



The Counselor Connection

DECEMBER 2020

This month's character trait: TRUSTWORTHY

So What is It?

Trustworthy means being able to be relied on as honest or truthful.

Why is it Important?

Trustworthiness is an important part of building a healthy friendship. Your friends need to be able to trust you in order to have a strong friendship that will last and is meaningful.

How can you Show That you are Trustworthy?

- If you say you're going to do something, do it!
- Show up to class, meetings, and DBAs on time

- Apologize...if you've made a mistake, admit it and ask how you can make it right
- Always speak the truth...even if it's more difficult to say, honesty builds trust
- Take care of things that people let you borrow
- If you find something that doesn't belong to you, turn it in instead of keeping it for yourself
- Do not spread rumors or untrue facts about someone
- Complete your schoolwork and/or tests on your own, and not by looking at someone else's work

December at a Glance

12/18 - 1/1 Winter Break
NO SCHOOL



Look for our *new*
webinar!
Check it out [here!](#)



How You can Help Your Child Learn to be Trustworthy

- Let your children know how much you value honesty
- Help them to decipher between reality and fantasy
- Let them know you appreciate them being truthful even though they did something wrong
- Model honesty in your own communication and interactions
- Point out characters being honest in stories or movies as examples
- Foster a safe environment for them to feel comfortable coming to you with the truth

We're here to help!



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rpinkman@flvs.net
Serving counties
Alachua through
Hardee, alphabetically,
plus Hillsborough.

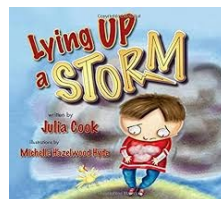
Trustworthiness
is shown in a
person's actions,
not just words.

therapy-talk.com

Check out these books!



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Serving counties
Hendry through
Orange, alphabetically,
except Hillsborough.



Lying Up a
Storm

By: Julia
Cook



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Serving counties
Osceola through
Washington,
alphabetically.

Liar, Liar

By: Gary
Paulsen

