Family Life and Health Science

Trust Building



***Trust** is the ability to rely on the character, word and actions of someone. Trust building is the activity of developing trust between people so that they can work more effectively. When trust is built between people their relationships grow stronger.*

The people who we trust are people we have a relationship with or who are known in their positions in society. For instance, we can trust our parents and family members, guidance counselors, teachers, pastors, police officers, doctors and friends.

*People who we should **not** automatically trust are strangers or people we have not known for very long (remember strangers are those people we have not met before and do not know). Also we should **not** trust people who continue to show poor character.*

I have read the notes at least 3 times and will read them again later.

(a) Yes
(b) No

LIVEWORKSHEETS