

Trust NOVEMBER 2025



SAY IT:

Trust: Putting your confidence in someone you can depend on

KNOW IT:

ASK A GROWN-UP:

- Who are some people in your life that you have been able to trust?
- Why is it important to you to have people who can trust you?

ASK A KID:

- Name some adults in your life that you feel like you can always trust.
- How can you become a person other people can trust?

SEE IT:

Read the following quotes about trust and have each family member pick their favorite. Tell each other why it is your favorite and what it means to you.

"To be trusted is a greater compliment than to be loved." — George MacDonald

"Trust is the glue of life. It's the most important ingredient in effective communication. It's the foundation of healthy relationships." — Stephen Covey

"Love all, trust a few, do wrong to none." — William Shakespeare

"A healthy relationship is built on unwavering trust." — Unknown

"Trust is the fruit of a relationship in which you know you are loved." — Joyce Brothers

"Whoever is careless with the truth in small matters cannot be trusted with important matters." — Albert Einstein

"Trust, but verify." — Ronald Reagan

"Trust has to be earned, and should come only after the passage of time." — Arthur Ashe

"Consistency is the true foundation of trust." — Roy T. Bennett

BE IT:

As a family, create a quote about trust. Decide why it is important, how it supports the family, how it improves your life and others' lives, and the positive impact it could have on the world. Once you have a quote that summarizes the importance of trust, write it on a poster and hang it where the whole family can read it every day. Look for ways your family can build trust with each other and become people others can trust.

PHASE

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Kids will grow up to have a better future when three things happen:

- They make wise choices.
- They build strong relationships.
- They maximize their potential.

As parents, each age is a new opportunity to help develop these skills every month by having conversations about the Big Ideas learned at school. How does the Big Idea of kindness, for example, relate to getting along with siblings? Or prepare kids for college or a career?

So don't miss it. Conversations – both simple and meaningful – have a significant impact on the development of your kids' current and future self.