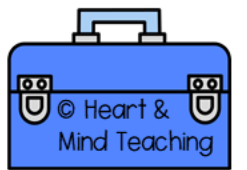
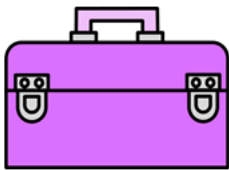
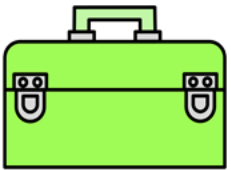
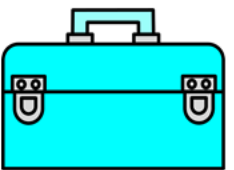
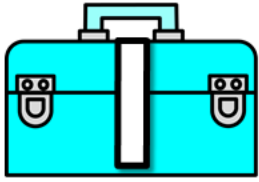


# BEHAVIOR TOOLBOX Lying



# BEHAVIOR TOOLBOX



## Lying

### What it looks like

- \*Student lies and exaggerates frequently, often even when they know they likely will not be believed.
- \*Seeks to make themselves look better through the lie and/or to get away with something.
- \*Never admits to the lie, instead will tell more lies to cover it.
- \*Attempts to convince others to help corroborate the lie, including authority figures.
- \*Lies at home about what is going on in school and vice versa.
- \*Acts as if they are being treated unfairly if caught in a lie, and will not take the blame.
- \*The student could be looking for attention through the lying by making themselves look good and to win approval, often because of low self-esteem.
- \*The student could be acting out and covering that up by lying.
- \*Lying can also occur to cover up pain.

**Lying**

# BEHAVIOR TOOLBOX



## Lying

### What to do

\*Lying is often a way of protecting oneself from pain or lack of self-esteem. Attempt to figure out why the student is lying.

\*Establish a trusting relationship with the student, give them a responsibility in the classroom and tell them that you trust them to do this. Talk to the student about lying and how it takes a lot of work, making sure you remember the lie and who you told each different lie to. Also, other people are more likely to not tell you the truth if they feel you are not being honest. Use the story about the boy who cried wolf to explain how trust is an easy thing to lose and a difficult thing to gain back. It takes time to trust a person again once trust is broken.

\* If you are unsure the student is lying, respond neutrally, say "That is interesting, I will look into that." The same goes for someone who is lying for attention. Also, ask them to repeat what they just said and give them a questioning/suspecting look. Liars are hesitant to repeat their lie. When you know for sure the student is lying, tell the student you know that is not true and how you know. Say "I know the statement you told me is not true about turning in your assignment, because I see it in your book. Tell me the truth about the assignment." If he/she tries to argue, immediately cut them off and say "I am not going to allow further untruths, you have until lunch time to turn in the assignment, please come to me if you need help completing it".

\*Explain to the student that the consequence will be less severe if they are honest about what happened., because everyone is allowed to make mistakes but we need to be honest about what we did and own up to it.

\*Conduct a classroom lesson on the importance of trust. Have a classroom discussion about the importance of honesty and trust in family, friendships, school, and jobs. Talk about how hard it is to rebuild trust once it is broken. Use the story of the boy who cried wolf.

\*Involve School Counselors to assist with discovering the underlying cause of the lying. Involve administration if the lying is used to cover up theft or hurting another person.

## Lying

# BEHAVIOR TOOLBOX



## Lying

### What NOT to do

\*Do not ignore the lie or the student, the lying will get worse because they are looking for attention.

\*Do not call the student a liar, instead say they are not telling the truth or telling you a story.

\*Do not assume the student is always lying.

\*Do not forget to teach students about the character trait of honesty. Explain that being known as an honest person is worth more than lying to protect oneself from trouble.

\*Do not neglect to teach the student other options they have instead of lying to get out of trouble or to get attention. They could admit to what they did and apologize and they can get attention for positive reasons.

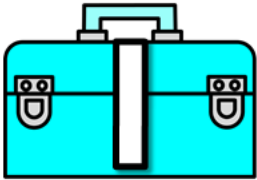
\*Do not ignore the cry for help that is the reason for the lying, and seek assistance in determining the reason.

\*Do not leave the parents out of the loop, they need to reinforce honest behavior at home too. Speak to parents about the concerns you are seeing, careful not to use the word lying or liar. It will likely cause them to get defensive. Instead, say that the student seems to not be telling the truth, has a big imagination or tells fictional tales.

## Lying

# BEHAVIOR TOOLBOX

## Lying Quick Guide



### what it looks like

- \*Student lies and exaggerates frequently, even when they likely will not be believed.
- \*Seeks to make themselves look better through the lie and/or to get away with something.
- \*Never admits to the lie, instead will tell more lies to cover.
- \*Attempts to convince others to help corroborate the lie.
- \*Acts as if they are being treated unfairly if caught in a lie, and will not take the blame.



### what to do

- \*Attempt to figure out why the student is lying.
- \*Establish a trusting relationship with the student, give them a responsibility in the classroom and tell them that you trust them to do this.
- \*Ask the student to repeat what they just said and give them a questioning/suspecting look.
- \*Talk to the student about lying and how it takes a lot of work, making sure you remember the lie and who you told each different lie to.
- \*Use the story about the boy who cried wolf to explain how trust is an easy thing to lose and a difficult thing to gain back.
- \*Explain to the student that the consequence will be less severe if they are honest about what happened., because everyone is allowed to make mistakes but we need to be honest about what we did and own up to it.
- \*Speak to parents about the concerns you are seeing, careful not to use the word lying/liar.
- \*Involve School Counselors to assist with discovering the underlying cause of the lying.



### what NOT to do

- \*Do not ignore the lie or the student.
- \*Do not call the student a liar.
- \*Do not assume the student is always lying.
- \*Do not forget to teach students about the character trait of honesty.
- \*Do not ignore the cry for help that is the reason for the lying, and seek assistance in determining the reason.
- \*Do not leave the parents out of the loop.





# Lying

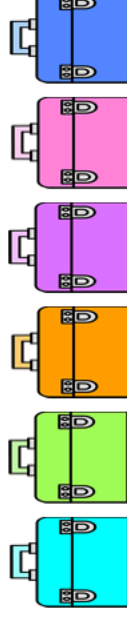
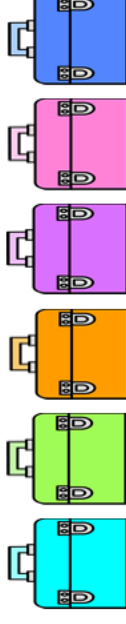
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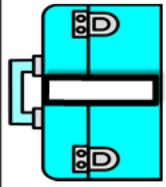
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- \*Involve School Counselors to assist with discovering the underlying cause of the lying. Involve administration if the lying is used to cover up theft or hurting another person.

"A change in  
behavior  
begins with a  
change in  
the heart."

# BEHAVIOR TOOLBOX

## Lying

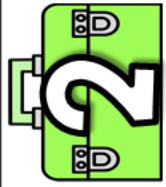




# Lying

## What it looks like

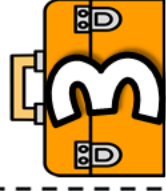
- \*Student lies and exaggerates frequently, often even when they know they likely will not be believed.
- \*Seeks to make themselves look better through the lie
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- \*Never admits to the lie, instead will tell more lies to cover it.
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- \*The student could be acting out and covering that up by lying. Lying can also occur to cover up pain.



# 2 Lying

## What to do

- \*Lying is often a way of protecting oneself from pain or lack of self-esteem. Attempt to figure out why the student is lying.
- \*Establish a trusting relationship with the student, give them a responsibility in the classroom and tell them that you trust them to do this. Talk to the student about lying and how it takes a lot of work, making sure you remember the lie and who you told each different lie to. Also, other people are more likely to not tell you the truth if they feel you are not being honest. Use the story about the boy who cried wolf to explain how trust is an easy thing to lose and a difficult thing to gain back. It takes time to trust a person again once trust is broken.
- \* If you are unsure the student is lying, respond neutrally, say "That is interesting, I will look into that." The same goes for someone who is lying for attention. Also, ask them to repeat what they just said and give them a questioning/suspecting look. Liars are hesitant to repeat their lie. When you know for sure the student is lying, tell the student you know that is not true and how you know. Say "I know the statement you told me is not true about turning in your assignment, because I see it in your book. Tell me the truth about the assignment." If he/she tries to argue, immediately cut them off and say "I am not going to allow further untruths, you have until lunch time to turn in the assignment, please come to me if you need help completing it".



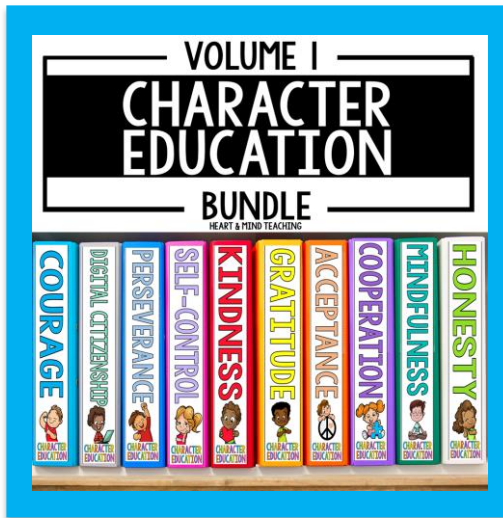
# 3 Lying

## What NOT to do

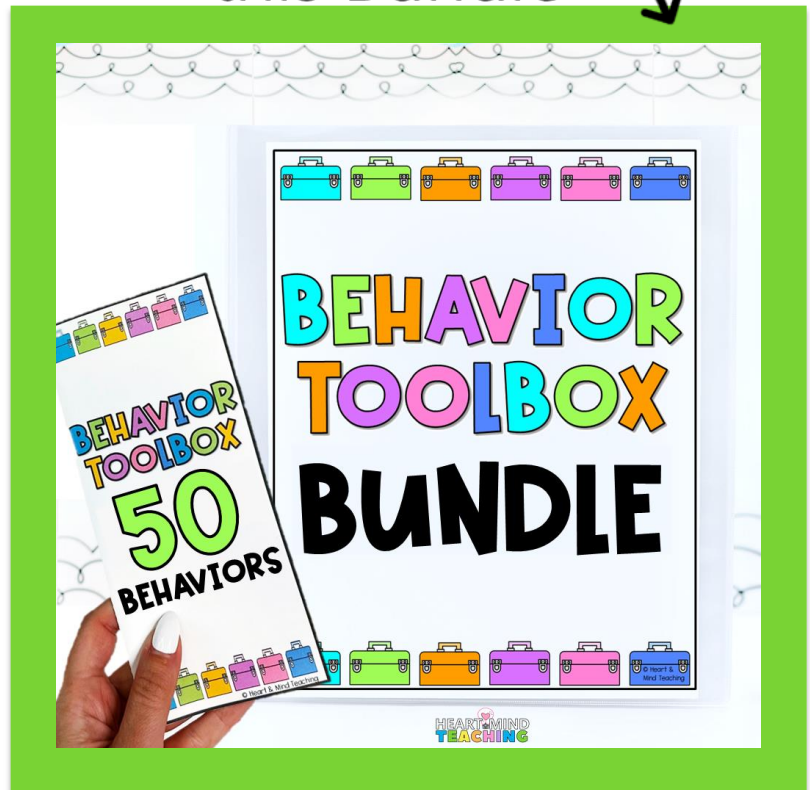
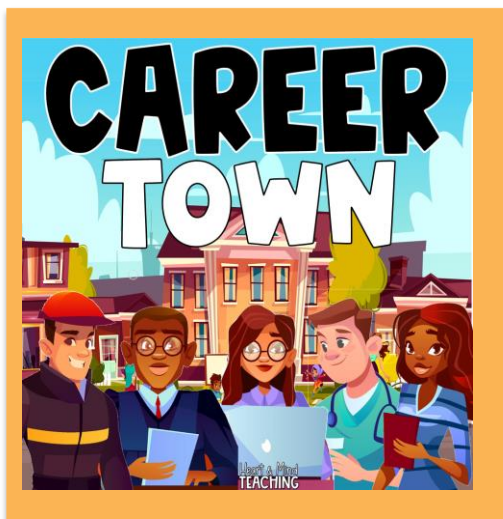
- \*Do not ignore the lie or the student, the lying will get worse because they are looking for attention.
- \*Do not call the student a liar, instead say they are not telling the truth or telling you a story.
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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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