

# HONESTY

Parent Resource

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

As your child gets older, it is important to help your child understand that being honest will help him or her become a trustworthy person.

### In kindergarten through second grade, children begin or continue:

- ✓ Identifying the difference between the truth and a lie.
- ✓ Understanding the consequences of being dishonest.

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

#### EXPLAIN THE MEANING

Explain the meaning of honesty. For example:

- Discuss with your child the differences between a truth and a lie.
- Discuss with your child ways he or she can demonstrate honesty in words and actions.

#### BE AN HONESTY ROLE MODEL

Be a role model for your child by demonstrating trustworthiness. For example, only make promises you can keep and commit to them. If promises are easily made and broken, your child may learn that he or she does not need to keep his or her commitments.

#### RECOGNIZE HONESTY TRAITS

Recognize and celebrate instances when your child displays the trait of honesty. For example:

- When your child tells you something he or she is struggling with.
- When your child tells you the truth about something he or she did that could upset you as a parent.

### TOPICS TO CONSIDER DISCUSSING WITH YOUR CHILD:



Explain the importance of being truthful.



Define and give examples of honesty.



### DINNER TABLE CONVERSATION STARTERS

Explain a time when it was difficult for you to tell the truth and why being honest was the best decision.

Discuss with your child trusted adults in his or her life that can be a resource. These trusted adults can assist him or her in demonstrating honesty.

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