

Right Relationship Concept: Honesty

Use with Lessons on:
Honesty

Telling the Truth

The Ten
Commandments

Love Is...

“Know the Rules”

Key Concepts:

- God’s rules tell us to be honest.
- We can tell the truth and show respect for others at the same time.
- If someone is telling lies they are not showing love.
- If someone asks you to lie they are asking you to break God’s rules.
- Honesty is an important part of right relationships.
- We shouldn’t lie to our parents or other people we love.
- If someone is lying to us or asking us to lie we should tell an adult.

Discussion: Telling the Truth Grades PreK—4

“Do Not Lie” In the 10 Commandments God tells us, “Do not lie.” God asks us to be truthful with each other.

It is very important to tell our parents the truth. God gave us parents to care for us and protect us. They can’t protect and care for us if we aren’t honest about our feelings and the things we are doing.

God wants others to be honest with us too. If we think someone is not telling us the truth we should check it out with our parents or another adult we trust.

Sometimes it is hard to tell when someone is telling us the truth. Most of the time when someone is telling the truth, what we see them doing matches what we hear them saying.

Tell your parent(s) or a trusted adult :

- If someone asks you to lie.
- If someone tells you to hide something from your parents.
- If what someone says doesn’t match their behavior. (e.g. If they say they care about you, but do scary or hurtful things to you.

Game / Activity: True or False

Grades PreK - 2

As each child is constructing a sign (see page 2), discuss the difference between “true” (something that is true, real, honest) and “false” (a word that means “not true”). Discuss how when someone is telling the truth what we see them do and what we hear them say should match. Remind students to “tell someone if things don’t match up.”

Act out each of the following actions paired with the corresponding “true” or “false” statement. Ask the class to show the sign for “true” if you are telling the truth or “false” if you are telling a lie. Add more examples as time allows.

Action:

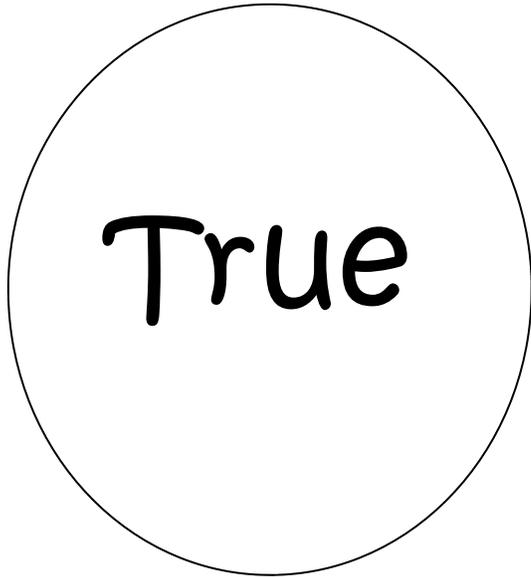
- Run in place
- Smile
- Pretend to cry
- Turn your back to the class
- Cover your ears
- Pretend to eat something and make a disgusted face
- Grab a small object and throw it on the ground

Statement:

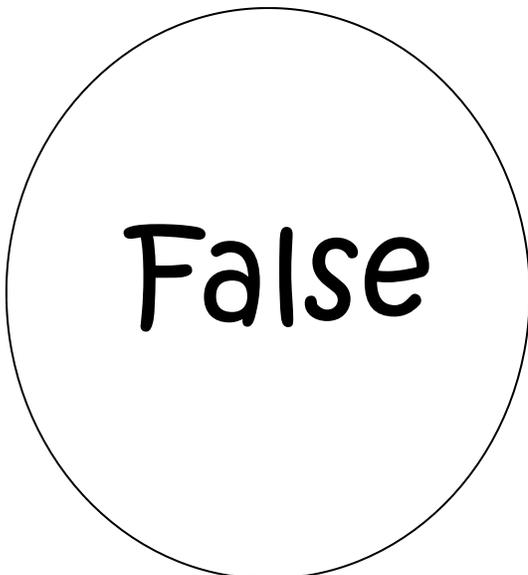
- “I am sitting still” (false)
- “I am so sad” (false)
- “I am so sad” (true)
- “I can see you” (false)
- “I can’t hear you” (true)
- “That was so delicious / yummy” (false)
- “That was an accident.” (false)

True/False Sign

Use with the PreK-2 grade activity :
"True or False" (see page 1)



Instructions: Color the "true" circle green. Color the "false" circle red. Cut out each circle and glue back to back to a popsicle stick.



Discussion: Truth or Consequences Grades 2-6

One of God's 10 Commandments is "Do not lie." God wants us to tell the truth. Why do you think that is?

God created us to need others. One reason honesty is so important is that we need to be able to trust one another to work together, to meet each other's needs, to love and care for each other, and to keep each other safe.

It is important to be honest with our parents. God gave us parents to protect and care for us, and to teach us how to work together to care for each other. If we aren't honest with our parents about what is going on in our lives and how we are feeling, they cannot help us to be safe and grow.

Sometimes it can be tough to tell the truth. Especially if we think we

will get into trouble, or if we are worried we will hurt someone's feelings. Hiding the truth may keep us out of trouble for a short time, but it almost always causes bigger trouble in the long run.

There are consequences for being dishonest or hiding the truth. Sometimes it helps us to be honest if we think about the potential consequences ("what might happen if") of hiding the truth. Consequences for "hiding the truth" often include trouble for us, damage to our relationships, or risks to our safety.

When someone says, "**Don't tell your parents,**" it's usually a sign that consequences won't be good.

Activity / Game : "Guided by the Truth" Grades 6-12

Game / Activity—Grades 6–12 "Guided by the Truth"

Select one or two people to search for an object hidden in the room. Tell them that the other students will be giving them clues.

Divide the remainder of the class into two groups. Instruct one group to give clues (without naming the object) that will help the individuals find the object.

Instruct the other group to give clues that are not always honest / truthful.

When the object has been found, ask for feedback from the individuals who were searching:

- "What happened when you followed the advice of the group who was telling the truth?"
- "When you followed the group who was dishonest?"

- How did you decide who was lying and who was telling the truth?"
- "How did you feel when you discovered that some of your classmates were intentionally misleading you?"

Ask the group members:

- "How did it feel to be on the side of truth?"
- "Was it more difficult to tell the truth or think of lies?" "
- What was it like for you to mislead your friends?"

Remind the class that it is easy to be misled by someone who is dishonest and, at times difficult to determine who is being truthful. Dishonesty is hurtful to a relationship. Encourage students to seek help from those they trust if they think they are being misled, or if they are unsure who / what to believe.

Honesty

This week we discussed the Right Relationship concept of honesty in the context of our religious education lesson. We discussed God's commandment to be truthful and how true Love "rejoices in the truth" (1Corinthians 13:6). The role of honesty in relationships was presented

Younger grade levels (PreK-1) learned that being truthful is one of God's "rules." We discussed how it is sometimes hard to know when someone is telling the truth, but that when we are being truthful, the things we do and the things we say should "match up." They were encouraged to tell you if someone who says they care about them makes them feel hurt or scared.

Grades 2-6 practiced telling parents the truth—even when it's a hard thing to do—and the potential consequences of being dishonest. They were reminded that it is the job of parents to care for and protect them and that they need to be honest with their parents about what is going on in their lives.

Grades 6-12 discussed God's commandment to be honest to one another, our calling to be respectful to each other, and how we can do both things at the same time. Students practiced "telling the truth with dignity and respect" and were encouraged to think ahead about situations they may find themselves in with others.

At the high school level, students discussed honesty as an important quality of right and loving relationships. They were encouraged to consider how honest they are in their significant relationships, as well as the truthfulness of others in their lives.

If your child reports concerns about a relationship with an adult or peer, or if you would like more information about right relationships, please contact the Diocesan Child Protection Office (308)382-6565 or cpo@gidiocese.org.

*"Do not steal.
Do not lie.
Do not deceive
one another."
Leviticus 19:11*

*"Do not lie."
Deuteronomy 5:20*

*"Love Rejoices in
the Truth..."
1 Corinthians 13:6*

DIOCESE OF GRAND
ISLAND CHILD

Child Protection Office
2708 Old Fair Road
P.O. Box 1531
Grand Island, NE 68802

Phone: 308-382-6565
Fax: 308-382-6569
E-mail:
cpo@gidiocese.org



Activity Examples

Activity
Grades PreK - 1

Page 1



Who is Telling the Truth?

Sometimes it is hard to tell if someone is telling the truth. We have to watch closely to see if what someone is doing matches what they are saying.

If someone says they care about you, but they are making you feel hurt or scared, you may need help figuring out the truth. Tell your parents or another adult you trust.

Directions: For each statement, draw a circle around the children who are "telling the truth."

Add this to your Resource Binder

Please keep these materials and add them to the resource binder you started last month for your catechists.

If you have ideas for future issues, questions, or feedback on the materials you have received to date. Please contact the Diocesan Child Protection Office at (308) 382-6565 or cpo@gidiocese.org.



"I never go online without an adult."



Who is Telling the Truth?

"I always use a paint brush when I paint."



Sometimes it is hard to tell if someone is telling the truth. We have to watch closely to see if what someone is doing matches what they are saying.



If someone says they care about you, but they are making you feel hurt or scared, you may need help figuring out the truth. Tell your parents or another adult you trust.



"I do my homework after school."

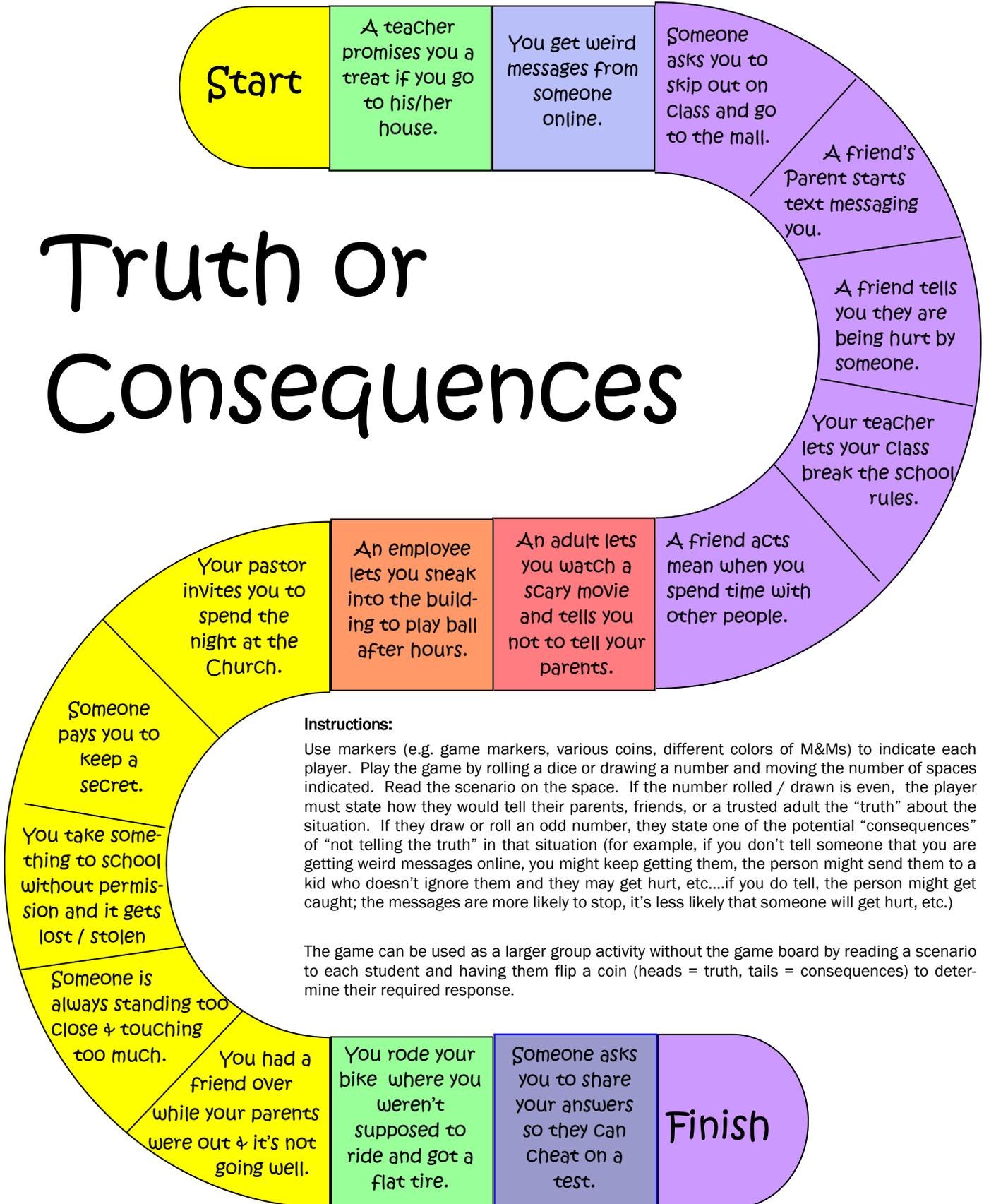


"I say my prayers before I go to sleep"



Directions: For each statement, draw a circle around the children who are "telling the truth:"

Truth or Consequences



Instructions:

Use markers (e.g. game markers, various coins, different colors of M&Ms) to indicate each player. Play the game by rolling a dice or drawing a number and moving the number of spaces indicated. Read the scenario on the space. If the number rolled / drawn is even, the player must state how they would tell their parents, friends, or a trusted adult the "truth" about the situation. If they draw or roll an odd number, they state one of the potential "consequences" of "not telling the truth" in that situation (for example, if you don't tell someone that you are getting weird messages online, you might keep getting them, the person might send them to a kid who doesn't ignore them and they may get hurt, etc....if you do tell, the person might get caught; the messages are more likely to stop, it's less likely that someone will get hurt, etc.)

The game can be used as a larger group activity without the game board by reading a scenario to each student and having them flip a coin (heads = truth, tails = consequences) to determine their required response.

Telling the Truth with Dignity and Respect for Others

In addition to being one of the 10 Commandments, honesty is an important quality of right relationships. Showing respect and dignity for others is also an important quality of right relationships and something we strive to do as Catholic Christians. For each of the following scenarios, think about how you could communicate the truth in a way that is respectful of others.

1. A friend asks you to go to a movie and you already have plans:

6. Someone you “don’t like” wants to go out:

2. Someone you don’t know well asks you to go somewhere alone with them:

7. An adult asks you questions that are “too personal”:

3. Someone invites you to a party and you know you shouldn’t go:

8. Someone who “sits too close” asks, “Do you mind if I sit here?”:

4. Your Mom asks, “How do you like my new haircut?”:

9. You are chatting with someone online and they want to meet you:

5. Someone you “like” wants to “go too far, too soon”:

10. Your youth minister asks you to stay and help clean up again and they don’t ever seem to ask anyone else:

You've heard it said before – **"Honesty is the best policy."**

Do you believe it? Sometimes it is hard to see. Especially when we've messed up and it seems like knowing the truth causes us more trouble or causes others more pain. In those situations how can honesty be our best bet?

1. God's plan for us is forgiveness. If we have messed up, are truly sorry, and are willing to make things right, God will forgive us and asks others to do the same. In a right relationship telling a lie to cover up our mistakes doesn't make things better. What makes things better is owning up to our mistakes, asking for forgiveness, and working to make things right. If we are so fearful of rejection or retaliation that we have to hide our mistakes—that's not a right relationship.
2. "What you don't know won't hurt you" rarely holds true. For starters, very few "secrets" are never found out. Think about how you'd feel if you found out someone had been dishonest with you. Would it challenge your trust in that person? Would things really be ok if you never found out? What if someone you were in a relationship with was maintaining a relationship with someone else? Would it be ok as long as you didn't know? Would that be a healthy relationship?
3. We might think that we are sparing other's feelings by not telling them how we feel. The truth is, hiding our feelings isn't fair to others. Think about it— if someone does something that bothers us and we don't tell them—we deny them the opportunity to stop doing the thing that annoys us. If we don't tell them how we feel, what happens to our feelings? Unexpressed feelings have a way of growing. Often what happens if we don't share our feelings is: a) they don't stop doing the thing that bothers us, b) our feelings grow bigger and bigger, and c) we resent them more and more—or—we start to avoid them.
4. Sometimes others bend the truth to meet their own needs. They say what we want to hear—or say whatever it takes to get what they want. Individuals who abuse others often gain control by misleading others. They often maintain control by involving their victim(s) in keeping secrets and telling lies. Would you call that a right relationship?

Think about your significant relationships:

- Can you be honest about your feelings?
If not, what gets in the way?
- Are you honest about your behavior?
- Do you give others the chance to change their behavior by letting them know how you feel about it?
- Are the significant others in your life honest with you?
- Do the significant others in your life offer you the same courtesies?

If you are in a relationship that isn't based on honesty, seek help. It often takes many honest voices to erase the impact of one false friend.

"Love Rejoices in the Truth..."