

# WYOMING CHARACTER



*that's what we're made of*

January, 2013

## Character Counts Trustworthiness

### Why Strive to be Trustworthy?

Everyday people have an opportunity to cheat. Sometimes people cheat to get ahead and make themselves look good to others. Sometimes they cheat because it is easier than working hard to accomplish a goal and they don't think they will get caught.

There are many reasons cheating is wrong and many of them involve breaking trust. Following are several examples of how cheating breaks trust:

- You'll lose the teacher's/4-H leader's/4-H member's trust that you will do your own work.
- You'll lose your self-respect and

pride. Do you really want to think of yourself as a cheater?

- Once you tell one lie, you have to create a whole lot more lies to keep the first lie covered up.
- Cheating is like robbing others who are honest. It is taking something you haven't earned. Is this any different than stealing?

Cheating hurts everyone, the cheater as well as those around them. People who are trustworthy will always have more respect and stronger relationships than cheaters. They will also have confidence in their abilities because they have done their own work.

*Adapted from [charactercounts.org/lesson-plans](http://charactercounts.org/lesson-plans)*

"Rather fail with honor than succeed by fraud."

Sophocles,  
Greek dramatist  
(496-406 B.C.)



### Trustworthiness in 4-H

There are many ways to demonstrate trustworthiness. Taking time at a club meeting to make a top 10 list of these ways can be fun and useful. How? Follow these steps: At a club meeting, divide the members up into groups of 5-6. Each group will need a note taker and a reporter. Ask each group to brainstorm ways they can become more trustworthy, such as keep promises, tell the truth, do what you're told, be loyal, admit when you're wrong, never cheat, etc. Have each group record their ideas and when every

group is finished have them report back to the whole group. Once each group has reported their ideas, have the entire club work together to come to a consensus on the 10 best ways to build trustworthiness.

Ask the members if they can live by these actions to build trust and then recognize members efforts by awarding them trustworthiness certificates or small prizes throughout the year. The public recognition will be a great reminder to continue the journey toward trustworthiness.

Source: Character Counts! More Good Ideas Book, K-5

#### Clover Connection

**Head** - Speak honestly

**Heart** - Be loyal

**Hands** - Be reliable

**Health** - Trust is essential to build healthy relationships with those around us.

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