

S2 & S3



Introduction

- ▶ WALT: discuss what **trust** and **integrity** is and what they aren't
- ▶ WILF: knowing how to be trustworthy/integrous

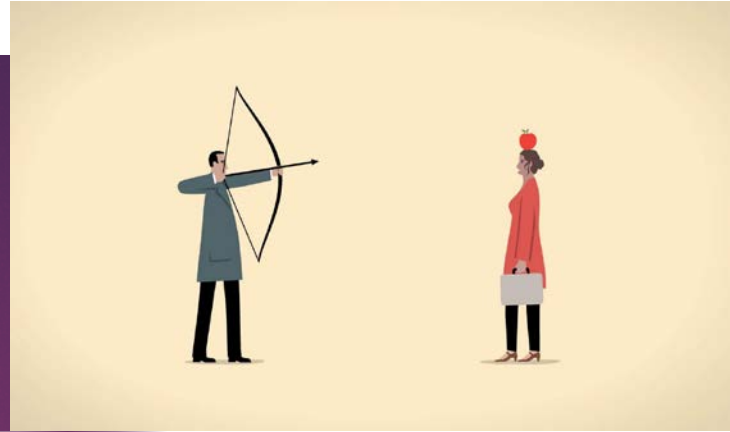


Trust.....you cannot have a healthy relationship without it

- ▶ **What is Trust?** Trust is both an emotional and logical act. We feel trust. Emotions associated with trust include companionship, friendship, love, agreement, relaxation, comfort.



How to build trust 1?



- ▶ Be true to your word and follow through with your actions
- ▶ The whole point of building trust is for others to believe you when you say that you will do something. Keep in mind, however, that part of building trust is not only keeping promises that you make, but also to stay away from committing to promises that you are not able to keep.

How to build trust 2?



- ▶ **Learn how to effectively communicate with others**
- ▶ Poor communication skills are the main reason why relationships break down. This includes being clear about what you have or have not committed to – that is, what has been agreed upon. Building trust is not without risk. It involves allowing others the chance to prove that they are trustworthy and for you, taking the chances to show that you are also trustworthy.

How to build trust 3?



- ▶ **Remind yourself that it takes time to build and earn trust**
- ▶ Building trust is a daily commitment. Don't make the mistake of expecting too much too soon. In order to build trust, make small steps and take on small commitments and then, as trust grows, you will be more at ease with making and accepting bigger commitments. Put trust in. You will generally get trust in return.

Open hyperlink by right clicking pic to
watch what INTEGRITY is



What would you do????



- ▶ **Integrity Class** Your teacher will leave the room and stand outside the door to listen to what goes on. Do you truly act as if your teacher were still in the room when they are not there?
- ▶ **Integrity Rubbish** Your teacher will plant some bits of paper on the floor in the classroom and reward any student that takes the initiative to pick them up as they discover them. Will you get a reward???
- ▶ **Integrity Walk** Before you go to assembly, your teacher leaves 30 seconds in advance and hides somewhere in the playground. While you begin your unescorted travels, your teacher watches from afar. What will they see???
- ▶ **Integrity Treasure** Your teacher puts a prize box at the front of the room with some random prizes in it. You know that nobody touches the box except for your teacher. Your teacher asks a student to take a look in the box when they leave the room. They then see which students also helped themselves to have a look. Will it be you???

Integrity in a nutshell



Integrity is a term used to describe a person's level of honesty, moral commitments, and willingness to do what's right.