**Trustworthiness**

- Worthy of trust, dependable, reliable
  - Keep your promises
  - Be honest
  - Be a good friend.

Think of someone you trust.
- Why do you trust this person?
- Is this someone you want to be like?

Children, youth, and adults all need someone they trust:
- Someone they can talk to about things that are important to them: everyday activities, accomplishments, plans or problems.
- Someone who does what they say they will do.

Sometimes secrets (trusts) are not kept, but revealed or a promise is not carried out. It is important to say, “I’m sorry,” if you don’t keep a trust and try to do better.

People who fail to be trustworthy and gossip about others don’t have many real friends.

Talk about the importance of **trustworthiness** with your family.

"To bring your child up in the way he should go, travel that way yourself once in a while." — Josh Billings

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| T | R | U | S | T | W | O | R | T | H | I | N | E | S | S |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Name of person you trust. |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Some of your favorite foods. |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Name of person you would like to be like. |   |   |   |   |   |   |   |   |   |   |   |   |   |

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