

A PARENT'S GUIDE TO TRUSTWORTHINESS



TRUSTWORTHINESS

- Be honest.
- Don't deceive, cheat or steal.
- Be reliable. Do what you say you'll do.
- Have the courage to do the right thing.
- Build a good reputation.
- Be loyal. Stand by your family, friends and country.

WHAT YOU CAN DO AT HOME

- Watch for trustworthy behavior and show your appreciation.
- If you make a mistake, admit it and don't blame others. Talk about it with your children. Model how a person of character handles making a mistake.
- Talk to your child about times in your life (and listen to theirs) when it has been hard to be honest or keep promises.
- Set family goals. Have each member of the family complete the following sentence and post it where it will serve as a reminder: I will be trustworthy by: _____.

PARENTS CAN PROMOTE TRUSTWORTHINESS

- Model the behavior you want to see in your child and acknowledge their good behavior when you see it.
- Be clear about your expectations; expect your child to do what they say they are going to do and to be honest with you.
- Provide for basic needs on a consistent basis (love, proper nutrition, healthy activities, reading for enjoyment, faith development, etc.).
- Develop family rules and consequences. Explain them ahead of time and then use the consequences in a consistent way.
- Model relationships that demonstrate honesty, integrity, promise-keeping and loyalty.
- Develop a calm, emotionally responsive and stable home environment with a proper balance of freedom and structure.

FOR YOU TO CONSIDER

Is there harm in a little white lie? Here's one way to decide. If upon learning of the lie, would the person lied to thank you for caring or feel betrayed or manipulated?

TO HELP YOU TEACH THE SIX PILLARS

Focus Area: Children's Books

Most books you already read to or with your child can be discussed using the Six Pillars of Character. For example, discuss with your children how the character in the book demonstrated honesty, or how was a character reliable?

"Even the best liars tell the truth most of the time."

-Michael Josephson
Founder, CHARACTER COUNTS!