

HONESTY

SUPER SKILLS

WHAT IS

Honesty, speaking and acting truthfully, is more than not lying, deceiving, stealing, or cheating. It entails showing respect towards others and having integrity and self-awareness. Honesty is the foundation for trust and key in social relationships;

it gives us hope, confidence, compassion and improves decision-making.

Honest children have strong self-management skills.



Honesty can improve mental and physical health. On the other hand, dishonesty can increase blood pressure and heart rate and lead to other adverse health consequences.

Honest yet compassionate communication promotes openness and trust and is fundamental for functioning social and intimate relationships. (Self) honesty - to be truthful to ourselves - is essential in building confidence, integrity, and self-awareness. These are protective factors against substance use and other risky behavior.

Honesty is essential for social progress and development around the world. The truth lays the foundation for progress, while dishonesty contributes to greater problems.

There is a neurophysiological difference between deception and truth at the brain activation level, contributing to a stress reaction when we are dishonest.

WHY HONESTY MATTERS

Did You Know?

Open communication, including active listening, is key to nurturing honesty in children and youth.

Honesty is one of the Super Skills promoting Social and Emotional Learning (SEL).



**Listen
FIRST**

THE SCIENCE OF SKILLS

Listen First, a UNODC initiative to support happy, healthy and nurturing families.

www.unodc.org/listenfirst



THE SCIENCE OF SKILLS

UNODC's Listen First materials support the development of children that will grow to be happy, successful persons in their communities. Children who develop social and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.

SELF MANAGEMENT

Being able to regulate one's emotions.
Do you think before acting?
Do you set and achieve goals and plans? Do you recognize anger?

RESPONSIBLE DECISION MAKING

The ability to make decisions about your life and others.
Do your decisions have a positive impact on others?
Do you use critical thinking skills to set priorities?

STRESS MANAGEMENT

Being able to make changes to your life if you are in a stressful situation.
Do you prevent stress by practicing self-care and relaxation?
Do you manage your response to stressful situations when they do occur?

SELF AWARENESS

To recognize one's emotions and behavior.
Do you know your emotions?
How do they influence your behavior?

Grow Your
Super Skills
AND THRIVE!

RELATIONSHIP SKILLS

The ability to build positive relationships, especially with diverse groups.
Do you use communication skills such as active listening, and conflict resolution?
Do you practice empathy?



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