



Character Counts Trustworthiness

What is Trustworthiness?

Character Traits of the Pillar Trustworthiness: Integrity ~ Have the Courage to Try New Things ~

Paralysis left Tomihiro Hoshino facing challenges many said he wouldn't be able to overcome. Yet his courage to try new ways of adapting, such as learning to write and paint with his mouth, gave him hope and helped him discover a hidden talent. Hoshino's works of art and beautiful poetry have inspired many to embrace life and overcome their difficulties.

*"Show me a man who cannot
bother to do little things and I'll
show you a man who cannot be
trusted to do big things"*

~ Lawrence D. Bell ~

The trustworthiness pillar encompasses a variety of qualities: honesty, integrity, reliability, and loyalty. Being trustworthy means keeping promises and doing one's best not to deceive, even with white lies or statements that one might defend as "technically true." An easy way to remember the color of trustworthiness is think "True Blue". A person who is "true blue" or is trustworthy is honest, sincere, dependable, keeps promises and honors their word and commitments.

*Adapted from Josephson Institute Center
for Youth Ethics*



For all of the Character Counts news letter inserts please visit www.4h.uwyo.edu

Clover Connection

- **Head** - Do what is right even if no one else is doing it.
- **Heart** - be a person of high integrity.
- **Hands** - doing what you say you will do.
- **Health** - be honorable to others feelings and belongings.



Trustworthiness in 4-H: 4-H Club Activity "Courage in the Movies"

This activity helps youth think about decisions and behaviors of movie characters through the eyes of integrity and courage so they become more aware of their own ethical decision-making in hard situations. **Materials** - Television, VCR/DVR, a movie. **Procedure**- 1. Explain integrity (being true to your best self) and how it requires courage and unselfishness. Say: One of the key elements of trustworthiness is living a life of integrity — being true to yourself so people know they can trust you. What could be simpler, right? But, of course, it isn't that easy. Integrity requires courage to do the right thing and to be true to your best self. It's hard to do because courage requires us to face down what we fear most. Fear is powerful. When faced with conflict and paying a price we might not want to pay, it's easier to give up our values, go with the flow, and not stand up for someone or something that's right. 2. Explain that the group will watch a movie and talk about the courage and integrity shown — or not shown — by the characters. Ask members to pay attention to key decisions made by the characters. Pick a movie that is age- and content-appropriate for your group. 3. After the movie, talk with the members about trustworthiness. Create small groups and have each group choose one character to focus on. Ask the groups to talk about the character's actions and why they were ethically courageous or not.

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