



**Big Brothers
Big Sisters®**

Building Trust in the Big/Little Relationship



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Never trust someone
whose name starts with



A,B,C,D,E,F,G,H,I,J,K,L,M,N,
O,P,Q,R,S,T,U,V,W,X,Y,Z

Why I
have **trust**
issues:



TRUST ME...

...I'M AN
ENGINEER.

SayingImages.com



I JUST WANT SOMEBODY I
CAN TRUST

AS MUCH AS THIS GUY
TRUST THAT CHAIR



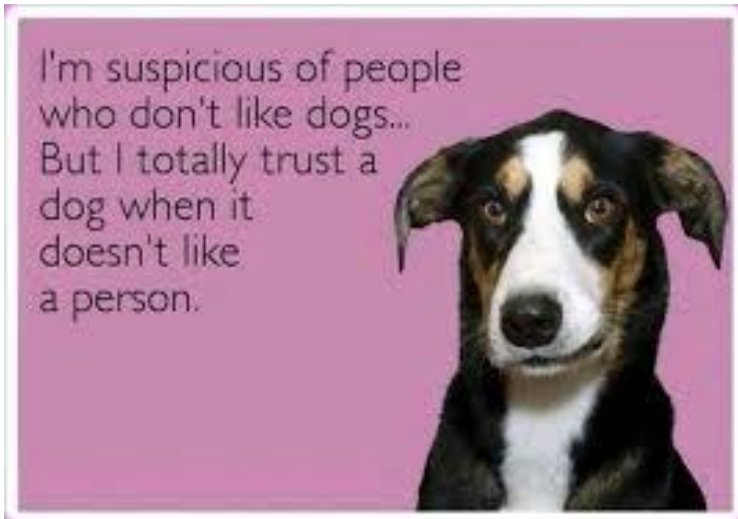
THE LIST OF PEOPLE

I TRUST



WATCH WHO YOU TRUST

EVEN YOUR TEETH BITE YOUR
TONGUE EVERY NOW AND THEN



I'm suspicious of people
who don't like dogs...
But I totally trust a
dog when it
doesn't like
a person.





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Yearlong

**TRUST IS
EARNED WHEN
ACTIONS MEET
WORDS**



Friendship- my definition- is built on two things. Respect and trust. Both elements have to be there. And it has to be mutual. You can have respect for someone, but if you don't have trust, the friendship will crumble.

— Steig Larsson —

AZ QUOTES

“ The most expensive thing in the world is **Trust**. It can take years to earn and just a matter of seconds to lose.”



Yearlong

**COMMUNICATION
+
TRUST
=
A RELATIONSHIP
THAT WILL LAST
A LIFETIME**



Building trust begins with an appreciation and understanding of trust, but it also requires practice and practices.

— Robert C. Solomon —

AZ QUOTES



The process of building trust is an interesting one, but it begins with yourself, with what I call self trust, and with your own credibility, your own trustworthiness. If you think about it, it's hard to establish trust with others if you can't trust yourself.

— Stephen Covey —

AZ QUOTES

Trust yourself, you know more than you think you do.

Benjamin Spock

BrainyQuote



Intro:

Trust is an integral of a relationship. Without it, any relationship is a meaningless dance- a ritual, performed to satisfy an imposed objective with no chance of having any beneficial results.

Trust takes on even more significance in a Mentoring relationship because often the people may not know each other well. The time is short, stakes are high and the pressure intense. Yes, mentor and mentee share success stories but also many confessions about their failures and blunders. They reveal many details of their lives and share secrets not open to anyone else.

The mentees must trust the mentors because they are their guide, who shines a light into a dark path, strewn with sharp pebbles. In turn, mentees also have to be trustworthy, themselves, to get the most out of the partnership.

Since the partners do not have a lifetime of relationship, trust has to be developed quickly.



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Shared Experiences/Values/Interests:

It is most likely that the people you trust are those that you have spent a lot of time with or have had a shared experience; a family member or a class mate from school or college. It is the same idea of building trust between a mentor and mentee. I always begin by sharing quality time with a potential mentee, particularly trying to identify and relate to common experiences. The details of the business will come later. Explore those areas where your values do mesh.

Clear Communication:

Kids want to know what is going on. Give specific details and times about what you are going to do. Tell them early what the plan is, communicate it to the parent, review it when you get together, and constantly update them.



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Prove Loyalty in Word and Deed:

One of the most important steps in building trust is to do what you say you will do. Even if it is a small thing, when you make a promise, you must keep it.

Promises made and promises kept result in positive work outcomes. They also cement the belief that you will be dependable in the long-term.

Sometimes you cannot keep a promise you've made, explain face-to-face why you cannot do as you said you would. If your promise was a major one, you may need to make a new promise to make up for it. Be sure to keep this new promise, no matter what! Your word better be your bond.



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Tell the Truth:

Honesty is really is the best policy. The most important time to tell the truth is when a white lie or avoidance would be more convenient. Besides truth and regular communications it is important to be transparent and consistent.

Share your Opinion: not just hard facts. Your opinions, full of doubts and vulnerabilities rather than cold facts, actually encourages trust.

Loyalty in the face of adversity: New Ventures are a pit full of problems. Adversity in the form of things not working out will come often enough. It is important that you stand by the mentee especially when the chips are down. Make sure that the mentee knows that your unconditional support is always available.



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Be Vulnerable: People need to prove themselves to be trustworthy. Prior references help, but people must prove with their actions that they can be trusted.

Mutual work productivity: Help out in small and big things. This is especially helpful during some kind of crisis.

Hold Them Accountable: Kids desire and succeed w/ discipline. Discipline and Standards build trust. You are not their parent, but you must still be indulgent and permissive with the best intentions for your mentee. Above all, you do not mean or want to do any harm. So, it is important to keep reinforcing the concept, “As your Big, I am your greatest critic and your greatest cheerleader.”



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How To Build Trust In Any Relationship

① Be vulnerable and open about your feelings.

Honor and respect ① your partner.

② Understand that mutual respect is non-negotiable.

Never take your partner ② for granted.

③ Let go of your ego and admit your mistakes when you're wrong.

Forgive each other ③ when something goes wrong.

④ Always match your actions with your words.

Respect each other's ④ opinions even when you disagree.

⑤ Be honest with each other, no matter what.

Always respond with ⑤ empathy.



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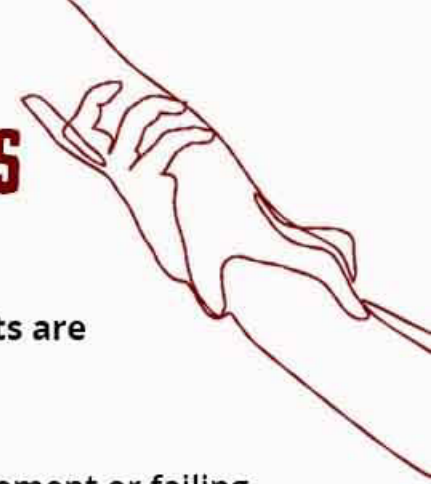
MINDJOURNAL



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BUILDING TRUST IN RELATIONSHIPS

Trust is at the heart of all strong relationships. It allows us to feel safe and secure with one another. Hence, it's crucial that we know what the key components are so we can actively develop, promote, and honour trust.



Some tips to help you here include the following:

- 1** Be Reliable. Even small things - like canceling an arrangement or failing to follow through on a commitment you have made - will undermine and fracture the relationship. If this happens on a regular basis the whole foundation will crumble and fall.
- 2** Related to this, always strive to keep the promises you've made. Trust requires that people believe you are a person who's dependable and reliable. If you have to break a promise, then be decent enough to explain face-to-face why you have to let them down.
- 3** Tell the truth. It's easy to resort to telling a white lie to protect another person, or to cover your back. But if you tell the truth even when it isn't pleasant, you will become a person who is known for being trustworthy.
- 4** Volunteer information. When you have the chance to be vague - don't take it. Instead be open and transparent, and share important details. Volunteering information says you've nothing to hide.
- 5** Don't share other peoples' secrets; don't be someone who's a gossip allowed - as we only feel we're safe with a person who's discreet. Remember: a confidence... is a confidence... is a confidence.
- 6** Display loyalty, and be there for that person. That shows that you are caring, dependable and safe.



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Tips For Helping w/ Reading:

Accuracy: Don't know letters or sounds: Phonetics (linking chart), read books at their level to gain confidence and gradually push them, break down words into parts/syllables, talk about word families (prefixes and suffixes), teach grade level sight words.

Alphabet Linking Chart		Aa	Bb
abcdefghijklmnop qrstuvwxyz		apple	bear
Cc cat	Dd dog	Ee egg	Ff fish
Gg gate	Hh hat	Ii igloo	Jj jelly
Kk kite	Ll leaf	Mm moon	Nn nest
Oo octopus	Pp pig	Qq queen	Rr ring
Ss sun	Tt turtle	Uu umbrella	Vv vacuum
Ww window	Xx x-ray	Yy yo-yo	Zz zipper



Kindergarten Sight Words

all	four	out	this
am	get	please	too
are	good	pretty	under
at	have	ran	want
ate	he	ride	was
be	into	saw	well
black	like	say	went
brown	must	she	what
but	new	so	white
came	no	soon	who
did	now	that	will
do	on	there	with
eat	our	they	yes



CVC Word Families

If I can read then I can read .

Short a Words

-at bat cat mat hat rat	-ag rag bag tag wag zag	-an can pan man fan ran	-ap cap nap map gap tap	-am jam ham ram Pam Sam	-ab cab lab rab nab gab	-ad mad sad dad pad lad
--	--	--	--	--	--	--

Short e Words

-et net wet pet jet vet	-en hen pen ten men ken	-eg leg peg beg Meg	-ed red bed wed fed led
--	--	---------------------------------	--

Short i Words

-ig pig wig dig fig big	-ip rip lip zip sip tip	-in pin win tin in bin	-it pit hit sit bit fit	-ix six fix mix	-im rim him dim Kim Tim
--	--	---------------------------------------	--	--------------------------	--

Short o Words

-og dog hog log fog bog	-ot hot pot cot bot	-op top mop pop hop	-ob job rob mop sob Bob
--	---------------------------------	---------------------------------	--

Short u Words

-ug mug hug bug tug rug	-un sun fun run bun pun	-ut nut cut hut but rut	-ub sub rub cub rubb hubb
--	--	--	--

Suffixes & Prefixes



Prefixes	Meaning	Examples
Un-	Not	Unfriendly
Under-	Under	Understand
tri-	three	triangle
therm-	heat	thermometer
sub-	under	submarine
Sub-	Under	Subeditor
semi-	half	semi-final
re-	again	return
pre-	before	prefix
Pre-	Before	Prefix
post-	after	post-mortem
para-	beside	paramedic
Over-	Over	Overlook
omni-	all, every	omnivore
non-	not, without	nonsense
mono-	one, singular	monocrop
mis-	wrongly	misinterpret
mid-	middle	midway
macro-	large	macroeconomics
inter-, intra-	between	intermediate
im-, in-	into	insert
In-, im-, il-, ir-	Not	Injustice
infra-	beneath	infrared
In-	in	Infield

Suffixes	Meaning	Examples
-ful	notable for	woeful
-er, -or	one who	the narrator
-ious, -ous	characterized	studious
-en	become	strengthen
-ize, -ise*	become	socialize
-ish	having quality	snobbish
-ism	belief	skepticism
-ness	state of being	rudeness
-ify, -fy	make	rectify
-al	process of	rebuttal
-ment	condition of	punishment
-ist	one who	plagiarist
-ity, -ty	quality of	parity
-wise	in relation to	lengthwise
-less	without	lawless
-ship	position held	kinship
ab	from, away	Abnormal
ante	before	Antecedent
-ate	become	enunciate
-al	pertaining to	emotional
-ic, -ical	pertaining to	domestic
-ive	having nature	divisive
-acy	stage	delicacy
-esque	reminiscent of	burlesque



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Tips For Helping w/ Reading:

Comprehension: Doesn't understand what is happening:

1. Make connections to their life? Have you been to the park? The museum, the lake, etc... Does that happen at your school? Has that ever happened at your house? Does your baby brother cry? Has that ever happened at your school?
2. Ask frequent page by page questions (What did the character wear? Where were they at? What did characters do on the previous page? What do you think will happen next? How is the character feeling?)
3. Make Mind Movies: Have them imagine out loud what they read, if they can not do it model it for them.
4. What's Important? Ask them to identify the key details from what they read.
5. Make predictions about what happens next.
6. Have them describe (Physically and Psychologically) the character of the story to you in their own words. Make them show you in the book where they got that detail if they are both right or wrong.
7. Read out Loud!