

# *Understanding the importance of trust.*

*In this task you will be able to:*

- Understand the importance of trust.*
- Recognise and appreciate people who you can trust and how they can trust you.*

# *What does it mean to trust someone?*



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*Talk about the things that help trust grow, e.g. honesty, always being there, keeping good secrets, being a good listener, standing up for you, etc. Ask the other people around you for their ideas.*

*Trust is like a balloon and it builds and gets larger over time; just as the balloon is growing bigger, so does trust.*

*But once someone breaks your trust or you break theirs, the balloon pops and can never be repaired...*

# Read/Watch: Don't tell lies Lucy! By Phil Cox

- <https://www.youtube.com/watch?v=e6QjedDrhLk>

Watch the link above and think about the following questions:

1. What is trust?
2. What helps us to trust people?
3. What causes us to lose trust?
4. Who are the people around us we can trust?
5. Who are the people you would not trust?
6. How do you know if you can trust people?

