

Howard B. Wigglebottom Learns about Trust and Friends

Suggestions for Lessons and Reflections

Good friends tell the truth, are nice, will ask permission to take our toys or food and never get us in trouble.

We can always trust good friends.

Do you know what trust means?

To trust or to believe—same thing—is to feel sure about something, to think it's true. Can we trust or believe everything and everybody? Not really. If we want to be safe and happy it is best to follow the rules about trust.

- ★ TRUST RULE #1: We can only believe or trust our friends when they always tell the truth, keep their promises, and are nice to us.

If they cheat, lie, tell our secrets, don't keep promises, never help out, steal, hurt us, or make us do things we don't care to, they cannot be trusted. We can't believe anything they say.

Did Buzz trust Howard? Yes, Buzz trusted Howard because Howard was a good friend.

Whom can you trust in your house and at school? Do your friends trust you?

Did Buzz have bad friends? Yes. Kiki, Oinky and Poochie weren't nice; they cheated, lied, broke things, and got him in trouble. Did Buzz trust the bad friends? Only in the beginning. Once he learned the rules he stopped trusting the bad friends.

What is the difference between a good friend and a bad one?

Do you have good friends?

What about bad ones?

Are you a good friend to your friends?

What happens when old friends change?

- ★ TRUST RULE #2: If old friends start lying or hurting us we stop trusting them—we don't believe what they say anymore. If they want us to trust them again they will have to repeat being nice and truthful many, many times.

Can we trust new kids we just met?

- ★ TRUST RULE #3: When we meet new people it is hard to tell if they are going to be nice and tell the truth or not. Grownups have a saying, "trust is earned," that means before we give new friends our trust we need to wait and see if they are nice for sure.

Play with the new kid several days and pay attention: is the new kid nice to us and our things every time? Many, many days in a row? Does the new kid tell the truth?

If the answer is yes, then we can trust and believe the new friend!

The same rule applies to the things you hear on TV commercials, shows, movies, and games. Before you believe—trust what you hear—ask a grownup to help you find out if it is true or not.

Learning when to trust and believe, when to say yes or no, is a very important thing to keep us safe and happy.

- ★ IT'S SUPER OK TO SAY NO

It is not easy to say no to friends or to people we look up to. Just like eating and brushing our teeth, learning to say no is something we all need to do.

When we are very young we think if we say no when we need to people will not like us anymore. That is not true. Like Howard told Buzz on page 23, people who say no when they need to are cool and strong. We all look up to strong people!

When did Buzz need to say no? He needed to say no to Kiki because she was cheating him, to Poochie because he was not careful with borrowed toys, to Oinky because he wanted to steal.

We must always say no to friends we can't trust or believe anything they say, even if they tell us they don't like us anymore.

It is always OK to say no to good friends, whenever we need to. Do it nicely, say thank you, smile, and explain why. Stand your ground!!

Saying no when we need to is the first step of learning how to protect and defend ourselves. Saying no makes us strong!

When do you need to say NO to good friends? If they want to share some food you don't like or you are not supposed to eat, if they want to do something in your house your parents or guardians don't like, if they want you to disobey rules, and if they are not careful with your things.

Can you think of more examples when you need to say no to good friends? What do you do when your good friends say no to you?

★ STRANGER DANGER

We never speak to strangers and never, but never accept anything strangers want to give us unless a grownup we know says it's OK. Why is that? Because we can't tell if strange people are nice or not, if they want to hurt us and take us away or not. So if a stranger is trying to talk to you, RUN! Run away as fast as you can, even if the stranger says things like "come help me find my puppy," "come here; I have cool things to give to you," or "come inside my ice cream truck."

We always say no to strangers even if they say we are not nice and they don't like us!

Saying no to strangers make us super strong and powerful!

Learn more about Howard's other adventures.

BOOKS

Howard B. Wigglebottom Learns to Listen

Howard B. Wigglebottom Listens to His Heart

Howard B. Wigglebottom Learns About Bullies

Howard B. Wigglebottom Learns About Mud and Rainbows

Howard B. Wigglebottom Learns It's OK to Back Away

Howard B. Wigglebottom and the Monkey on His Back:

A Tale About Telling the Truth

Howard B. Wigglebottom Learns Too Much of a Good Thing Is Bad

Howard B. Wigglebottom and the Power of Giving: A Christmas Story

Howard B. Wigglebottom Blends in Like Chameleons:

A Fable About Belonging

Howard B. Wigglebottom Learns About Sportsmanship:

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