



that's what we're made of

Trustworthiness



Trustworthiness

Trustworthy people are loyal and honest with their family, friends, and peers. There are many different ways to show loyalty to those around you, loyalty is important to help you build strong and lasting relationships. So how can you become a more loyal person?

- Stand up for your family and friends.
- Be a good friend and you will always have a friend.
- Stand up for others.

- Show those who care about you that you care about them in return.
- Keep the secrets entrusted to you.
- DO NOT GOSSIP!
- Do not spread rumors just to fit in or make friends.
- Do not betray the trust of others, think about the consequences of your actions.
- Don't let your friends hurt themselves or do anything that is wrong.
- Do not ask a friend to do something that is wrong or illegal.

- Follow through with your promises to others.

Becoming a trustworthy person takes time, you have to earn the trust of others. Loyalty to those around you will help earn the trust of others.

"The most valuable gift you can receive is an honest friend."

— Stephen Richards



The Loyal or Disloyal Game

In a large room, post 2 signs, one saying LOYAL and the other saying DISLOYAL on opposite ends of the room. Explain to youth that you will read a scenario to them. After you have finished reading, they must decide if the action you described was loyal or disloyal, and run to the side of the room labeled LOYAL or DISLOYAL accordingly. After each scenario, discuss

the action with youth, why did they feel it was loyal or disloyal? What could the person in the scenario have done to be more loyal and trustworthy?

Here are some scenarios to use, and brainstorm your own!

"Janet's school class planned to have a car wash in the school parking lot to raise money. Those

who could were asked to come and help, Janet volunteered to help, then showed up with towels and a bucket the day of the car wash."

"Tammy was with two girls on the bus one day when one of the girls said some bad things that weren't true about Tammy's best friend, Jill. Tammy didn't say anything."

Clover Connection

Head - Be honest with yourself, your family and friends.

Heart - Be a loyal friend and family member.

Hands - Follow through with the promises you make.

Health - Resist the urge to gossip, lie, or steal.