



PALLEN'S
MARTIAL ARTS™

PARENTS

JULY 2021

PERCH

HONESTY

**“Strive together,
Thrive together.”**

Young students: “I show and tell the truth!”

Older students/teens/adults: “Being straightforward and truthful in words and actions.”

WEEK 1 Honesty defined: What does it mean to lie or tell the truth through words?

WEEK 2 Lying through actions: Cheating, stealing and plagiarizing

WEEK 3 Honesty vs. Dishonesty: Benefits, consequences and being accountable

WEEK 4 When honesty isn't the best policy: Feelings, flattery & stranger danger

Dear Family,

This month we will focus on the powerful word; “honesty.”

Honesty means being truthful, trustworthy, sincere and open. Honesty is about ensuring that things are as they seem and that actions match promises. When people are honest, they aren't “hiding” the truth in any way.

Lying is extremely common among children. In fact, a study out of the University of Waterloo found that a whopping 96% of children lie at some point. On average, four-year-olds lie every two hours while six-year-olds lie every hour!

Lying, while frustrating for parents, is a developmental activity that shows both

intelligence and social skills. The child must be cognitively aware that s/he can fool another person with words or actions. While young children often lie due to active imaginations and misunderstandings between fantasy and reality, older children and teens often lie to get them out of trouble.

Dishonesty can be revealed through lying, cheating, stealing, plagiarizing and more. As we get older, we learn that people can even lie through body language, omissions, intonations, and inflection. The idea of this kind of deliberate deception can be confusing to children who may not fully grasp how a lie can be told without using words.

Honesty is not always easy but

it is often “the best policy.” However, there are times when some question if honesty is best. For example, we may not desire honesty when a stranger asks our children for personal information or a young child asks for details about a dreadful news story. Sometimes, honesty may be trumped by safety, kindness or appropriateness.

We look forward to partnering with you on discussing honesty this month.

Here's to your success!

Best Regards,

*—Your Motivated and
Dedicated Instructors*

Pallen's Martial Arts

1660 Washington Ave.
San Leandro, CA, 94577
510.483.6560
pallensmartialarts.com