



TRUSTWORTHY

WEEK 1: TRUSTWORTHINESS OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 13+

OPENING DISCUSSION:

"Tell me what your definition of trustworthy is? (Ask two students to describe in their own words what trustworthy means) Explain that trustworthy means to be deserving of trust or confidence and to be dependable and reliable. In other words, you should always act and make decisions that are right and not just because someone else tells you to do something. For example, if someone tells you to steal something, your parents should be able to trust that you will make the right decision and not steal because you are trustworthy."

Let's try a quick quiz to see just how trustworthy you are!
What would you do?

1. Your friend notices that the money your class raised for a recent fundraiser can easily be taken. Since the money doesn't technically belong to anyone yet, your friend says it's ok to take it. Would you:
 - a) Take it because your friend has a good point.
 - b) Tell your friend to take it and you won't tell anyone.
 - c) Tell your friend that it does belong to a charity that needs it and deserves it.
2. Your friend gets into an argument with another classmate. Your friend is angry and wants to spread a nasty rumor about the person and wants you to help. Would you:
 - a) Help your friend because that's what friends do.
 - b) Tell your friend to spread the rumor and you won't tell anyone that you know it isn't true.
 - c) Tell your friend that spreading rumors is not only mean, but it is untrue and you value truth more than anything.

FINISHING THE MAT CHAT:

"This week I want you to show trustworthiness. Be the one that stands up for what is right even if your friend is trying to convince you otherwise. No matter how angry your friend may get, it is not as bad as being untrustworthy."