



I want to start tonight off with a question: Does everyone know what a **trust fall** is?

If you don't, a trust fall is a very popular exercise that has been used a lot in team building. The idea is one person stands on a chair, and beside them are two lines of people with their arms stretched out. The person on the chair turns around so their back is to the people, crosses their arms, closes their eyes, and then deliberately falls backward onto the arms of the people there.

The reason that it's called a trust fall is that you are trusting that the people standing there will catch you.

Here's a note of caution: never practice a trust fall by yourself. It will not end well for you.

[TEACHER NOTE: Feel free to demonstrate what a trust fall is – but to be safe, use only your leaders]

I have seen this exercise succeed and I have seen it fail. But no serious injuries thankfully. It also reminds me of some of the challenges they perform in the TV show, Survivor. For example, there is a challenge where one person is standing up on a platform and the rest of their team is down below them in the play area blindfolded. The person on the platform can see and must yell at their teammates and tell them where to go and what to do. It always results in one of the blindfolded people walking into something or someone.

The idea of the game, besides winning, is that the blindfolded team members are putting their trust in the person on the platform who will guide them where they need to go safely.

Trust can be messy sometimes. And that's the point. Trust is a feeling that somebody or something can be relied upon. When you trust, you hope everything works out for the good, but that may not be the case.

Here's a funny quote about trust:

“Don’t trust everything you see. Even salt looks like sugar.”

Have you ever fallen for the salt in the sugar dispenser trick? It’s not fun. Please don’t go home and do that. I really don’t want any phone calls or emails tomorrow.

[TEACHER NOTE: Below is a true story about four friends that was been written in a way that can be used by anyone. This story gets the point across so I would recommend using it. If the story doesn’t work for you, tell a story where you had to trust someone to make something happen. A funny story would be appropriate in this space.]

I came across a story about a group of four high school friends. For the sake of privacy, we aren’t going to reveal any of their names, except for one. His name was Meathead. Now, this was not his birth-given name. His parents didn’t name him that – the three other friends did.

And the reason they gave him the nickname Meathead was because of what the name means. A meathead is essentially a dummy. Someone who doesn’t do things well. His actions and mannerisms fit the nickname too perfectly according to his friends.

Now, it became a game with the three friends to see if they could get Meathead to trust them to do stupid things. This frequently resulted in Meathead injuring himself in some way.

On a particular Saturday night in the summer, the four friends found themselves in a large parking lot at a park. They were the only ones in the parking lot and were very bored.

One bonus to having Meathead as a friend was that he had a car. He had just turned 16 and his dad owned a used car dealership. So, on his 16th birthday, his dad gave Meathead his very own car. For his friends, this worked out perfectly.

As they were hanging out in the parking lot that night, one of the friends came up with a brilliant idea. Could they convince Meathead to body surf on top of his own car while the one friend drove it like NASCAR around the parking lot?

[TEACHER NOTE: If using this story, please emphasize that ‘body surfing’ is not a good or safe idea and that you are not condoning it – you can say it in a funny way but still make your point and stance clear].

For those of you who are not aware of what body surfing is, let me explain. This is when you lay on your stomach on the roof of a car facing the front of the vehicle. You hold onto the sides of the roof and the idea is to stay on the roof without falling off while someone drives the car around at a high speed.

When this idea was quickly presented to Meathead, the three friends thought that there was no way he would agree. But in perfect Meathead fashion, he did. What surprised them even more was that he was excited to do it.

So, Meathead climbed up onto the roof of his car and got into position. The friend who came up with this plan jumped into the driver's seat and hit the gas pedal. The car then took off down the parking lot while the remaining two friends stood in the middle of the oval path that the car was going to take.

What the two friends standing there witnessed would have been social media viral-worthy. It's too bad that in the mid-90s, posting videos online didn't exist. The internet wasn't a thing yet and cell phones (if you even had one) couldn't take photos or videos. If that weren't the case, this group of friends could have easily cashed in on this.

Now, as the car was coming around and completing one full lap, with Meathead still holding on for dear life, something happened. The car was just passing the two friends who were standing there when **Meathead let go of the car.**

Fast forward to a year later, the four friends were talking about that night when Meathead decided to share his logic as to why he purposely let go of the car. This is paraphrased but not an exaggeration by any means.

In his words, Meathead explained that when he let go of the car, he began running in the air as fast as he could. This was so that when he ‘slowly’ slid off the back of the car, and his feet touched the ground, he would now be

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