

Name: _____ Date: _____

Family Life & Health Education

TRUST BUILDING



Choose the correct answer from the list.

1) What is the best definition of trust?

- a) Trust is helping others.
- b) Trust is knowing someone very well.
- c) Trust is having faith or confidence in someone or something.
- d) Trust is sharing and caring.

2) There are some people that you should be able to trust. Who should you NOT trust?

- a) Your teacher
- b) A stranger
- c) Your pastor
- d) Your Guidance Counsellor

3) Jerome is struggling with learning his multiplication facts. His classmate Danny tells the students in another class about this and they laugh about it. Do you think that Danny is trustworthy?

YES

NO

4) Which is NOT a characteristic of trustworthiness?

- a) Returning what you borrow
- b) Laughing at someone's jokes
- c) Doing what you say that you will do
- d) Only speaking positively about your friend to others

5) Write **true** or **false** to describe the following statements.

- a) _____ It takes time for trust to build.
- b) _____ You should trust all adults
- c) _____ Trust is important in relationships.
- d) _____ Team work builds trust.