



## Be Truthful and Honest

**C**hildren need boundaries, limits on their behavior, and a code of conduct because they don't come into the world with them built in.

Imagine a world in which no one values truth and honesty! You wouldn't have any confidence in what others are doing and saying, so making plans or counting on anybody would be impossible. Relationships would be very difficult, business dealings would be shaky, and children's learning in school would be limited as they cheat their way through. Emotionally, anxiety and lack of trust would be the norm as you struggle to trust those with whom you associate. Imagining this kind of world is the best demonstration of why children should be truthful and honest.

Imagining this kind teaches children to want to practice the opposite way to live – by telling the truth and being honest in order to build loving, caring relationships with others.

### Ways to practice this habit together:

- **Model truthfulness and honesty, and tell your children when you have been tempted to tell a lie.** Say, "I returned the money to the cashier who gave me too much change, even though I would have liked to have kept it. I wanted to be honest. It feels good to tell the truth."
- **Reward truthfulness and honesty by reducing penalties for misdeeds when your child owns up to the crime.**
- **Explain how truthfulness and honesty pays by building trust and caring about the feelings of others.** Give examples from your own life or from your child's life.

