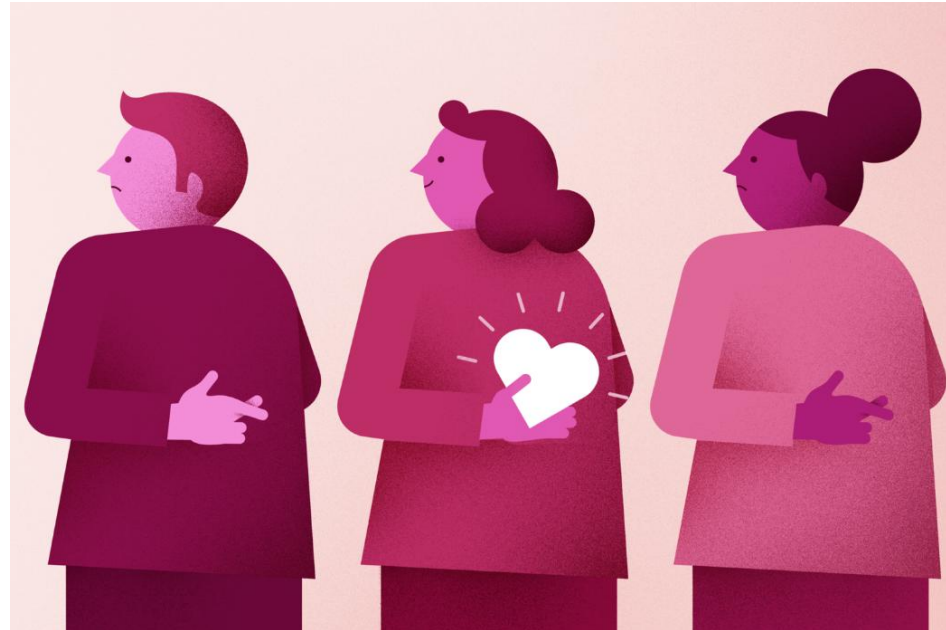


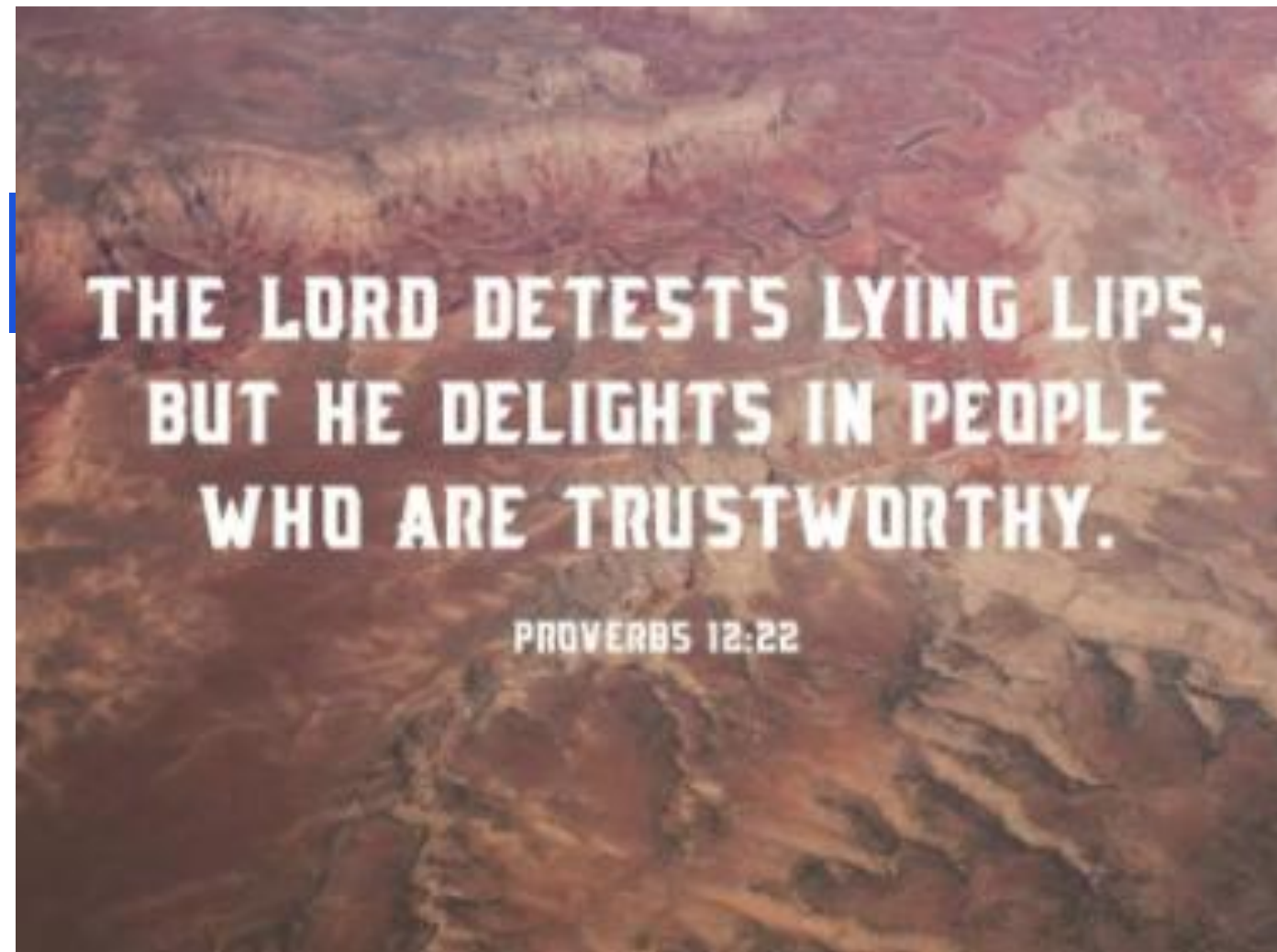
Thought for CHA: Honesty



Connecting honesty to
Show Racism the Red Card
and
Breast Cancer Awareness



Honesty: A Foundation for Living



This verse from the Old Testament reminds us that honesty isn't just about avoiding lies—it's about being trustworthy in all we do.

When we speak truth and act with integrity, we build relationships based on respect and trust.

Honesty requires courage, especially when the truth is difficult to share, but it's essential for creating communities where everyone feels valued and safe.

Bible Story: Joseph's Honesty in Egypt (Genesis 41)

► Joseph, once sold into slavery by his brothers, ended up in prison in Egypt. But he stayed honest, even when things were hard. When Pharaoh had strange dreams, Joseph truthfully interpreted them, giving God the credit. Because of his honesty and wisdom, Pharaoh made Joseph the second most powerful man in Egypt!

► ✿ **Lesson:**

Joseph's honesty and integrity opened doors to opportunity and leadership. Being honest—even when it's tough—can build trust and lead to great things.

► 💬 **Discussion Question:**

Can you think of a time when telling the truth made a situation better in the long run?



SHOW RACISM THE RED CARD

Honesty and Show Racism the Red Card

On Friday, 17th October 2025, thousands across the UK supported Show Racism the Red Card. As part of our recognition of **Black History Month**, we stood together to challenge racism in all its forms.

But what does this have to do with honesty? Everything. Racism thrives in silence and dishonesty—when we fail to speak up about discrimination, when we pretend prejudice doesn't exist, or when we're not truthful about our own biases.

Being honest means acknowledging racism when we see it, calling it out, and being truthful about the work we still need to do to create an equal society.

Show Racism the Red Card Campaign



What Is It?

Show Racism the Red Card is the UK's largest anti-racism educational charity, using the appeal of football and football players to tackle racism in society.

Why It Matters

The campaign educates young people about racism and provides resources to challenge prejudice. By promoting honesty in conversations about race, we create spaces where everyone belongs.

Our Role

Each of us can be honest about our own experiences and attitudes, learn from others, and actively work towards a more inclusive school and community.

Newcastle United goalkeeper Shaka Hislop - his story



► Our Story - Show Racism the Red Card



THE UK'S **LEADING** ANTI-RACISM EDUCATIONAL CHARITY

Show Racism the Red Card was established in January 1996, thanks in part to a donation by then Newcastle United goalkeeper Shaka Hislop.

In 1990s Newcastle, Shaka was at a petrol station near St James' Park when he was confronted with a group of young people shouting racist abuse at him. After one of the group realised that they had been shouting at Shaka Hislop, the Newcastle United football player, they came over to ask for an autograph.



**BREAST
CANCER
NOW** The research &
support charity

On Thursday, wear
one item of pink to
school and bring in
£1 to support this
charity event

Honesty and Wear It Pink

On Thursday, 23rd October, our school will participate in Breast Cancer Now's **Wear It Pink** campaign. We're asking everyone to wear something pink and donate to raise vital funds for breast cancer research and support.

Honesty connects to this cause in powerful ways. Being honest about breast health, talking openly about cancer, and sharing experiences without shame are all crucial. When we break the silence around breast cancer through honest conversations, we encourage early detection, reduce stigma, and support those affected by the disease.

Why Wear It Pink Matters



The Statistics

Around 55,000 women and 370 men are diagnosed with breast cancer in the UK each year. Early detection saves lives, and honest conversations about symptoms encourage people to seek help sooner.



Research & Support

Breast Cancer Now funds groundbreaking research and provides support services for those living with breast cancer. Every pound raised helps fund life-saving work and provides care for patients and families.



Breaking the Silence

By wearing pink and talking openly about breast cancer, we help normalise discussions about health. Honesty about our bodies and encouraging others to be honest with healthcare professionals can truly save lives.

Honesty - Watch and Discuss



We act with Integrity

235K views • 12 years ago



KPMG Malta

Above all we act with Integrity.

Video to watch: [We act with Integrity](#)

This short video explores why honesty matters and the psychology behind truth-telling. After watching, discuss these questions with your form:

- Why is it sometimes difficult to be honest?
- Can you think of a time when being honest required courage?
- How does honesty connect to the campaigns we've discussed today?
- What can we do to create a culture of honesty in our school?

Your Honesty Challenge

1

Practice Self-Honesty

This week, take time to reflect honestly on your own attitudes and biases. Are there areas where you could be more truthful with yourself?

2

Speak Up with Kindness

If you witness racism, unkindness, or injustice, find the courage to speak up. Honesty doesn't mean being harsh—it means being truthful with compassion.

3

Support the Causes

Wear pink on Thursday and donate if you can. Have an honest conversation with family about breast cancer awareness or racism. Knowledge shared is knowledge multiplied.

4

Journal Your Journey

Write honestly about a time when telling the truth was difficult but rewarding. What did you learn? How did it affect others?

A Prayer for Honesty



Dear God,

Grant us the courage to live with honesty in our hearts and truth on our lips. Help us to see others clearly, to speak up against injustice, and to be truthful even when it's difficult.

Guide us to support those affected by illness and discrimination; and give us strength to create a community built on trust, respect, and openness.

May our words and actions reflect integrity, and may we always choose truth over comfort, knowing that honesty brings light to darkness.

Amen.