

COUNSELING CORNER

Monthly School Newsletter from Lutheran Counseling Services

Car Conversations

In the car, classroom or dinner table, try some of these ideas to build this trait in yourself, your family, or your class.



- To examine what trustworthiness is, create a list of the dos and don'ts of a trustworthy person. Review the list and ask: *What happens when people live by these guidelines? What happens when they don't? How does trustworthy and untrustworthy behavior affect our community and society? In what ways can students demonstrate trustworthiness?*

- Talk about a person that is trusted. Ask *why they trust that person? How important is that trust to them? Do they reciprocate that trust with others?*



TRUSTWORTHINESS

The Merriam-Webster Dictionary defines trustworthiness as being worthy of confidence, and being dependable. It can also be described as being reliable, responsible, safe, secure, and steady.

Trustworthiness is one of the most important qualities in life. It is the quality on which all relationships are built. We are designed to be in relationship with others, and being able to TRUST each other means that we can do more together.

According to developmental psychologist Erik Erikson, children begin learning trust during infancy. He developed a theory of psychosocial development in which he identified the first stage in his model as trust versus mistrust. Erickson said during this time in a child's life, they will learn trust from those caring for them and responding to and meeting their needs. As toddlers, children develop a more clear understanding of how they relate to others socially. A large part of this development process is exploring feelings. During the preschool years, children begin to develop an understanding of honesty, a vital aspect of trustworthiness. They can identify characters in books who are being honest or dishonest. Throughout grade school, children begin to recognize the importance of trust in their relationships with their families and peers.

**“YOU WILL KEEP IN PERFECT PEACE
THOSE WHOSE MINDS ARE STEADFAST,
BECAUSE THEY TRUST IN YOU.”**

ISAIAH 26:3





- Brainstorm the excuses and rationalizations people give for lying, cheating, and stealing. Have a discussion about them and what is wrong with each of them.
- Draw/create a web of people that can be trusted at home, in school, and in the community. Discuss the importance of these behaviors.
- Tell the story, *The Boy Who Cried, Wolf!* Discuss the importance of telling the truth at all times when building trust.
- Present the following scenarios and ask for a response to each. Discuss whether the response is honest or dishonest.
- *The cashier charges for you for 3 apples instead of the 4.*
- *Your friend forgets their homework and asks to copy yours.*
- Images courtesy of [Pexels.com](https://www.pexels.com)



Trustworthiness involves four major qualities: integrity, honesty, reliability, and loyalty. Each of these qualities yields principles that tell us how to be a trustworthy person.



Integrity - Have courage to do what is right • Be honorable and upright • Live by your principles regardless of what others say • Follow your conscience • Try new things even when it is hard • Build and guard your reputation • Stand up for your beliefs

Honesty - Tell the truth always • Be sincere • Be forthright • Be candid

Reliability - Keep promises • Honor your word • Be dependable • Follow through your commitments • Do what you are supposed to do • Return what you borrow • Pay your debts • Be on time

Loyalty - Stand by and protect your family, friends, school and country • Be a good friend • Look out for those who care about you

(Note: Immediate safety needs must be addressed such as by calling or texting 988 to reach a crisis line.)

References:

McLeod, S. (2017). Erik Erikson. Retrieved from <https://www.simplypsychology.org/Erik-Erikson.html>

Ramsay, N. (2008, January 3). "Teach Your Child to Be Trustworthy." Retrieved from <http://www.teachkidshow.com/teach-your-child-to-be-trustworthy/>

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