



# GROW Well Strengths-Based Curriculum

Always Our **Best**



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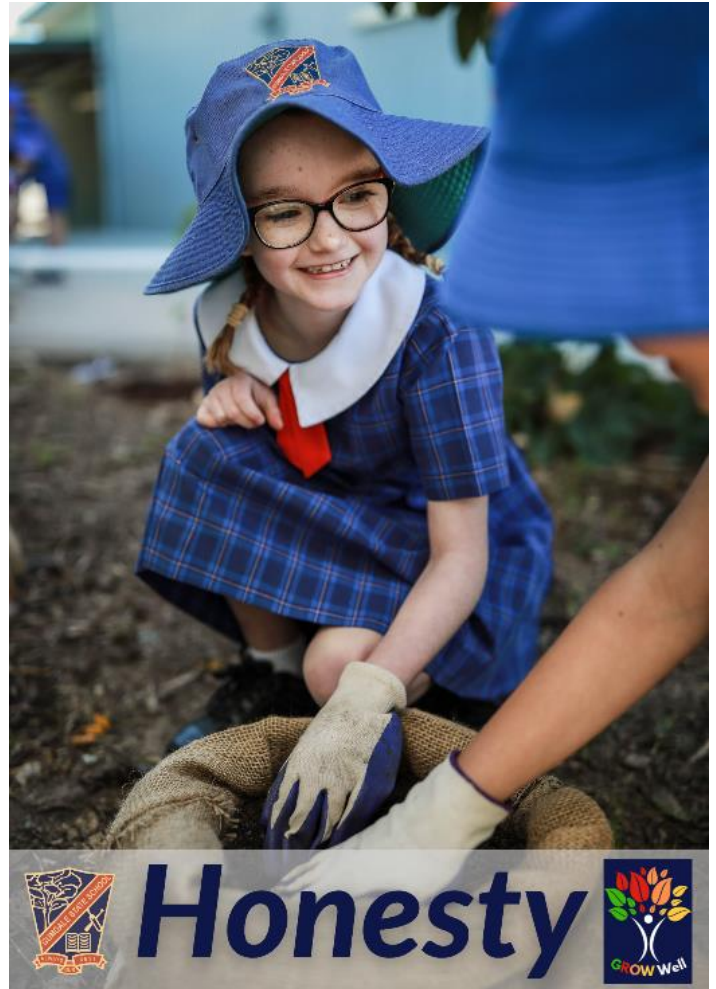
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Honesty is more than just telling the truth. When we are honest we represent ourselves and our feelings accurately and take responsibility for our actions.

When we are honest, we show we are trustworthy to others and this can greatly benefit our relationships with other people.

When we are honest, if something upsets us, we will say how we are really feeling. This sometimes takes courage, as it may mean admitting something we are not proud of, or something that may change the way things are with our friends.

Honest people stand up for themselves and what they know is right. They keep their word and do not act in a deceitful way with others.



Sometimes, being honest means admitting something we have done wrong, or taking responsibility for an action you know was a poor choice. This can be a scary experience for children of all ages, but something that is vital to encourage to build honesty.

For more information on this, please follow the link <https://www.tripleparenting.net.au/qld-uken/blog-and-more/blogs-and-news/post/fibs-whoppers-and-flat-out-lies-what-makes-kids-tell-untruths/>

## 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.*



What our students have to say...

"Honesty is telling the truth." Chloe, Year 4

"Being honest to people and saying true things." Jessica, Year 6

"Not talking behind people's backs." Chloe, Year 6

"Honesty is being a trustworthy person." Milly, Year 5

## 5 PHRASES CHILDREN CAN USE TO STAND UP FOR THEMSELVES

YOU WANT TO PROTECT YOUR CHILD. BUT WHAT HAPPENS WHEN YOU AREN'T AROUND TO HELP? GIVE THEM WORDS TO STICK UP FOR THEMSELVES EARLY ON.



1 "I KNOW YOUR WORDS ARE MEANT TO UPSET ME. I WILL NOT LET THEM."

♥ YOUR CHILD WILL DEMONSTRATE.

- ♦ They understand the other's intent and calling them out on it.
- ♦ They are choosing not to spend energy on defending themselves.

2 "I DON'T LIKE BEING CALLED THAT. I WANT YOU TO CALL ME BY MY NAME."

♥ YOUR CHILD WILL DEMONSTRATE.

- ♦ They are expecting others to be respectful.
- ♦ They will not tolerate verbal abuse.

3 "I DID NOT HAVE CONTROL OVER THAT. IT'S NOT OKAY TO BLAME ME."

♥ YOUR CHILD WILL DEMONSTRATE.

- ♦ They will not allow themselves to be the scapegoat.
- ♦ They are expecting others to be equally accountable for their choices.
- ♦ They are acknowledging what is within and outside of their control.

4 "I UNDERSTAND THAT YOU ARE UNHAPPY. I DON'T DESERVE TO BE TREATED LIKE THIS."

♥ YOUR CHILD WILL DEMONSTRATE.

- ♦ They are being a self-advocate.
- ♦ They are establishing behaviors that are acceptable within the relationship.
- ♦ They are being calm and polite.

5 "THAT'S NOT SAFE. I'M GETTING SOMEONE TO HELP."

♥ YOUR CHILD WILL DEMONSTRATE.

- ♦ They aren't afraid to ask for help.
- ♦ They know that safety is the priority.

YOUR GOAL IS NOT TO INSULATE YOUR CHILD BUT TO HELP THEM DEVELOP THE AWARENESS AND SKILLS TO PROTECT THEMSELVES WHEN NECESSARY. AND IF THEY USE THESE PHRASES IN A FUTURE ARGUMENT WITH YOU, THEN CONGRATS - YOU KNOW YOU'VE DONE YOUR JOB WELL!

## 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.

It is important to explain that you are happy and proud your child told the truth, and do this separately to any consequences that follow. The consequence should be tied to the action, not the confession.

Be honest about you are feeling, not just when they admit to a lie, but in an everyday way. This also helps children develop their understanding of body language and expression which improves their 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.