

IDEAS 23

**International Online Teachers Society
Debate
Educational Materials For
Advance and Upper Intermediate
Students**



**International Online Teachers Society
Publishing Committee**



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BE HONEST

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We often hear and read this famous quote “Honesty is the best policy”. What is it for? Why do people try to utter and mark this quotation? Whether we like it or not, somehow in a certain point of time, we had encountered this one. If we look into its meaning, honesty is telling the truth. It’s very simple and clear. Honesty is being sincere, truthful, trustworthy, honorable, fair, genuine, and loyal with integrity. It is a very straightforward conduct for every person who wants to live a happy life. If you are honest to yourself, you feel and react without guilt. You accept your responsibility and you don’t blame others. We evade the consequences of some mistakes and we put the blame to other people sometimes. This is very wrong. Be honest with your feelings. Telling a lie will not definitely help you. If you are considering lying, try to think the consequences later. Could you take the result of doing it? Some people will believe you, but you can’t hide the truth.

You are honest when you turn in a wallet full of money that you found. Don’t be a “finder’s keeper”. Turn in something that is lost and encourage others to do the same. The truth is, it’s not yours. You don’t own it. Find a way on how to return the wallet. Try to think the feelings of the person who lost his it. He really needs it to buy food, to pay his monthly bills, to pay his children’s tuition in school and the like. If you put the situation into your own shoes, what will you do? This question is so simple, however, it will enlighten your mind how honest are you in every situation. One thing that we should not forget when honesty is concerned, the way we express our feelings without anger, without blaming others, without exaggerating, without hurting the feelings of someone else. This is the spirit of truth to put honesty in action. In this way, we are proud to say that honesty echoes the hearts of every person. Be honest even if others are not because you will take the lead to be an example for them.

It is a fact that some people are honest and some are not. They are honest simply because they tell the truth and they make a commitment to do and honor it. A person becomes more truthful if he puts honesty into action. There are multiple reasons why should we tell the truth. First, telling the truth allows everyone to learn from what happened. Second, telling the truth protects innocent people from being blamed or punished. Then, telling the truth helps diminish the chances of misunderstanding, conflict and confusion. Finally, telling the truth makes you feel secure and peaceful inside. In short, be honest.

Questions for discussion:

1. What is honesty?
2. Why should we be honest to ourselves and to other people?
3. How do you put honesty into action/?
4. Why do we need to tell the truth?
5. Have you ever told a lie? Why did you do it?

Honesty For Me....

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The word honesty can actually be related to many different characteristics. It can produce love, more love, success, and respect but it can also result to heartache, failure and disgrace. They always say that honesty is the best policy. It is true, but in making that as your life's philosophy, you should also be ready to face its consequences, whatever they may be.

Have you ever seen Sex and the City parts 1 and 2? If yes, then, you should know how honest Steve was to Miranda in telling her that he has slept with another girl. This resulted to them separating. His honesty led him to a worse situation on this part but at the end of the story they reunited. On this same part, Miranda became so dishonest to Carrie. Carrie was supposed to get married to Big but on the wedding rehearsal night, Steve showed up and Miranda got so upset, she unintentionally put it on Big. She told big that getting married is a big crazy thing or something like that. So, Big waver and as a result, he did not show up. Miranda was supposed to tell Carrie about it but Carrie was so upset and she didn't want to add it up. It took six months to actually tell Carrie about that, and that was on Valentine's Day. Carrie got so mad to Miranda and they didn't talk for a long time. Miranda said that she was just waiting for the right time.

Also, in part 2, Carrie kissed another guy named Aidan, her ex-boyfriend whom she met in Abu Dhabi. Carrie called his husband Big on that same night to tell him what she's done and as a result, Big immediately ended the call and didn't pick her up at the airport on her way back home. These are just two of the so many consequences that may happen for being too honest. No secrets, no lies and you will end, no love. But don't worry; everything was fixed at the end of the story. At the end of the movie, love still prevailed. Love is lovelier the second time around.

Yes, honesty in the first can make or break a relationship. Being who you really are is way of how people will see you and treat you. People will like you no matter what as long as you like yourself and you are not doing them any hard at all.

Elle Woods of Legally Blonde became a lawyer while she showing who she really is. She wins cases for being very true to herself. People liked her because she never let others dictate her of what she could have become. She just followed her honest self.

Let us not be afraid to show who we really are. Let us not be afraid to tell what we really did. After all, we did it and we deserve whatever the consequences are. Elle Woods said, "I know that one honest voice can be louder than a crowd. I know that if we lose our voice and let others who speak on our behalf compromise our voice, well then, this country -- this country is in for a really bad haircut."

Question for discussion:

1. What can you say about "Honesty is the best policy" philosophy?
2. Have you ever lied to someone?
3. Is there a point in your life that you have to tell a lie in order to make a relationship?
4. What is the real meaning of honesty?
5. Are you honest to yourself? How?



Taming the Tongue

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A wise person speaks because he has something to say while on the other hand, a fool speaks so he could just say something. We should learn how to tame our tongues. A very small part of the body but it can ruin everything in us. A small fire can burn a whole house if not controlled. What I'm saying is that, if we start telling a lie and saying that we will correct it when the right times comes, then another thing happened related to our lie, then we must add another lie to support it. It's has this domino effect on us that might get us in bondage and eventually we can no longer escape from. It will destroy our relationships, our plans and our endeavours.

Controlling the tongue is not as easy as one, two, and three. It needs dedication and sacrifices. We are used to use our mouth to speak and so as the tongue. I can give three suggestions on how to tame our tongues.

One is that, think first if what you are about to say is true. Being honest is a real big help in starting a good relationship. Ask yourself if this thing really happened and I would like to impress them or am I just going to say this because I want to impress them.

Second, think if what you are about to say will benefit others. Never take out of our minds the benefits of other people from us. We should be selfish of only thinking about ourselves for anything that we will do or say.

Third, think if you will say these things, will it make you grow as a person or will it boost your confidence and things like that. Not that if it will put you on the highest pedestal; that's absurd. Think if what you are about to say will gain you positive characteristics.

If you will notice, taming the tongue is all about thinking first. Being tactless and blunt are two totally different things. They must not be interchanged if you want to get a good result. If this is done accordingly, you will gain a good reputation.

If we take care of our character, our reputation will take care of itself. It is really hard to tame the tongue. It will take time but we can do it. Isn't it that if we want something so badly, we put everything in it? It's just the same in here, if we want to have a tamed tongue that could help us gain a reputable position, and then we must exert effort.

A man who speaks the truth is valued more. An honest answer is more like of a kiss on the lips, very truthful and sweet.

I have heard this in a sermon, "When words are many, sin is not absent, but he who holds his tongue is wise."

Question for discussion:

1. How do you define honesty?
2. Do you think before you speak?
3. What other characteristics can we get from being honest?
4. Do you have any other idea on how we can control our tongue?
5. What are the possible causes of lying?



HONESTY – LIVING THE TRUTH

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Honesty is not only telling the truth but also living the truth. It is based on the truth which clearly shows that, the general sign of honesty is actually not telling lies. It is not living in a world of mak...e believe but living in reality itself. When a person is honest, that person is creating a reality based on truth, but when one chooses to be dishonest, the truth is hidden and this can even lead to a domino effect on telling one lie after another. How can a person disclose the truth and live on with it forever? Who doesn't want to be a truthful person whom people believe in and rely on? The question still remains, how can a person be honest?

We can possibly be honest if we are true to our self. When we become true to our self then we can also be true to others. If this is so, then every action that emanates from us will be all subjected to honesty. Honesty is not being biased. We have to look at the right perspective and always remember that "Honesty is the best policy". Of course not everything that happens to our life is good because almost always, somewhere along the line, there is something that goes wrong. Eventually when we find out the truth, we become very sensitive and we get hurt. Being honest is not only confined to not telling a lie but also speaking the truth even to the point of hurting our feelings and even our ego. People should be optimistic when a revelation unfolds before their eyes. Let us not hate these people when they reveal the truth to us. If you value a relationship, then telling the whole truth would really mean a lot to you. In this case, we should refrain ourselves from saying only the half truth, for half truth is no truth at all. For me, "What is black is black and what is white is white," meaning that we should neither cover up nor play deceit to others. If you want people to trust you and rely on you, then we should always be honest in our dealings with people. Hence our integrity will be established and be built as a result of our honesty. So be honest at all times, even in good times or bad times.

Honesty implies much more than just not lying. It also means living in accordance to the law and the good values and principles. It also includes not stealing, cheating, corrupting or not doing any dishonourable practice. If you are honest, people will trust you and that is what keeps people together. It pays to be honest and live with a clear conscience. Furthermore, honesty is the absolute expression of truthfulness in our lives, and what makes this world to have faith on itself. Let us not deceive people especially our self. Now is the time to live in honesty and have an upright life favoured by God. So we should make our choice, to live by the truth or to live by telling lies?

Questions for discussion:

- 1.How do you react when your loved one hurts you by being honest with what he really feels about you?
- 2.What is the real meaning of honesty in your life?
- 3.Do you point fingers at others when we tend to be dishonest at times? Why or why not?
- 4.Do you still think twice before displaying your honesty to other people? Explain your answer.
- 5.How do you deal with dishonest persons?



THE VALUE OF HONESTY

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Have we practiced honesty in our daily dealings in life or has it been too difficult for us to be open and talk in candour to others to the point of missing the true value of honesty? A value is a belief that is something that we subscribe to, and honesty like openness, tolerance, et al, is an example of a human value. It is indisputable that every individual has experienced a heavy feeling due to suppression of one's true emotion. Oftentimes we are faced with a dilemma of concealing the truth and we tend to be dishonest in one way or another. We put up that façade which do not really reveal who we are and what our true feelings are. There is that tendency in us to always try to get off the hook of being truthful to others and most especially to our self. This is where the value of honesty comes in.

What is the value of honesty? It is of endless value and it is a behaviour that transcends value and is made out of love. People personally value honesty in their life and have set good examples not only in their jobs but most especially in their own families. Take a child for instance, a parent can not and will not teach his offspring to be a dishonest person. Instead, we teach our children the importance and value of honesty by setting a good example before them so as to raise them up to be responsible persons and citizens of our society. The same thing holds true in our work or whatever jobs we land ourselves in. We are almost always caught in between doing our best when our employer is not present and we tend to be lax when they are not around. Whichever the case may be, a person who is honest will do his best and perform well even to the confines of his "own desk" alone without anybody observing. That person will not waste his time away for nothing. Honesty is integrity defined. Yes, integrity is when you do the right thing even though no one is watching.

Honesty is not only being honest to other people but being honest also to ourselves by not denying who we are what we feel and we believe in. As Spencer Johnson puts it, "Integrity is telling myself the truth and honesty is telling the truth to other people." Amidst life's adversity and living in a world of "survival of the fittest", honesty proves to be the most important thing in the world. Let us make things easier and free ourselves of the burden of being untruthful and deceiving in our actions. We can never survive life without honesty. It is time to practice and value honesty for this is the only way to fully enjoy our lives and be who we truly are.

Questions for discussion:

1. Are you expressing your honest opinions to leaders, peers, or subordinates about what should be done to do a job properly or better? How?
2. Have we been caught in a fix situation where our honesty is truly tested? How did we respond to it?
3. Are you willing to be honest with someone to the point of confronting a person about a behaviour that offends you? How did you do it?
4. Are you honestly doing the best job you can even when nobody sees you? How often?
5. Are you handling an organization's resources like information, time, hardware in the legal, proper and most effective way?



I LIE

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What is easier? Telling the truth or lying? Why do we lie? What really makes us lie? Well, we lie because people judge us or criticize us for the truth we usually say. Lying is a shelter from pain, scandals, chaos and disappointments. But that is all wrong!

When someone is honest, then that someone has confidence and is ready to shoot back at anyone who plans to negatively affect the honest speaker. As a matter of fact, honesty requires a lot of guts and nerves nowadays, simply because life is no longer as easy as how it was long ago. For example, do you lie about your salary? Origin? Ethnicity? Achievement(s)? Social life? Love story? Job position? Naturally, people lie to boast about their current conditions or deny the facts they are living in or through to impress others or to attract attention, but the art of lying once adopted it would be hard to end it because it becomes a disease or a habit of an everyday life.

On the other hand, many communities do not help people to say the truth or become contented if one lies and flatters to grab the attention of another. So, lying happens because of the community mainly and secondly, it is genetic since it runs in a family and a child was raised since infancy on lying, denying and deceiving.

How to avoid lying? Admit! Acknowledge your mistakes and start all over, so what? Who are the people to judge you? He is your boss? Your mother? Your husband? You are fixing your life track and that cannot be done with rules and suppression. It would even be better if you can move out from the environment you are already messed up in, but if that's impossible just stumble into the streets with confidence as if you were born yesterday, and time would teach you to forgive yourself and accept your new lifestyle.

As said, honesty is the best policy. It is a rule that one should bear in mind when intending to lie. With time, your lies would be exposed and you would have to lie again to save yourself, but that would be exhausting and may cost you your job, marriage and dignity.

Stop lying!

Questions for discussion:

1. What has the author meant by the art of lying?
2. Do you usually lie or tell the truth? Why?
3. How hard is it to tell the truth? Why would it be harder than lying?
4. Write a short story about a lie that affect you.
5. Make up your own proverb about honesty.



EMOTIONAL HONESTY – A SENSE OF INNER SECURITY

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Every individual would want to be accepted by their own family because it gives them that feeling of security, making them emotional honest. People would want to be accepted by their own family and especially by their society. How well do we know our parents and vice-versa are very crucial to setting the norms of a person (especially the children's) so we could be accepted by our society. Definitely, we consider honesty to be a prevailing social norm. As parents we should always create that emotionally safe environment where our children and even the adults will be free to be emotionally honest and not create the opposite. The way we were parented has got something to do with how we become emotionally honest later on with our life or with what we are at present.

All of us have experienced the pain of rejection and sometimes we were even traumatized by our past experiences on how we are accepted by our parents and the people around us. There is that tendency in us to be very secretive, making us very discreet in what we say or do. The excruciating pain and hurt is insurmountable that we try to create a shell to cover up the real feelings that we have. Almost always we also put up a mask and try to hide our true feelings. Parents at some point and time try to put up an image of something that we are not, thus creating walls. On the contrary, if a person is accepted and validated emotionally, fear of rejection and being punished for your expression of thoughts and feelings are eliminated. We can freely express ourselves and our parents get to know who we really are. This feeling of acceptance makes us then cognizant of that strong sense of inner security. We become emotionally honest with others and are freer to be ourselves.

The worst that can happen to a parent is to believe that they know their children well but apparently we have alienated ourselves with our children due to the many years of discouraging emotional honesty. It is not enough to have the notion of knowing your children from "head to toe" but what matters most is that we understand them. Don't let those important people in your life drift away emotionally, but we should instead see their true identity. Allow your children to talk to you about anything under the sun and experience a harmonious parent-child relationship. Let us not build walls but build bridges instead to have a good communication and rapport to our children and to everyone. Encourage ourselves to be more free with everybody to attract people who are also secure and who can be themselves with anybody. Live in transparency with your children and loved ones, accepting them for what they are and not according to our expectations. Give them that inner sense of security, for us to be emotionally honest with each other.

Questions for discussion:

1. How can one be emotionally honest and create that sense of inner security?
2. In all honesty, can you cite an experience or experiences when you did not feel that inner security?
3. What do you understand by emotional honesty?
4. Are you so emotional that you are afraid to be honest with people because of the fear of rejection? Justify your answer.
5. Do you prefer to hide in a cocoon or just be emotionally honest about everything in life? Explain further.



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