

Family Viewing Guide

Character and Life Skills: **Trustworthiness**

Grade Level: **3-5**

The Facts

Experts in trust-building say that trustworthiness improves lives in the following ways:

1. It simplifies life — deceit takes a lot of energy, while living honestly makes life easier.
2. Trustworthiness builds better relationships — when we are trusted by others, we feel supported.
3. It helps us create change — when people trust us, it is easier to work toward a common goal.
4. It builds self-awareness and optimism and makes it easier to analyze and improve our weaknesses.
5. Trustworthiness strengthens leadership skills.

Start a Conversation with Your Kids

- What does trust mean to you?
- Who do you trust in your life? Why do you trust them?
- Why is it important to be trustworthy?
- What can we do at home to build trust?

Advice from the Experts

PBS Parents gives the following advice to parents on raising trustworthy children:

1. **Explain what it means to “tell the truth”.** Young children are still trying to figure out the difference between what is real and what is imaginary. In their mind, if they don't tell you they broke something, you won't know and the problem will magically disappear. Begin to teach them the concepts of honesty and truth through simple, supportive conversations.
2. **Reframe honesty as an act of courage.** Let children know that telling the truth is both important and brave. Telling the truth often takes courage.
3. **Honor truthfulness.** Acknowledge their honesty. Explain that when we make a mistake, the first step in fixing the situation is to be honest about what happened. Let them know that you are always here to help them; what is most important is that they tell you the truth so that you can solve the problem together.

Notes
