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What is Honesty

Honesty: The Foundation of Trust and Integrity

DEFINITION

> Honesty means being truthful and sincere in what you say and do. It is important because it builds trust with others.

KEY CONCEPTS

Truthfulness

Truthfulness involves telling the truth and not lying, even when it's hard.

Integrity

Integrity means doing the right thing, even when no one is watching.

Trust

Trust is the confidence others have in you when you are honest.

Consequences of Dishonesty

Being dishonest can lead to broken relationships and loss of trust.

Self-Respect

Being honest helps you feel good about yourself and your choices.

EXAMPLES

→ Telling the truth about a mistake you made in class.

→ Returning a lost item to its owner instead of keeping it.

→ Admitting you don't understand something instead of pretending you do.

MEMORY TIPS

★ Remember 'HONEST' stands for 'Helping Others, Not Everyone's Secrets Told.'

★ Think of the word 'TRUST' as the result of honesty.

★ Use the phrase 'Truth is the best policy' to recall the importance of honesty.

COMMON MISTAKES

✗ Confusing honesty with being blunt or hurtful.

✗ Thinking it's okay to lie to protect someone's feelings.

✗ Believing that small lies don't matter.

QUICK RECAP

Honesty is about being truthful and sincere, which builds trust and integrity. Remember that being honest helps you and others feel respected and valued.