



# TRUSTWORTHY

## WEEK 1: TRUSTWORTHINESS OVERVIEW

### AGE-SPECIFIC MAT CHAT FOR AGES 8 to 12

#### OPENING DISCUSSION:

“What does the word trustworthy mean to you? (ask one student to define trustworthy) The answer is: to be deserving of trust or confidence and to be dependable and reliable. When you are trustworthy, you don’t lie, cheat, or steal. Instead, you follow the rules, even if no one is watching you. People that are trustworthy have a better reputation and have more opportunities because people can trust them.”

#### Let’s try a quiz to help you understand how to be trustworthy!

##### Good or bad decision?

- You forgot to study for your math test, so you copied the test answers from a friend sitting next to you.
- You bought some candy at the store and the clerk accidentally gave you an extra dollar in your change. You notice, so you immediately give the extra dollar back to the clerk.
- Your friend told you a special secret about what she wanted to be when she grew up and asked you not to tell anyone. You kept your promise and never told anyone.

**TIP:** Tell the kids that you are **VERY** proud of them for thinking about how important it is to be trustworthy.

#### FINISHING THE MAT CHAT:

“I want everyone to go home and practice being trustworthy. Make sure that you do not cheat or steal, especially when you know nobody is looking. Those that steal because they know they won’t get caught are not trustworthy. At the same time, those that do not steal because they know it’s wrong are excellent examples of being trustworthy.”