

The Kindness Curriculum Educators notes

Honesty

Honesty is defined as fairness and straightforwardness of conduct. It is when one speaks the truth and acts truthfully and is often connected to sincerity, integrity and trustworthiness. But honesty is not just about telling the truth. It promotes openness, gives clarity and empowers one to be authentic. Being honest requires courage, realism, trust and it takes practice.

Learning honesty can be a challenge! Often social media and the virtual world create unreal perceptions of honesty and different concepts of reality. Honesty has connections to other traits that support kindness, in particular self-compassion and self-acceptance. The activities sourced and designed provide opportunities for people to explore authenticity and integrity in their own lives, classroom, workforce and community.

Honest and authentic thoughts and actions contribute to a kind world. Honesty is admirable in many cultures and revered in religions around the world. It refers to a component of moral character and implies positive and virtuous attributes including truthfulness, integrity and straightforwardness. It also infers the absence of lying and cheating. Honesty also involves being trustworthy, loyal, fair, and sincere. Honesty is also about being authentic with oneself and others. It embodies the capacity to present yourself in a genuine and sincere way, taking responsibility for feelings, attitudes and actions. Honesty promotes openness, empowers and enables us to develop consistent behaviour and expectations of ourselves. It stimulates confidence, commitment and trust.

Through a process of cultural socialisation children develop integrity and the associated behaviours including honesty, respect, authenticity and social responsibility. As children and students are influenced by social and cultural learnings they develop understandings of acting honestly and the courage to stand up for what they believe is right. School environments are contexts where students can explore and acquire values and behaviours from peers, adult role models and through community expectations. Classrooms can be safe spaces where honesty and truth can be explored. Honesty in the workplace encourages a sense of trust and integrity among employees, the work environment and the community.



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Integrity in the workplace comes in many forms including having work and social ethics including honesty, dependability, sound judgement, perspective and loyalty. It connects with professional standards and values. Having honesty and integrity helps promote an open and optimistic work environment and an ethical approach to decision-making. Having a high degree of integrity means that:

- You are trustworthy, dependable and reliable
- Engage in open and honest communication
- Meet commitments and are responsible
- Develop respectful relationships
- Are responsible for your actions

Honesty is the foundation for trust in all relationships, and trust is necessary for a relationship to develop, function and thrive. Being honest with yourself is also fundamental for personal growth, development and happiness, as well as connecting to self-acceptance (Durham, 2017).

References

- Durham, J. (2017). Integrity and honesty: Important attributes. Life Coach Expert. Retrieved from <http://www.lifecoachexpert.co.uk/integrityhonestyimportantattributes.html>



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