



What is trust and why is it important in any relationship?



Tammy spent all evening on her maths homework – and is feeling confident. She knows Riley has not finished his, he has been asking her the answers on the way to school. 'Oh no.' Says Tammy, 'I've forgotten my PE kit, I'm going to have to run home for it.' 'Ok, Tam,' Riley replies. 'Would you like me to give your maths homework in for you, so it's not late?'

Discuss: Should Tammy take up Riley's offer to hand in her maths homework?



What do we mean by the word 'trust'?
How do we know if we can trust someone?

CLUES: proven themselves reliability
time appropriateness safety
honesty reputation respect

What is trust and why is it important in any relationship?



Learning outcomes:

Describe how to determine whether other children, adults or source of information are trustworthy and judge when a family, friend, intimate or other relationship is unsafe.

Trust – Firm belief in the reliability, truth, or ability of someone or something.

E.g – Tammy was unsure whether to **trust** Riley with her maths homework; it is possible (if he wasn't a true friend), he could have copied the answers or given it in as his own.

What is trust and why is it important in any relationship?



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We will now find out more trust, how we know if we can really trust people and why this is so important to our safety.

THORNDEN THREE READING!

Follow the text in your booklet as it is being read to you. You will be answering questions on it next.



We will now find out more about the importance of trust in a relationship.

THORNDEN THREE = GUIDED READING



Why is trust so important?

Trust is something that's really important in all relationships, whether it's with your family, friends, or even your pets! If you didn't know anything about your next-door neighbours' new dog, you wouldn't leave it in the garden to play with your baby sister, would you? This is what we're talking about today – the ability to know and measure, and judge the potential risks, of *trusting* someone not to lead us to emotional or physical harm.

Trust means that you believe someone will do what they say they'll do and that they'll be honest with you.

Think of it this way - when you tell someone a secret, you're trusting them to keep that secret and not tell anyone else. Or when you lend someone your games console, you're trusting them to take care of it and give it back to you when you ask for it.

When you trust someone, it helps you feel safe and secure in your relationship with them. It means you can count on them to be there for you and to do what they say they'll do.

On the other hand, when you don't trust someone, it can be really hard to have a good relationship with them. If you're always worrying about whether they'll keep your secrets or do what they say they'll do, it can make you feel anxious and upset.

Nowadays, many people talk to each other online, adding an extra layer of complexity. How can we trust people actually are who they say they are? Unfortunately, if a friendship or relationship begins online – we simply can't. Anyone can take photos from anywhere, create fake accounts, sound incredibly convincing as the age they say they are, and make up believable back-stories. You can't ever say you 'know' someone you speak to online – and if you don't know someone, you can't trust them. This is a simple rule to remember, which helps keep all of us safe, no matter what age we are.

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But what about people we do know in real life?

Remember – trust has to be earned. That means, if we haven't known someone for a significant amount of time, we should never instantly trust them. Trust is a crucial part of any relationship, and it's essential to make sure that you feel safe and secure with the people you interact with. Here are a few signs that can help you know if you can trust someone:

- They keep their promises: One of the best ways to know if you can trust someone is by seeing if they keep their promises. If they say they're going to do something, do they follow through with it? If they consistently break their promises or don't follow through, it may be a sign that you can't trust them.
- They're honest: Honesty is a crucial part of trust. If someone is honest with you, it means they're not hiding anything and are being transparent about their intentions. If someone is consistently lying or withholding information, it may be a sign that you can't trust them.
- They're reliable: A reliable person is someone you can count on to be there for you when you need them. They show up on time, do what they say they'll do, and follow through on their commitments. If someone is consistently unreliable, it may be a sign that you can't trust them.
- They respect your boundaries: Trust involves respecting boundaries. If someone is pushing you to do something you're not comfortable with or not respecting your boundaries, it may be a sign that you can't trust them.
- They're consistent: Consistency is key when it comes to trust. If someone's behaviour is unpredictable or inconsistent, it can be tough to know if you can trust them. If someone is consistent in their actions and behaviour, it may be a sign that you can trust them.

It's essential to remember that trust takes time to build, and it's okay to be cautious when getting to know someone. It's always better to take your time and be sure that you can trust someone before opening up to them completely.



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So, what are the signs that we can't trust someone?

Here are some signs that may indicate that we can't trust someone:

- They're dishonest: Dishonesty is a big red flag when it comes to trust. If someone lies or withholds information consistently, it may be a sign that they're not trustworthy.
- They gossip or spread rumours: If someone frequently gossips or spreads rumours, it may be a sign that they're not trustworthy. Gossiping can be hurtful, and it shows that the person may not respect your privacy or boundaries.
- They're unreliable: If someone is consistently unreliable, it may be a sign that they're not trustworthy. If they don't follow through on their commitments or are often late, it can be challenging to trust them.
- They don't respect your boundaries: If someone doesn't respect your boundaries or consistently crosses them, it may be a sign that they're not trustworthy. Trust involves mutual respect and understanding, and if someone doesn't respect your boundaries, they may not be trustworthy.
- They're inconsistent: If someone's behaviour is unpredictable or inconsistent, it can be tough to know if you can trust them. If they act one way one day and another way the next, it may be a sign that they're not trustworthy.

Trust is linked directly to our safety.

When you trust someone, you feel safe and secure around them. You know that they won't harm you, either physically or emotionally. You can rely on them to be there for you and to support you when you need it. This feeling of safety and security is essential for your mental and emotional health, and it can help you develop stronger and healthier relationships with the people in your life.

On the other hand, if you don't trust someone, you may feel unsafe or uneasy around them. You may worry that they will hurt you or betray your trust. This feeling of unease can be stressful and can negatively impact your well-being. It's important to listen to your instincts and take steps to protect yourself if you don't feel safe around someone. Not sure whether to trust someone? Then ask an adult you have a hundred percent trust in, e.g. your closest parent or guardian. If they're not about, you could always ask a teacher you trust too.

Watch the following clips and complete the questions on your answer sheet about the importance of trust.

<https://www.youtube.com/watch?v=aTfat5TZyl8>



State three beliefs we all trust to be true.

Can we always trust what authority figures or experts say, a hundred percent of the time? Why /why not?



What should we look at when deciding to trust the opinions of authority figures and experts?

What is the first question you should ask yourself?



Can we always trust our own instincts on who are safe and good people to be in relationships with? Why / why not?

State three beliefs we all trust to be true.

The world travels round the sun, we have 365 days in a year, we are conceived by two parents.

Can we always trust what authority figures or experts say, a hundred percent of the time? Why /why not?

No – everyone gets things wrong sometimes, but some people have better track records than others.

What should we look at when deciding to trust the opinions of authority figures and experts?

We should look at how often and frequently they get things right.

What is the first question you should ask yourself?

What is their track record?

Can we always trust our own instincts on who are safe and good people to be in relationships with? Why / why not?

No – even our own instincts can be wrong and we ourselves can have a poor track record.



Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>