

# HONESTY

Parent Resource

## What is honesty? Honesty means telling the truth.

As your child gets older, honesty will continue to be a valuable characteristic. It is important for your child to learn how to be honest and to communicate in a respectful, kind and truthful manner.

### In grades six through eight, children begin or continue:

- ✓ Discussing how character is shaped by attitudes, decisions and actions.
- ✓ Learning to understand and navigate complex situations.
- ✓ Establishing supportive and lasting friendships.

### Below are ways you can help your child learn, practice and demonstrate honesty:

#### CREATE A SPACE TO MAKE MISTAKES



Create a space for children to be able to make mistakes and learn from them. Discuss with your child the importance of owning up to mistakes and practicing honesty when it is difficult.

#### DISCUSS CHOICES AND OUTCOMES



You want your child to come to you and tell you if he or she did something wrong, is in a difficult situation or is experiencing peer pressure. Emphasize that you will always help your child no matter the mistakes they make, and discuss different choices and possible outcomes for any current challenges your child may be facing.

### TOPICS TO CONSIDER DISCUSSING WITH YOUR CHILD:



Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships.



Discuss ways a leader can build trust with individuals and groups.



#### DINNER TABLE CONVERSATION STARTER

Talk with your child about a time when being honest was a challenge for you. Describe what different choices you considered and the outcome.

BY ENCOURAGING YOUR CHILD TO BE HONEST, YOU CREATE AN ENVIRONMENT WHERE HONESTY IS PRACTICED, EXPECTED AND APPRECIATED.

