

November is **Trustworthiness** Month for Character Counts

Are you trustworthy? That question is one for all of us. We all believe we are trustworthy, but are we really? When we say we will do something, do we do it, or let something get in the way and fail to do it. Being trustworthy is part of a good reputation. We want our kids to have a good reputation so we need to teach them trustworthiness is very important. Here are a couple of quotes to ponder on.

“Trust is like the air we breathe – when it’s present, nobody really notices; when it’s absent, everybody notices.” Warren Buffett

“ME, I’M DISHONEST, AND YOU CAN ALWAYS TRUST A DISHONEST MAN TO BE DISHONEST. HONESTLY, IT’S THE HONEST ONES YOU HAVE TO WATCH OUT FOR.” CAPTAIN JACK SPARROW (NOT A REAL PERSON)

Read About It!

Here are some books to help your child learn more about trustworthiness:

Ricky Sticky Fingers by Julia Cook

The Boy Who Cried Wolf by B. G. Hennessy

The Secret Olivia Told Me by N. Joy

Practice It!

Use building blocks to build a tower with your child. Each time you add a block to the tower, talk about one thing that can build trust. Every so often, talk about something that would break trust. Then, knock the tower down. Repeat the activity as desired. Talk with your child about how trust can be built and destroyed.

Talk About It!

Here are some discussion points to help you talk about trustworthiness with your child:

- What do you think trustworthiness means and why is it important?
- Do you think you are trustworthy? Why or why not?
- Do you think your friends are trustworthy? Why or why not?
- Tell me about a time when you were tempted to lie or do something that wasn't trustworthy. What happened?
- Has anyone ever lied to you? How did it make you feel?
- Are there any secrets that you shouldn't keep?

Credits: Counselor Chelsey