



- ★ Just blurt the truth of what you did immediately. You'll be amazed how telling the truth can become a good habit. Adults will praise you for being brave enough to tell the truth. You may still get punished, but you'll feel a lot better about yourself for being honest.
- ★ Don't argue when you know you are in the wrong.
- ★ Admit the truth before anyone asks you and even if you "got away with it."
- ★ Tell the whole truth, not just the part you were asked about.
- ★ Discuss the downsides of doing something you and your friends are considering – don't give in to peer pressure. Chances are that your friends are also thinking about the negative consequences but are afraid to say something.
- ★ Offer to make amends if you've done something wrong. Admitting the truth is part one, trying to make up for what you've done is truly admirable.

Tell the truth. Telling the truth sounds a lot easier than it is. Sometimes kids are only asked to tell part of the truth and it is much easier to withhold the rest. Other times, they may "get away with" doing something wrong and they don't see the point of confessing. But telling the truth, the whole truth, no matter how difficult the consequences will be certain to earn them respect.