and memorize the answers.
 - d** Copy the answers for yourself and a few friends.
- 9.** You accidentally overhear a conversation that was not meant for your ears. What do you do?
- a** Confront the people involved and demand an explanation.
 - b** Keep the information to yourself and respect others' privacy.
 - c** Share the information with others for entertainment.
 - d** Use the information to manipulate the situation to your advantage.
- 10.** You have just bought something in a supermarket. When you get change, the man at the counter gave you an extra \$5 by accident. What do you do?
- a** Give it back straight away.
 - b** Take and think about it.
 - c** Depends on how you need that money.
 - d** Take it because it doesn't mean you're stealing it.

RESULTS

Now take a few seconds to look back over your answers.

If you mostly chose As

You constantly demonstrate honesty and integrity. Well done!

If you mostly chose Bs

You are aware of what is morally right, yet your actions do not consistently align with that knowledge. You will discover that life becomes more meaningful when you consistently adhere to your core values.

If you mostly chose Cs

It appears that you're taking thoughtful consideration in deciding what actions to take. However, this might lead to defaulting to the wrong choice. It's advisable not to procrastinate; instead, take immediate action to do what is right.

If you mostly chose Ds

Struggling with honesty might be impacting your life. Take a moment to assess if this approach is serving you well. Dishonesty can become a negative habit, leading to unnecessary lies. This tendency may stem from a perception of life's unfairness, making you think fairness isn't essential. Consider discussing ways to be more honest with someone you trust.

2 Read the characteristics of an honest person and check the ones you agree with.

An honest person ...

<input type="checkbox"/>	a	doesn't lie.	<input type="checkbox"/>	k	does not evade the assigned tasks.
<input type="checkbox"/>	b	keeps his/her promise.	<input type="checkbox"/>	l	prefers the truth over their own interests.
<input type="checkbox"/>	c	sets an example to those around them.	<input type="checkbox"/>	m	is a decent human being.
<input type="checkbox"/>	d	does their duties on time.	<input type="checkbox"/>	n	criticizes themselves, accepting flaws and working towards correcting them.
<input type="checkbox"/>	e	gives confidence.	<input type="checkbox"/>	o	is tolerant towards others.
<input type="checkbox"/>	f	does not deceive others.	<input type="checkbox"/>	p	does not violate anyone's rights.
<input type="checkbox"/>	g	is loved and respected by people.	<input type="checkbox"/>	q	stands behind their words.
<input type="checkbox"/>	h	comes to their meetings on time.	<input type="checkbox"/>	r	stays away from breaking people's trust.
<input type="checkbox"/>	i	does their job in the best way possible.	<input type="checkbox"/>	s	never lets their friends down.
<input type="checkbox"/>	j	deserves the money they earn.	<input type="checkbox"/>	t	only speaks the truth.

3 Have you ever acted against any of the characteristics mentioned above? If so, how did it make you feel? Reflect on whether you consider yourself to embody honesty in relation to these characteristics.

4 As someone who values honesty, do you engage in self-criticism and accept your flaws? Describe how you have worked to address them.

- 5** Discuss the following scenarios and collaborate on determining your course of action for each. Answer the reflection questions provided in your group, considering both the negative and positive outcomes of your decisions.

**GROUP
WORK**

Scenario 1: You witness a classmate cheating during an exam. They ask you not to report it, fearing severe consequences.

Reflection questions:

1. What is your stance on this situation, and how does it influence your response? What actions would you take, and why?
2. Considering the potential consequences of reporting or not reporting the cheating incident, how do these align with your values?

Scenario 2: A close friend confides in you about a mistake they made that could potentially harm someone else. They ask you to keep it a secret.

Reflection questions:

1. How do you balance loyalty to your friend with the ethical responsibility to do what is right?
2. How does it guide your decision-making in this scenario? Reflect on the value of honesty in personal relationships.

Scenario 3: You discover that your brother has been borrowing money from your father's wallet without informing him. This has been going on for some time, and your father doesn't notice.

Reflection questions:

1. What actions would you take considering the well-being of the family?
2. How important is financial transparency and open communication in the family?
3. Reflecting on the balance between supporting a family member in need and maintaining financial honesty within the family, how would you navigate this delicate situation?

- 6** Honesty encompasses more than simply refraining from lying; it entails speaking the truth and aligning actions with truthfulness. How can you demonstrate truthfulness? Provide three outcomes that illustrate your commitment to honesty.
- 7** What are three good ways to cultivate honesty within the classroom and family settings? Think and write your ideas in your notebook.

FURTHER READING

- 1 The following are some milestones of achievement through honesty and truthfulness. Read the paragraphs and match them with the pictures.



a

Abraham Lincoln's honesty came under a crucial test in his presidency during the American Civil War between 1861 and 1865. The more the war intensified, the more Lincoln faced strong pressure and criticism from various groups. Despite the difficulties, he remained dedicated to honesty and clarity. He openly admitted setbacks and challenges, such as military defeats, and shared the realities of the war with the American people.

b

In 1930, during the Salt March, Gandhi led a symbolic act of civil disobedience against the British salt tax. As the march progressed, some participants disobeyed Gandhi's principles of nonviolence. Despite this, Gandhi remained true to his promise of peaceful action against the cruel taxation system and put honesty into action in the pursuit of freedom.

c

Socrates, an ancient Greek philosopher, dedicated his life to pursuing truth and knowledge. His teachings and probing questions challenged societal norms and exposed the ignorance of those in power. Eventually, Socrates' commitment to honesty and intellectual integrity led to his trial and subsequent execution, making him a symbol of philosophical integrity throughout history.

d

Flourished in central Mexico between 1300 and 1521, the Aztecs had a vibrant trade network, and valued honesty greatly in commercial dealings. Merchants, known as pochteca, were respected for their honesty and integrity in trade. They were expected to accurately represent their goods and have fair and transparent transactions. Violations of trust or dishonest practices in trade were severely punished.

e

Salah ad-Din Yusuf ibn Ayyub, commonly known in the West as Saladin, was a renowned 11th century military leader and the first sultan of Egypt and Syria. Saladin is admired for his bravery, honor, and honesty both in his military campaigns and his dealings with his enemies. There are several instances where Saladin demonstrated his honesty, such as returning prisoners of war without ransom and fulfilling agreements made with his enemies, even when it was not in his strategic interest.

f

The Ghana Empire, which ruled between the 6th century and the 13th century CE in present-day Mauritania and Mali, was renowned for its prosperous trade networks. Honesty played a crucial role in the empire's economic success. Traders within the Ghana Empire adhered to strict codes of conduct that emphasized fair trade, honesty in transactions, and the honoring of agreements.

- 2** Honesty and truthfulness are pillars of integrity and foundational virtues that shape our character and relationships in personal and social aspects. Read the following passage and answer the questions.

A 'White' Lie?

Honesty is a cornerstone for building strong relationships and fostering open and genuine communication. However, it is essential to weigh the potential impact of your responses on others' emotions. This is why sometimes people tend to use "white lies" not to hurt another person. Yet, it is important to be cautious of any lie, white, black, or grey.

A "white lie" is a term used to describe an untruth told with the fake intention of protecting someone's feelings or avoiding unnecessary conflict. Even though people may use white lies out of compassion, a lie is a lie and has no colors. One must do all they can to commit themselves to truth. Otherwise, one may tend to undermine honesty, and lying becomes habitual in time, which erodes trust and weakens relationships.

Telling people the truth must be the primary way to go; yet it must be with prudence and gentleness, without hurting their feelings and damaging the trust and confidence in your friendship. Truth be told, a friendly connection built on lies cannot last long.

In such cases, it's better your approach combines honesty and compassion. For example, instead of bluntly expressing disapproval, focus on the positive aspects of a friend's outfit or offer them constructive feedback. Tell the truth by appreciating the effort and originality behind your friend's choice. Highlighting the color or style that suits them well or suggesting alternative accessories or combinations provide a gentler way to express your honest opinion.

Dishonest words to 'whitewash' true intentions through lies can help no one preserve honest friendships or true connections. Honesty and truthfulness are essential in our interactions with others. Opinions that put your true feelings into mindful words encourage understanding and work wonders in strengthening the bond of friendship.

- 1 Why is honesty considered a cornerstone for building strong relationships?
- 2 How can honesty and compassion be combined when providing feedback or expressing disapproval?
- 3 What are the potential consequences of building a friendship based on lies?
- 4 How can one acknowledge the effort and creativity behind someone's choices while still expressing their honest opinion?
- 5 Why is it important to put your true feelings into mindful words when interacting with others?