



# Lying Syllabus

## Introduction

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Expert – Dr. Richard Delaney, psychologist

This course tackles four common types of lying and explores a child's likely motivations for lying. Practical, immediate steps for curbing lying are provided.

## Lying to Get Out of Trouble

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Kyle, 9, a foster child, lies to cover for his stealing, breaking things, and making messes.

- What he gains from lying
- Creating a safe environment for honesty

## Lying to Boost Self-Esteem or Gain Attention

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Julia, 10 is adopted. She lies to impress others.

- What she gains from lying
- Providing healthier ways to get what is missing

## Pathological Lying

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Armand, 17, a foster child, lies about everything even when the truth is obvious.

- What he gains from lying
- Using communication styles that reduce the opportunity to lie
- Promoting healthy self-assertion

## Lying to Get Others in Trouble

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Allie, 7, lies to stir up trouble with other kids and then tattles to her foster mom about the trouble.

- What she gains from the lying
- How to give her what she needs in a healthier way



## General Steps

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Tips for coping with the behavior; teaching new communication skills; teaching healthier methods for getting what is really needed.