



Think for the Future

WOW Pack

Honesty

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



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Think about it: Honesty

Read the scenario, what do you think would be the best outcome?

You and your friends are outside playing football. You decide to go to the shop for a drink and you are kicking the ball down the road. One of your friends gets the ball and kicks it too hard, breaking a shop window. You all run off and leave the ball, but end up getting caught on CCTV. The shop owner gets the police involved and the police turn up to your house.

What do you do ?

A: Tell the police that you were there but don't know who the person was who kicked the ball

B: Tell the truth, say that it was an accident and you explain everything

C: Tell the police that you weren't there and don't know what they are talking about



What would be the honest answer and why?

Honesty

"**Honesty** is more than not lying. It is truth telling, truth speaking, truth living, and truth loving".

Honesty is more than just telling the truth, its how we live our lives.



What is honesty?

Honesty is when you speak the truth and act truthfully.

Many people think honesty means you "don't tell a lie", and that is definitely part of being honest. But true honesty means more than not lying.

A more complete definition of honesty is being fair and acting with integrity.

Why is it important to be honest?

Honesty is not just about telling the truth. It's about being real with yourself and others about who you are, what you want and what you need to live your most authentic life. Honesty promotes openness, empowers us and enables us to have deeper relationships with others.

If we are honest in how we speak, and act towards others, they'll feel more comfortable opening up to us, resulting in better communication and less room for misunderstanding.

What are the benefits of being Honest?

Builds trust
and respect

Keeps you
out of
trouble.

Shows you
care.

Reveals your
true character.

Reduces
negative
mindsets

Is there such a thing about being TOO honest?

There are times when we all want to tell someone exactly what we think of them! But this is not always helpful or useful to preserving a relationship. It might be unnecessarily hurtful to the other person, or harmful to ourselves. We should use honesty wisely and ensure it is meeting the benefits.

Check out this video on honesty

Watch this

<https://www.youtube.com/watch?v=FV4Kd2KXWkc>



5 Reasons why honesty is important



1

Trusting relationships

Without honesty there is no foundation for a lasting or enjoyable relationship in any context, whether that be with a family member, friend or teacher. Honesty is a voice that builds trust. Without honesty, everything you say can be taken as a lie.

People are not mind readers

People can't read your mind. Being honest doesn't just mean telling the truth about facts, but also about the way you're feeling. If you were hurt by something someone did, they may not even realise unless you are honest with them about how it affected you. This festers and damages the relationship, while on the other hand, being honest about your feelings can bring healing, solve a problem and help good communication.

2

3

Stops gossip

When people don't know the truth, they will try and guess it. That is, not being honest about something causes people to try and figure out what you're not saying, or what the truth actually is. This breeds gossip, which can then foster more lies and deception that other people may mistake as truth. Finally, this causes many more people to feel hurt and betrayed when the truth is finally revealed.

Unnecessary hurt

People are usually more hurt by the concealment of the truth than by the truth itself. Some people lie because they're afraid the truth will get them in trouble or cause another pain, but more often than not, while the truth may be painful, it is still usually less painful when delivered honestly. Holding back on it or lying to cover it only causes people to feel betrayed as well as hurt, and to then question why you weren't just honest with them in the first place.

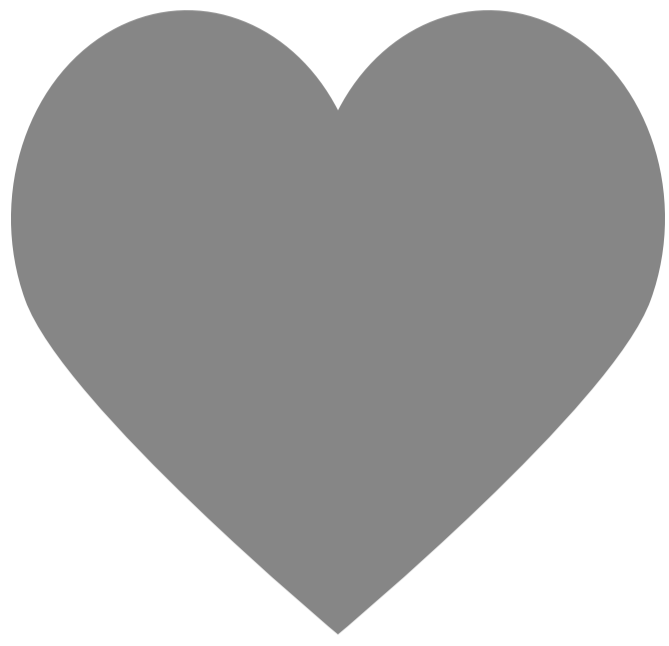
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Living a lie is hard work

Lies rarely come on their own: one will usually be needed to cover another until it spirals out of control. This becomes complicated for the one who started it and confusing for the one receiving it. More than that, living a lie is hard work. It means not being yourself or enjoying relationships, and that is not comfortable for anyone. On the other hand, while being honest about difficult situations may be uncomfortable at first, if it can be worked through, the relationship is strengthened, trust is built and love is deepened.

Being Honest Top Tips

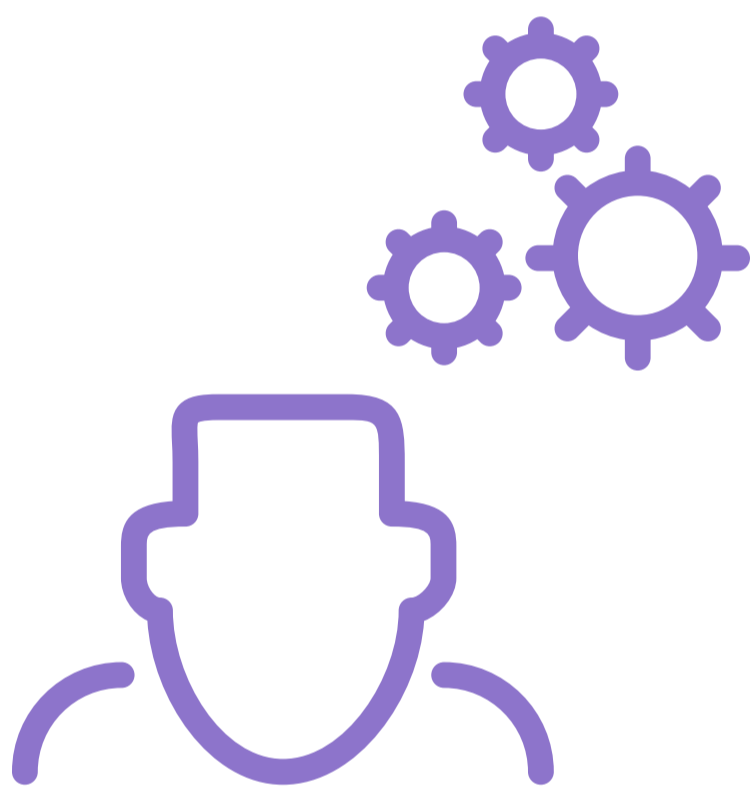


Be honest with yourself

When you are being true to yourself, you are completely honest with what you feel, deeply value, and desire. Once you know what this is, you will feel more confident communicating honestly with others, and they will recognise what you're saying as part of who you are.

Don't exaggerate or embellish

Although we may sometimes feel like we need to exaggerate our achievements, or make our stories seem more exciting to others, it is only a matter of time before we get caught out. They may seem like harmless little details, but they might be what the other person remembers and catches us out on later on. This will give them a bad impression, and discredit their relationship with us.



Evaluate your lies

What is it that makes you lie? Is it because you don't feel good enough about yourself? Is it because you don't want to hurt the other person?

Evaluate your lie habits and work out what you could say in the future that would be more truthful.

Don't compare yourself to others

People often lie when they feel vulnerable or not good enough. We try and match ourselves to the person we think is funnier, more exciting, more good-looking. A lasting relationship cannot be made when one person is trying to be someone else.

Be confident in who you are, you will be respected much more for your honesty than your fakeness.



Don't shoot the messenger

If someone tells you the truth, be thankful that they feel they can be open and honest with you. Don't get angry if it's something you didn't like hearing!

Be grateful that you have both created a relationship and environment where honesty can take place, and accept the feedback they have given you.

Think before you speak

Think before you speak is the one of the best saying out there. Think about what you are going to say and how you're going to say it. Is there room for miscommunication? Is it truthful? Is it hurtful?

Make sure there is a benefit to what you say before you say it.



Share your experience!



Share with us a time when you have shown honesty!

Check out mentor Alex's story on honesty, and then tag us in yours



<https://www.youtube.com/watch?v=AXkUmcHD99E>

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Where else to look...



Click on the icons below!

YOUNGMiNDS

