



# GROW Well Strengths-Based Curriculum

Always Our **Best**



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**GROW Well**



## Honesty



*I am honest to myself and others, I try to present myself and my reactions accurately to each person, and take responsibility for my actions.*

## Honesty

Honesty means speaking the truth. It means presenting yourself to others in a genuine way. It means taking responsibility for your actions. An honest person is one who has integrity – they are who they say they are. An honest person acts consistently across different areas of their life. Honesty allows people to take responsibility for their actions and feelings. Honesty allows us to reap the benefits of being consistently true to ourselves.

Telling the truth and taking responsibility for our actions can sometimes be a scary experience. Click on the link below for more information about why children might be dishonest and ways to help encourage honesty.

<https://www.triplep-parenting.net.au/gld-en/blog-and-more/blog-and-news/post/fibs-whoppers-and-flat-out-lies-what-makes-kids-tell-untruths/>



## How to help your child grow their strength of honesty.

- Teach your child that honesty is important from a young age.
- Explain that honesty is essential in developing and maintaining strong, healthy relationships.
- Teach honesty by leading by example.
- Use teachable moments to show what honesty looks like.
- Encourage open, honest communication.
- Praise honesty.

## Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and->

## So why do children lie?

Lying may provide attention or interest from peers, they may be fearful of a consequence or they may have seen adults lie and get away with it before. If your child is found to be dishonest, but eventually tells the truth, it is important to explain that you are happy and proud they told the truth in the end. It's important to do this separately to any consequences that follow. The consequence should be tied to the action, not the confession. Be honest about how you are feeling when your child isn't telling the truth. This also helps children develop their strength of empathy. Giving children chances to be truthful is a great way to praise them for doing the right thing, and explain how the more they are honest, the more trust you can have in them to do the right thing and tell the truth when they are asked.



## Building Positive Values

Click on the link to a School TV article on how to help your child to develop positive values:

<https://gumdaless.eq.schooltv.me/newsletter-external-resource/building-positive-values>

## What does honesty look like in our classrooms?

- We can rely on each other not to cheat, lie or steal.
- When we do the wrong thing we can own up and take responsibility.

## What does honesty look like in our playground?

- If we say we are going to do something, then we do it.
- We don't exaggerate our successes just to impress others.
- When we do the wrong thing we can own up and take responsibility.

**WRONG**  
is **WRONG**,  
even if *everyone*  
is doing it.

**RIGHT**  
is **RIGHT**,  
even if *no one*  
is doing it.