



# UNIVERSITY

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## LESSON PLANS

ELEMENTARY SCHOOLS – PRIMARY AND SECONDARY

### HOW TO BE TRUSTWORTHY

- BE HONEST:** Don't lie, cheat, or steal.
- BE DEPENDABLE:** Keep your promises and follow through on your commitments.
- BE BRAVE:** Do what is right, even when it seems difficult.
- BE A GOOD FRIEND:** Trust can take a while to build up, but can be lost in an instant.

#### GENERAL QUESTIONS ABOUT TRUSTWORTHINESS:

1. How do you feel when someone tells you a lie?
2. Do you think that lying can ruin a friendship? Explain. Has that ever happened to you?
3. If you tell just one lie, does that make you a liar? How many lies do you get to tell before you are a liar?
4. Would you trust somebody who lies? Who cheats? Who steals? Why, or why not?
5. How do you know if you can trust someone?
6. Do you consider yourself to be an honest person? Why?
7. What does trustworthiness mean to you? What is a trustworthy person?
8. Do you consider yourself a trustworthy person? In what way are you a trustworthy person?
9. Do your parents trust you? What could you do that would make your parents stop trusting you? What would be bad about that?
10. It's been said that cheating is just another form of lying. Do you agree?
11. Describe a time when you lied, cheated, or stole something. What happened? How did you feel? What were the consequences?
12. How can simply being honest make life a lot easier. Have you ever experienced this in your own life?
13. How important is trust in your relationships with friends and family? How would these relationships be affected if you found out someone was lying to you?
14. Is it okay to lie if you're helping someone else out?





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## STUDENT ACTIVITIES:

1. The top of this lesson gives four specific trustworthiness behaviors. Write these behaviors on the board. Have the children think of as many examples of each behavior as they can, and write them on the board. Can they think of any other trustworthiness behaviors that should be added to the list? Have a class discussion about these behaviors. Have the children make posters of these behaviors to put up around the school.
2. Have the students keep an "Honesty-Dishonesty" journal for one week. In this journal, document examples of honesty and dishonesty in everyday life. Keep track of all the times you hear or tell "white lies." Pay particular attention to television. Note how often dishonesty is basic to the plot of TV sitcoms and dramas. At the end of a week, write your conclusions and share them with the class. What did you learn about your own behavior from doing this project?
3. As a class, brainstorm all the excuses and rationalizations people give for lying, cheating, and stealing, and then have a discussion about them. How valid are they? What's wrong with each of them?
4. Conduct a survey in your school or community asking questions like the following: Do you think people are honest enough? What are some examples of dishonesty you really dislike? What are some examples of honesty that you especially appreciate? Compile the results into a scrapbook.
5. Role-play or use puppets to act out various situations where one or more students are under pressure to be dishonest. Example: lying to cover up for a friend. Put it on videotape and share it with other classes.

## WRITING ASSIGNMENTS:

1. How trustworthy are you? For each of the four trustworthy behaviors listed at the top of this page, rate yourself on a scale of one to five (1=awful, and 5=terrific). For each of these behaviors give an example of how you are either trustworthy or not, and what you could do to improve.
2. Write an essay about a situation in which you were dishonest (lied, cheated, or stole). Why did it happen? How did you justify it? How did you feel about it at the time? Did it affect any of your relationships? Did it cause any problems for you? How do you feel about it now? What did you learn from it?
3. If your children are old enough to write book reports, have them write about how the characters in a book behaved in either a trustworthy or an untrustworthy way. Do the same with movies or television programs they have seen. If your children are too young to write book reports, do this as a class discussion about the books they are reading or that you are reading to them.
4. Write about someone you trust. Why do you trust that person?
5. Write about how it makes you feel when somebody lies to you or misleads you.
6. Write about a time somebody broke a promise to you. How did that make you feel? Have you ever broken a promise to someone? How do you think it made that person feel?



**BNICE**<sup>TM</sup>  
ANYONE ○ ANYWHERE ○ ANYTIME

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Dear Parent,

Your child is involved in our character education program entitled B.N.U. (BNICE University). Our current focus is TRUSTWORTHINESS which shows how honesty, integrity, and other aspects of being a trustworthy person lead to good friendships and positive interpersonal relationships.

Here are some things you can do to reinforce the message of this value.

- Ask your child to tell you about trustworthiness and what he or she has learned from it.
- Talk with your child about what it means to be an honest and trustworthy person and why it is important. Make sure he or she knows that it is important to you.
- Watch a television program together, and talk about the various ways in which the characters acted dishonestly towards one another.
- Remember, you are your child's most important teacher. He or she will learn a lot about being trustworthy from watching what you do.
- Try not to focus on examples of situations on if your child was dishonest lately. This isn't about he or she feeling like they're in trouble. It's about you opening up their world to other examples of trustworthiness.

Thank you for your help as together, we can further increase your child's moral awareness.

*"Who lies for you will lie against you."*

*- Bosnian Proverb*

*"A lie has speed, but Truth has endurance."*

*- Edgar J. Mohn*

*"This above all; to thine own self be true."*

*- William Shakespeare*

