



IMPROVING
YOUR
SOCIAL SKILLS

TELLING THE TRUTH



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WHAT IS THE TRUTH?

Do you always tell the **truth**?

To tell the truth means you are saying something that agrees with facts or reality. Think about books, like the one you are reading now. This book is nonfiction, which means that it is about facts that are not made up. It tells what is true. It is different from a fiction book, which is a made-up story.





WHY THE TRUTH IS SO IMPORTANT

You may wonder why telling the truth is so important.

Telling the truth is important because it helps to show that you are an **honest** person. When you are honest with people, it shows them that they can trust you and the things that you say. More so, when you tell the truth, you show **integrity, responsibility, and accountability.**





DID YOU KNOW?

Honesty increases our connection with others and our **self-esteem**.

HONESTY VS DISHONESTY

Let's explore the difference between honesty and dishonesty.

Remember, being honest means that you are telling the truth. The truth means that what you are saying agrees with facts or reality. On a clear, sunny day, you would be telling the truth in saying that it is not raining.

Being dishonest means you purposely say something that you know is not true. On a clear, sunny day, you would be dishonest by saying that it is raining, even though you are dry and can feel the warm sun!



For Review Only

DID YOU KNOW?

One of the most common reasons for dishonesty is to avoid **conflict**.