



*that's what we're made of*

## Character Counts Trustworthiness

others everyday—you influence and are a role model for everyone you come in contact with. Take time to discuss with others how trust is earned and why we consider others trustworthy. Provide specific examples and illustrations to express thoughts. For example: How do others earn your trust? How do you know when you can trust people? Which people do you feel are the most trustworthy?



### Teaching Trustworthiness

Being trustworthy means:

- Telling the truth
- Following the rules
- Not taking things that don't belong to you
- Doing what you say you'll do

When you think about teaching trustworthiness to others you must remember that it does not happen overnight. Instead it is something you should model for



“Watch your thoughts; they lead to attitudes. Watch your attitudes; they lead to words. Watch your words; they lead to actions. Watch your actions; they lead to habits. Watch your habits; they form your character. Watch your character; it determines your destiny.”

~Unknown~

### Trustworthiness in 4-H: Six Feelings

**Supplies:** Seven large signs with one name on each of the Seven Dwarfs on each sign (Happy, Sneezzy, Dopey, Grumpy, Sleepy and Doc). Post these signs on the wall.

Ask the participants to look at all the signs on the wall. Have club members and guests stand by the sign that best describes how they feel at that moment. Explain that it is ok to be honest about what and how they are feeling. Give each group about 10 minutes to create a 30 second commercial to show their emotion. Have each group act out their commercial.

#### Discussion Questions:

Do you think how you feel or act affects whether a person feels they can trust you or not? Why or why not?

#### Roll Call Suggestions

- Tell a time when you were honest and no one was watching
- Share an example of someone showing loyalty to a friend
- Name one person who you trust and tell why