

Honesty



What is honesty?

- **Honesty is telling the truth.**
- **Honesty is straightforward conduct.**
- **Honesty is being sincere, truthful, trustworthy, honorable, fair, genuine, and loyal with integrity.**

Honest, trusting kids:

- **Tell the truth despite consequences**
- **Voice their opinion in a kind, thoughtful way**
- **"Tell on" someone only when necessary**
- **Show and share their feelings**
- **Know their classmates and teachers care and want the best for them**
- **Feel and react without guilt**
- **Express themselves positively as well as critically**

You are being honest when you ...

- **Do your own homework**
- **Tell a friend the truth**
- **Explain the real reason you didn't turn in your homework**
- **Keep your eyes on your own paper**
- **Clean up your room after making a promise**
- **Give the cashier the extra money she gave you by mistake**
- **Write a report in your own words instead of copying**
- **Admit you made the mistake**
- **Keep a friend's secret**
- **Turn in a wallet full of money that you found**

Be honest with yourself

- **Accept responsibility for your own actions; don't blame others.**
- **Be honest about your feelings.**
- **Face issues as they arise.**
- **If you are considering lying, try to think of the consequences.**
- **When confronted with a situation, think of others.**

Proverbs and maxims

- **Truth exists; only falsehood has to be invented. (George Braque)**
- **The truth is more important than the facts. (Frank L. Wright)**
- **In the mountains of truth, you never climb in vain. (Nietzsche)**
- **If you tell the truth, you have infinite power supporting you.**

More quotes about honesty

- **There is no wisdom like frankness. (Disraeli)**
- **A harmful truth is better than a useful lie. (Thomas Mann)**
- **Honesty is the best policy.**
- **Honesty is the first chapter in the book of wisdom. (Jefferson)**
- **One falsehood spoils a thousand truths. (Ashanti proverb)**

Heroes and heroines

- **Confucius was a Chinese philosopher who believed that a person's first duty was to be virtuous.**
- **Cochise was a Native American leader who was known for his honor and for keeping his word.**
- **Barbara Jordan was a remarkable Congresswoman who was a model for honesty in politics.**
- **Martin Luther was a religious leader who led the Reformation movement (against the existing church) with honesty and courage.**

Put honesty into action

- **Thank someone in your family for being honest.**
- **Tell your parents about a mistake you've made.**
- **Tell the truth when you've done something wrong.**
- **Compliment a friend for being honest.**
- **Express your real feelings without anger, without blaming others, without exaggerating, and without hurting the feelings of someone else.**
- **Turn in something that is lost and encourage others to do the same.**
- **When someone wants to copy your work, politely explain that it isn't right and that it's best to do your own work.**
- **Admit a mistake or error in judgment you have made and apologize to anyone it might have affected.**
- **Do your schoolwork honestly**

- **Be truthful with your friends and thank them for being truthful with you.**
- **When you ask someone to be honest with you, don't get angry with them if their honesty isn't what you wanted to hear.**

Community service ideas

- **Write a letter of thanks to a politician or community leader who has taken a stand on a controversial issue.**
- **Visit a senior citizen center to play board games with the residents. Make very honest moves as you play.**
- **Share the meaning of honesty with your family. Ask them to share their ideas with you.**
- **Remind members of your community to be honest. Decorate public areas with signs telling about the value of honesty.**
- **Create a classroom honor code. Write it down and hang it up in the classroom, so that everyone can see it all year long.**
- **Plan a class field trip to a daycare center to tell stories with themes of honesty to young children.**

8 great reasons to tell the truth

1. **Telling the truth lets everyone know what really happened. There's less chances of misunderstandings, confusion, or conflict.**
2. **Telling the truth protects innocent people from being blamed or punished.**
3. **Telling the truth allows everyone to learn from what happened.**
4. **You usually get into less trouble for telling the truth than for lying (and getting caught).**
5. **Other people trust you more when you tell the truth.**
6. **You don't have to tell more lies to keep your story straight.**
7. **You gain a reputation for being truthful - a trait that most people value.**
8. **Telling the truth helps you feel secure and peaceful inside.**

10 tips for being more truthful

1. **Make a commitment to tell the truth and honor it.**
2. **Tell someone about your commitment and progress.**
3. **Think before you give a dishonest answer, explanation, or reason.**
4. **Be careful of when and how you use exaggeration, sarcasm, or irony.**

5. **Be careful not to twist the truth or leave out part of it.**
6. **Don't indulge in little white lies; don't get caught in cover-ups.**
7. **Watch out for silent lies. When you know about a lie and keep quiet, the lie lives on.**
8. **When you catch yourself lying, throw your mouth into reverse and tell the truth.**
9. **Talk to yourself quietly and ask what is the best thing to do.**
10. **Treat your to something special with you tell the truth even when it's hard.**

More activities

- **Write and perform a skit in which you and others debate the saying "Honesty is the best policy."**
- **Discuss what it means to "live a lie."**
- **List examples of what honesty means to you and role-play.**
- **Research whistle-blowers or people who go public about an unfair, unsafe, or unethical practice in the workplace or other place.**
- **Study honesty and dishonesty in advertising. Read or look at ads - in the news, magazines, on tv.**
- **Learn about the relationship of honesty and (mental) health.**
- **Learn about honesty in scientific or medical research.**
- **Compare national honesty (crime statistics) with local honesty. Which is higher?**
- **Research cultures past and present to learn their views of honesty.**
- **Find out how your school handles dishonesty. Are there student guidelines about cheating, stealing, lying, plagiarism, and other issues?**
- **Survey your class to find out how honest students are.**
- **Collect pictures of people throughout history who have been known for their honesty.**
- **Write a jingle about honesty or dishonesty.**
- **Read stories about honesty.**

BOOKLIST for HONESTY

For Grades K-3

A Day's Work - Bunting

The Empty Pot - Demi

Ira Sleeps Over - Waber

Sam, Bangs, and Moonshine - Ness

The Tale of Peter Rabbit - Potter

Too Many Tamales - Soto

What's So Terrible About Swallowing an Apple Seed? - Lerner & Goldhor

The Boy Who Cried Wolf

Petunia - Duvoisin

Pinocchio

Ruby Copy Cat - Rathmann

Strega Nona - De Paola

Rooter Remembers: a Bank Street Book about Values - Oppenheim

The Berenstain Bears and the Truth - Berenstain

The True Francine - Brown

Anansi and the Moss Covered Rock - Stevens

Liar, Liar, Pants on Fire - De Groat

I Did It, I'm Sorry - Buehner

Chicken Soup for the Kid's Soul 2 - Canfield

For Grades 3-6

The Value of Honesty: the Story of Confucius - Johnson

The Value of Truth and Trust: the Story of Cochise - Johnson

Dog Years - Warner

Humbug - Bawden

Junie B. Jones Is Not a Crook - Park

The Skull of Truth - Coville

Notes from a Liar and Her Dog - Choldenko

Honest Abe - Kunhardt

On My Honor - Bauer

Jennifer-The-Jerk Is Missing - Gorman

One-Eyed Cat - Fox

Spying on Miss Muller - Bunting

Water Sky - George