



BRIGHT HORIZON ACADEMY

Character Education

All About Trustworthiness

Why Is It Important?

Trustworthiness is an important quality we need to invest time in building in the lives of our children. Think about it, do you like to spend time with people you don't trust?

A trustworthy person is someone who can be relied upon to be honest, truthful, reliable, dependable, credible and safe.

Islamic Corner:

Characteristics of Prophet Muhammad (pbuh)

He was extremely truthful, chaste, pious and trustworthy. They called him "Muhammad Al-Amin," which means the Trustworthy. He received this title before he became a Prophet for his truthfulness and respected character by the polytheists and Jews of Mecca and Madinah.

Practice It!

Use blocks to build a tower with your child. Each time you add a block to the tower, talk about one thing that can build trust. Every so often, talk about something that would break trust. Then, knock the tower down. Repeat the activity as desired. Talk with your child about how trust can be built and destroyed.

Praise It!

It can be easy to deliver consequences for lies, but we don't always give praise for honest behavior. Reward your child's honesty with lots of praise. Emphasize how courageous they are for telling the truth. Praising their honesty will help reinforce the positive behavior.

Talk About It!

Here are some points to help you talk about trustworthiness with your child:

- What do you think trustworthiness means and why is it important?
 - Do you think you are trustworthy? Why or why not?
 - Do you think your friends are trustworthy? Why or why not?
- Tell me about a time when you were tempted to lie or do something that wasn't trustworthy. What happened?
 - Has anyone ever lied to you? How did it make you feel?
 - Are there any secrets that you shouldn't keep?