

You know they will be there for you



No gossiping or spreading rumours



Tells the truth



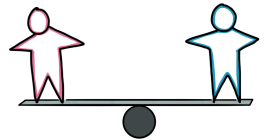
Linked to kindness, caring and patience



I can be myself with people that I trust - open about my feelings



Shows commitment - willing to work and solve problems together



They mean what they say - not fake or pretending



You have to earn trust!

Communication  
Verbal and non verbal  
Slow, clear - make our voice heard



Is reliable, they do what they say they are going to do. They can keep a secret.

Trust in real friends

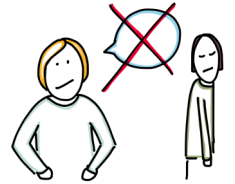


## Signs that people are not trustworthy :

They are not willing to listen



They are not interested in what you are saying



You hear them gossiping about other people

They say mean or disrespectful things about other people



## What to do if you are not sure :

Get to know someone before you tell them personal things

Talk it through with someone you already know and trust



# Pictures we think of when we think of 'trust' :



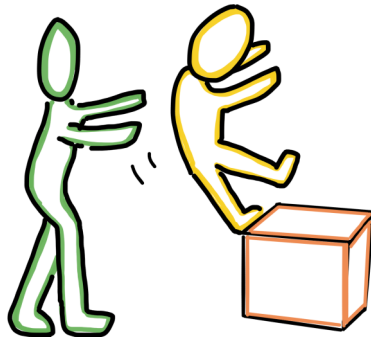
Hands together



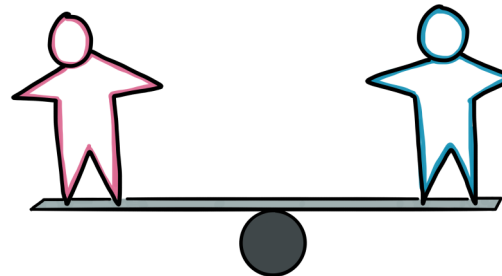
Friends doing things together like shopping



Chat with friend



Trust someone to catch you



Trust someone to stay still and not let you fall