

Creating TeRRiFiC Youth

TRUSTWORTHINESS

Trustworthiness Guidelines to Live By:

- Be honest. Tell the truth, the whole truth and nothing but the truth.
- Do not cheat or steal.
- Do what you say you'll do.
- Keep your promises.
- Keep private information, private.
- Have the courage to do the right thing.



True and Not True Activity

Make a game of telling "true" from "not true". Begin with simple, everyday facts and then move toward issues of behavior.

Everyday Facts

- One apple + Three apples = 5 apples
- Flowers only bloom in the spring.
- Brushing your teeth helps to prevent cavities.
- We smell with our eyes.

Behaviors

- Forget to feed the dog. Say – "Yes, I forgot to feed the dog."
- Spill milk on the kitchen floor. Say – "Joey did it."

Which of these Examples Shows Trustworthiness?

Yes No Mom tells you to eat your vegetables. While she is gone from the room, you get rid of them but tell her you ate them when she returns.

Yes No Mom comes in and sees milk spilled on the floor. John explains that he has spilled milk on the floor when mom asks. Then, he helps to wipe it up.

Yes No Every morning, you make sure your pet has food and water.

Yes No Your library books are overdue by 1 week.

Yes No Bill keeps the secret of dad's birthday present.

Yes No Sue stops at a stop sign when she is riding her bicycle.



Quote

"Honesty is the best policy"
George Washington

Trustworthiness Activity

Dirt Dessert

Before you begin, take 8 chocolate wafer cookies (remove the filling if there was filling). Then crush the cookies into very small crumbs so that they look like dirt.

Now ask the children to help you plant a seed. Fill a small cup with the crumbs using a spoon. Ask them to plant the seed. You can use any nut (peanut, cashew, almond) for the seed. After they have used the spoon to make a hole and place the seed in it, ask them to take a bite of the delicious, nutritious soil. Tell them that they can trust you because you would never ask them to do anything that was harmful.

After someone has tasted the "dirt" and realizes that it is cookies instead of dirt, explain that they had to "trust" you before they would try the dirt.

Their "trust" in you gave them the courage to do what you asked.

Discussion Ideas:

- In life, we must rely on trust instead of always believing what we can see.
- Talk about some rules and guidelines that require trust.
 - Going to school so that they can learn.
 - Come home before dark.
 - Wearing a bike helmet so that they protect their head in case of an accident.
 - Eating your vegetables so that you are healthy.
- Talk about what types of people they can trust.
 - Teachers
 - Doctors
 - Policemen, firemen, first aid personnel.
- Talk about the fact that not everyone can be trusted. Who shouldn't they trust? Never go with a stranger.

Books to Read



- The Tale of Peter Rabbit. By Beatrix Potter.
- Pinocchio. Many editions available.
- The Emperor's New Clothes. By Hans Christian Anderson.
- Harriet the Spy. By Louise Fitzhugh.



Extension - 4-H Youth
Development 

For Other TeRRiFiC Youth Fact Sheets / Activities, contact:
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