



Character Counts

Trustworthiness

What is Trustworthiness?

People with good character are people we can trust. Trust is not automatic. Earning trust takes time, losing trust can happen quickly.

Trustworthiness is about honesty, telling the truth, doing what you say you will do, and being loyal. Trustworthy people tell the truth and don't cheat or steal. They have integrity and the moral courage to do the right thing and to stand up for their beliefs even when it is a difficult decision. Trustworthiness is something we all work on together in our club, family, school and community.

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

You're trustworthy when:

- ◆ You tell the truth
- ◆ You are sincere. Say what you mean and mean what you say
- ◆ You keep your word
- ◆ You are reliable
- ◆ You return things you borrow
- ◆ You don't gossip

"It's better to be hated for what you are than to be loved for something you are not"

~ Andrew Gide ~

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

Clover Connection

- **Head** - living your life according to your beliefs; being honest .
- **Heart** - being loyal to friends, family and community.
- **Hands** - carrying out what we said we would do.
- **Health** - resisting peer pressure to lie, steal or use illegal substances.

Trustworthiness in 4-H



4-H Club Activity "Balloon Game"

Hand out one balloon to each participant and instruct them to blow up and tie off the balloon normally. Then have everyone stand in a circle in the middle of the room with their balloons. Tell them that their balloon represents a lie. At the count of three they are going to toss their balloons in the air all at once toward the center of the room and try to keep theirs in the air, like they would try to keep their lie going amidst the hustle and bustle of daily life. If their balloon touches the ground, their lie is "discovered" and they are "out". While the balloons are in the air, usually there is chaos and struggle to keep the balloons from touching the ground. Sometimes people help keep others' balloons in the air. But eventually almost all will fall to the ground. Once everyone's balloon has touched the ground, discuss why it is easier to tell the truth from the beginning.