



Trustworthiness

TRUSTWORTHINESS means being honest, reliable, and truthful.

Activity 1

Discuss the meaning of **TRUSTWORTHINESS** with your child. Explain how being trustworthy means being honest, truthful, and reliable. Emphasize that a trustworthy person keeps promises and would not intentionally cause harm. Ask your child how it would feel if you said you were going to pick him or her up at 3:00, but then forgot. What would he or she think if a friend promised to come over to help with a school project, but never came? Explain that being trustworthy means you do what you say you will do. Encourage your child to follow through on his or her promises.

Activity 2

Help your child think about trust with a “Who Do You Trust” activity. Prepare strips of paper with names of people your child may, or may not, trust and put them in a container. Include people like: parents, grandparents, friends, the neighborhood bully, a classmate who was rude, doctors, teachers, bus driver, a stranger on the street, etc. Have your child pick one slip of paper and explain why that person could be trusted or not. Explore the boundaries of his or her trust by asking: **What would you trust each person to do?** (For examples, “Would you trust your friend to drive your school bus?” “Would you trust your principal to put a cast on your broken arm?”) Throughout the week, point out reasons a person deserves trust.

Activity 3

Teach your child that it is important to choose wisely when deciding whom to trust. Ask him or her questions such as:

- Would you trust an alligator to be a lifeguard?
- Would you trust a dog to watch your ice cream cone?
- Would you trust a cat to take care of your goldfish?

Have fun thinking up other “Would you trust . . .” questions together. Reinforce the importance of choosing friends he or she can count on.

Activity 4

Talk with your child about the meaning of the quote: *“Trust is not given, it must be earned.”* Explain that trust takes time to develop, but can be lost in an instant. Discuss different ways that trust is earned every day (returning things that have been borrowed, being honest, doing what you say you will do, etc.). Ask your child what happens to trust when someone cheats, or lies or breaks a promise. Encourage your child to earn a trustworthy reputation by being honest and loyal.

Activity 5

Tell your child that trusting someone means that you have confidence in him or her to do what is right. Prepare a “trust walk” with your child by putting obstacles throughout a room (rearrange furniture, spread out some toys or games on the floor, etc) While barefoot and blindfolded, guide your child carefully around objects from start to finish making sure you do not bump into any of the obstacles. Then, trade places, and you wear the blindfold as your child guides you through the room. Discuss how it felt to rely on each other to keep from tripping, bumping into furniture, or stepping on something. Let your child know that you appreciate being able to trust him or her.