

# Family Newsletter

## Dear Parent:

Honesty is the character trait of the month of February. This newsletter offers you activities and ideas, which will assist you with helping your child to understand the importance of honesty. Honesty, is taking responsibility for one's conduct and obligations, and being loyal so people can trust you. People who are honest have integrity and the moral courage to do the right thing and to stand up for their beliefs even when it is difficult to do so. We ask that you continue to encourage honesty with your child.

- How can you tell if your teen is being dishonest with you? There are some key things to look for that are signs of being dishonest.
  - Defensiveness – Teens may become defensive when you ask them where they have been or where they are going. A teen with nothing to hide does not mind offering their parents a way to get in contact with them. Teens that get defensive when asked are most likely hiding something.
  - Eye Contact – If your teen makes constant eye contact without blinking this can be as alarming as the teen that won't make eye contact with you at all. Usually a teen will not look at you if they are lying to you unless they realize this. Then they over compensate by starting you in the eye and they end up not blinking. (Understand that some cultures however do not promote eye contact with adults.)
  - When people are making stories up they often look down. When someone is telling a story that is honest and true they look up like they are remembering it just as it happened.
  - The long pause – this is especially useful when you are having a phone conversation and you ask where your teen is or what is going on. There will often be a pause as they come up with a story to tell you.
  - Body Language – when someone is being dishonest, they are often nervous and have physical twitches or they will touch their face.



Character Education: Middle

February



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## Character Check

Make sure your child is reflecting on these questions in order to keep itself in check.

- If I want to borrow something, do I ask the person who owns the property?
- Do I always do my own work and not cheat myself out of learning?
- Am I striving to earn my parent's and friend's trust?
- Is lying comfortable for me?
- Does my current social circle consist of people that I can be honest and true to myself with, that I can rely on and I feel can rely on me?