

# Family Viewing Guide

## Character and Life Skills: **Honesty**

### Grade Level: **3-5**

#### The Facts

1. A study by *Rise Recovery* (2017) defines honesty as:
  - the freedom from self-deception
  - the willingness to admit wrong
  - the fairness in our dealings with others
2. "Being dishonest is considered by many experts to be a natural tendency. The primary reasons people of all ages lie is to avoid punishment or get something they want. As we grow older, we become aware that lying can have painful consequences." (American Association for the Advancement of Science, 2016)
3. "Honesty is important because it creates peace of mind and promotes relationships of trust. The benefits of honesty extend to personal health, relationships and society at large." (AAAS, 2016)

#### Start a Conversation with Your Kids

1. How would you define "honesty"?
2. Name one time that it was difficult to be honest. What did you do? How did you feel afterwards?
3. Are you comfortable telling the truth at home? What could we do to make being honest easier?
4. Do you feel we are honest with you?

#### Advice from the Experts

**Psychology Today** gives the following advice to parents about teaching their kids honesty:

1. Talk with your children, beginning very early, about how much you value honesty in your family. Tell them how important it is to all of you that you can always count on each other to tell the truth, even when it's difficult.
2. Model honesty for your children, not only in your words but also in your lifestyle. Your goal should be to create an open environment where there are no secrets and everyone feels comfortable being truthful.
3. Let them know that you put more emphasis on their honesty than on the punishment for their dishonest behavior. Let them know how much you appreciate their honesty.

#### Notes

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