



that's what we're made of

Why Strive to be Trustworthy?

What does it mean to be a trustworthy person? Most people would answer that honesty and integrity are important characteristics of a person they can trust. That may be true, but how do you really begin to trust people? It takes time. It also takes consistency in words and actions from an individual. People who can be trusted have created trust with others by continually working at it.

Since it takes so much time and work to become trustworthy, why is it so

Trustworthiness in 4-H

1. Give each participant a sticky note and a pen. Instruct participants to draw or describe the person that they trust the most.
2. Break participants into groups of 5, and give each group a piece of flip chart paper.
3. Each participant will share what they have written or drawn with their group.
4. After everyone in the group has shared, instruct the group to find words, characteristics, and traits that all of the trustworthy people had in common. Have them write these words on the flip chart paper.
5. Once all groups have completed, ask each group to share the words they had in common. Hang all of the flip charts together so that everyone can see them together at the end.
6. Discussion:
 - What do trustworthy people have in common?
 - How can you demonstrate trust?
 - How does it feel to be trusted?

Character Counts Trustworthiness

important to do? Most people would agree that positive relationships are important and bring value into their lives. Most positive relationships are built on trust, which would include elements such as honesty and integrity. People look for other people in their lives that they can count on to be consistent.

Where would our world be without trust? Think about all of the things we trust in our daily lives. Everything from stoplights functioning properly to our parents looking out for our best interests. What would happen if these things failed?

"What we learn only through the ears makes less impression upon our minds that what is presented to the trustworthy eye."

~Horace



Clover Connection

Head - Speak honestly

Heart - Be loyal

Hands - Be reliable

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