Character Counts

Trustworthiness

Trustworthiness—One who has integrity, honest, loyalty, and is reliable.

When others trust us, they give us greater leeway because they feel we don't need monitoring to assure that we'll meet our obligations. They believe in us and hold us in higher esteem. That's satisfying. At the same time, we must constantly live up to the expectations of others and refrain from even small lies or self-serving behavior that can quickly destroy our relationships.

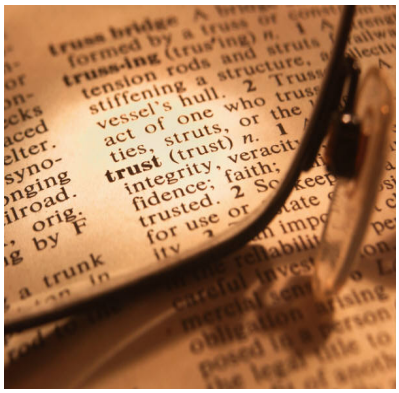
Adapted from the Missouri 4-H Youth Development's Character Education

Trustworthiness Do's

- Stand up for your beliefs, follow your conscience, be honorable and upright, live by your principles no matter what others say
- Tell the truth and nothing but the truth, be forthright and candid.
- Stand by and protect your family, friends, school and country.

Trustworthiness Don'ts

- Lose heart if you fail or don't get what you want
- Lie, cheat, steal, be sneaky or tricky or deceptive
- Betray a trust, let your friends hurt themselves, or do things so others will like you



For Character Counts Activities please visit www.4h.uwyo.edu

4-H Connection

Trustworthiness is very important to 4-Her's. Completing a 4-H project and participating in a 4-H show can be a great opportunity for members to demonstrate honesty. Through projects and activities members can learn to be reliable and build a good reputation. The 4-H meeting can be used to share club rules and plans. Trustworthiness can be put into action at any 4-H event.

Trustworthiness in 4-H

4-H Club Activity—Trust Walk

Supplies: enough toys (balls, stuffed toys, etc) for each member to have one and blindfolds for 1/2 the group. Divide the group into teams of two. Each team member is given a toy or object to toss into the area you have designated as the trust area. As each person tosses the items into the area they say one thing that is important to them to trust others (e.g. "If they say they will do something for me, I know they will.") One member of the team is blindfolded and it is the task of the other team member to give verbal instructions on how the blindfold person is to move through the trust area without stepping on the toys or objects. The team member giving verbal instructions cannot touch the blindfolded teammate. When one team member has successfully completed the trust walk have the team members trade places.