Telling The Truth

- Telling the truth is being honest when you are asked about something that has happened.

- Telling the truth is important so that adults know exactly what has happened. They need to know the truth so that they can keep you and others safe. They also need to know so they can help you know when you done things that are right and when you have done things that are wrong.

- If you think that you have done something wrong telling the truth can sometimes make you feel uncomfortable. For example, you might feel a bit embarrassed, scared or upset. It is normal to feel this way but you will be OK.

- If you don’t tell the truth people may stop believing the things you tell them. They may not trust you anymore. Adults may get cross with you if they learn that you have not told the truth.

- It is good to be honest with people so they know they can trust you.