

December is the month of Trustworthiness



Trustworthiness: Trustworthiness is being honest, telling the truth, keeping promises, and being loyal. Trustworthy people don't lie, cheat, or steal. They have integrity and moral courage to do the right thing and stand up for their beliefs even when it is hard.

Trustworthy Dos

- Tell the truth, the whole truth, and nothing but the truth
- Be straightforward, open, and direct
- Be sincere. Say what you mean and mean what you say
- If you find something that doesn't belong to you, return it
- Look out for the best interests of the people who depend on you

Trustworthy Don'ts

- Don't lie or change the facts
- Don't mislead others by twisting the truth or telling half-truths
- Don't be sneaky or tricky
- Don't withhold important information from people who trust you
- Don't steal anything from anyone
- Don't cheat or trick a person to get what you want or to avoid trouble

Practicing Trustworthiness at Home

Here is a list of activities parents can do to reinforce trustworthiness at home:

1. Return things you borrow and return lost items to their owners.
2. Return the extra change when a cashier gives you more than you're due.
3. Show loyalty to your child's school, your family, and your employer.
4. Have a "thought of the day."
5. Be cautious about making promises. Be sure you have the ability and the intent to keep them.
6. Keep your promises to your child. Write the promise down if you need to so that you can remember it. If circumstances prevent you from keeping a promise, explain and apologize openly.
7. Be honest in your words and actions. Do everything possible to be truthful with your words.
8. Walk you talk. Live by your words and beliefs.
9. Use words such as honesty, trustworthiness, trust, promise-keeping, loyalty, and integrity in family dialogue.
10. Establish family rules and policies, which include honesty, promise-keeping, loyalty, and integrity (Explain these words to your child).
11. Praise family members for their trustworthy behavior.
12. Encourage family members to recognize and acknowledge trustworthy behavior in each other and others.
13. Discuss the important of integrity, of being able to look at yourself in the mirror and be proud of who you are and what you stand for.
14. Select home character-building movies, magazines, and books.
15. Surround your family with people who clearly value trustworthiness.
16. Encourage your children to serve as models of trustworthiness for younger brothers, sisters, and neighbors.
17. Remind all family members of their status as role models to others.
18. For the month of December, focus on trustworthiness at home with your child. Your child will be learning about the pillar of trustworthiness in school. Talking about this theme at home helps to reinforce the themes covered in school.