



Character Counts

Trustworthiness

What is Trustworthiness?

Character Trait of the Pillar

**Trustworthiness: Reliability ~ Honor
Your Commitments ~**

Maria Tereas Leal has spent almost three decades honoring the commitment she made to Rocinha's poor women. Leal hopes Coopa-Roca—to be the subject of a Discovery Channel documentary—will serve as an example of how people in other poor areas can help themselves, too. She is also striving to improve manufacturing standards on a national level. **LESSON:** Have you ever been disappointed when someone did not follow through on a commitment he or she had made? Think about the commitments or promises you make to others. Do you usually honor them, or do you often find yourself falling short in doing so?



Clover Connection

- **Head**—Thinking about how our decisions affect others.
- **Heart**—Being a person others admire and respect.
- **Hands**—Doing the right things.
- **Health**—Supporting good character development.

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

"I trust you." Doesn't it feel great when you know people trust you? Have you ever thought about how you get someone's trust? You can't just tell them you are trustworthy. Trust is earned one trustworthy deed at a time, but it can be lost very quickly. Trust is essential to meaningful relationships, enduring and rewarding friendships and successful associations in school, extracurricular activities and the workplace. Trust is difficult to create and easy to destroy. Every lie and deception is alike a time bomb, waiting to explode. People of character understand the importance of trust and pursue a life that makes them worthy of trust.

*Adapted from Josephson Institute
Center for Youth Ethics*

*"If you want to be
successful, don't give or
take excuses"
~ Florence Nightengale ~*

Trustworthiness in 4-H



4-H Club Activity "Two Truths and a Lie"

Overview—Instruct each person to think of two true statements about themselves and one that is false. When ready they turn to a partner and say the three statements in any order. The partner's job is to guess the false statement. Then they switch places and the partner does the same. **Suggested Discussion Questions:** Was it easy to guess the lie? Why or why not? Was it easy to lie? Were the things we lied about important? What do we call those kinds of lies? (white lies or fibs) What if I told you one thing today and something different tomorrow? Even if it is an unimportant thing, would it break our trust and make you wonder if anything else I had said was true? How many lies does it take to be called liar? What can we do in our lives to make sure we are not called a liar? Why is it important to tell the truth?

Like this activity? Find more like this in the "Good Ideas Book" at your local Extension Office