

## Activity: Session 11 Trust

**Objective:** The objective of this activity is to discuss the importance of being a trustworthy and honest person.

### Materials Needed

- Blindfolds for half the group

### Sign In and Welcome

Mentors should greet their protégés and show them where to sign in.

### Introduce Topic

- What does trustworthiness and honesty mean to you?
- Why do you feel these qualities are important?
- How does a person demonstrate these qualities? (Examples: Keeping promises, telling the truth, keeping your word, returning what you borrow, not talking behind someone's back, etc.)
- What are the benefits of being an honest and trustworthy person? (Examples: People will rely on you, your friends and family will know you are truthful, people will know you are fair, etc.)

### One-on-One Time

#### "Trust Walk"

A mentor explains we're not only going to talk about trust today, but we're also going to demonstrate it during our one-on-one time. To demonstrate trust, we are going on a walk. Mentors and protégés will pair up. One person will be the guide and one person will wear a blindfold.

The guide leads the blindfolded person around the location helping him or her by saying where to walk and what to expect, etc. The blindfolded person can hold the guide's elbow over rough areas. After a while, switch roles, the blindfolded person is the guide and the guide is blindfolded.

After the activity, mentors and protégés debrief on the experience.

- How did it feel to be blindfolded?
- How did it feel to be the guide?
- When you were blindfolded, was it difficult to trust your guide? Why or why not?
- Was your guide trustworthy? Explain.

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- When you were the guide did you feel a lot of responsibility to keep the other person safe? Explain.
- What was the scariest part of the trust walk? Explain.
- What did you learn about yourself in doing this activity?

## Wrap Up Discussion

- How long does it take to build trust? Why do you have to earn trust?
- How long does it take to destroy trust?
- Why is it more difficult to rebuild trust after you have lost it?
- How does the topic of trust fit into the mentor/protégé relationship?

## Closure

Encourage students to continue being trustworthy and look for that quality in the people they choose to be around. Thank everyone for their participation.