

# Everyone lies, but politicians do it more often

Research indicates we learn to lie at about 3 years old

By **SETH BORENSTEIN**  
AP Science Writer



Paul Zheng/University of Toronto

**A child peeks at a hidden card when an adult leaves the room and later lies about not peeking, during a study about how young children start to lie at Kang Lee at the University of Toronto in Toronto. Scientists say we all lie, and this year, politicians are bending the truth big time, with real consequences. By studying how and why we deceive, the experts say they can help us better understand the 2016 election season.**

WASHINGTON — This is the season of lies.

We watch with fascination as candidates for the world's most powerful job trade falsehoods and allegations of dishonesty.

Republican presidential candidate Donald Trump routinely calls rival Ted Cruz "Lyin' Ted." Cruz retorts: "Falsely accusing someone of lying is itself a lie and something Donald does daily."

News organizations such as The Associated Press and PolitiFact dedicate enormous resources to separating candidates' truthful wheat from their dishonest chaff.

But if we've come to expect office-seekers who seem truth-averse, many of us have given little thought to our own fibs, and how they

compare with politicians' deceptions.

For more than two decades, researchers of different stripes have examined humanity's less-than-truthful underbelly, and this is what they have found: We all stretch the truth. We learned to deceive as toddlers. We rationalize our fabrications that benefit us. We tell little white lies daily that make others feel good.

"I feel more worried about lying in public life (specifically by politicians, and in particular, Trump) than I ever have before," psychology researcher Bella DePaulo at the University of California, Santa Barbara, said in an email. When lies succeed, they make it "more tempting to lie. Lies can stick. They can have a lingering effect, even if they are debunked."

## Early learners

Children learn to lie at an average of about 3 years old, often when they realize that other people don't know what they are thinking, said Kang Lee, a professor at the University of Toronto.

He has done extensive research on children and lying. Lee set up an experiment in a video monitored room to see if he could catch children lying about peeking at a toy when an adult left the room.

At age 2, only 30 percent lie, Lee said. At age 3, half do. By 5 or 6, 90 percent of the kids lie and Lee said he worries about the 10 percent who don't. This is universal, Lee said.

In 1996, DePaulo, author of "The Hows and Whys of Lies," put recorders on students for a week and found they lied, on average, in every third conversation of 10 minutes or more. For adults, it was once every five conversations.

"I would say we're lying constantly. Constantly," said Maurice Schweitzer, who studies deception and decision-making at the University of Pennsylvania's Wharton

School of Business, Trump's alma mater.

## White lies

Experts split on whether to count white lies, the social lubrication that makes civilization operate. When your spouse tells you that you don't look fat in that outfit when you do, does it really do any harm?

Some lies, said Schweitzer, "fall under politeness norms and are not very harmful. There are other lies that are self-interested and those are the ones that are really harmful. Those are the ones that harm relationships, harm trust."

But DePaulo sees no distinction: "It doesn't matter if the attempt was motivated by good intentions and it doesn't matter if the lie is about something little."

Regardless, society rewards people for white lies, said Robert Feldman at the University of Massachusetts. "We don't like people who tell us the truth all the time."

He added, "The lies that we accept from politicians right now are lies that are seen as acceptable because it's what we want to hear," like a spouse

saying that an outfit flatters you.

Or perhaps we feel that lying is necessary.

"The reason that people want their politicians to lie them is that people care about politics," said Dan Ariely, a professor of psychology and behavioral economics at Duke University. "You understand that Washington is a dirty place and that lying is actually very helpful to get your policies implemented."

When people deceive beyond white lies, they spend a lot of effort justifying and rationalizing what they are doing.

## Likely to deceive

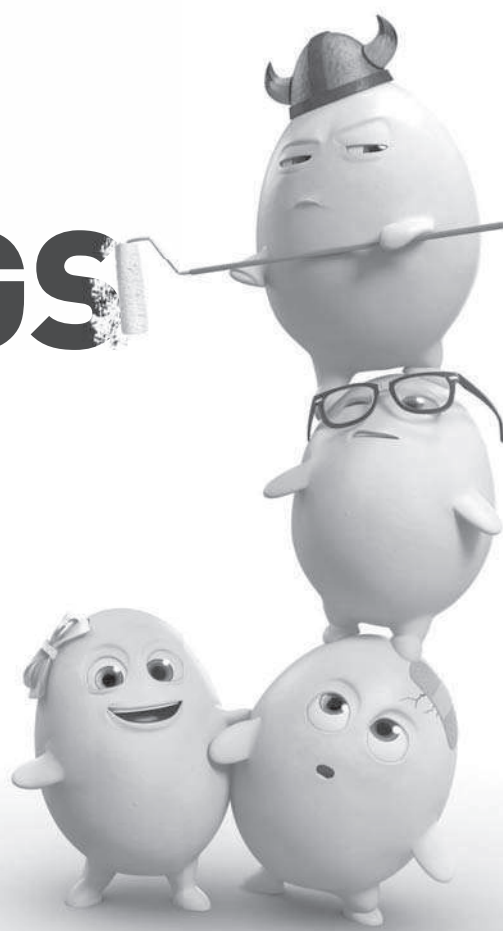
"Dishonesty is contagious," said University of Nottingham's Simon Gaechter.

His March 2016 study examined honesty in a dice game in 23 different countries (but not the United States) and then compared them to a corruption index for those countries. The more corrupt a society was, the more likely the people there were willing to deceive in the simple dice game.

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# TV LISTINGS

Evening listings  
WEDNESDAY

WEDNESDAY EVENING												APRIL 20	
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
2	KATU	(2) KATU News at 6		Jeopardy!	Wheel of Fortune	The Middle	The Goldbergs	Modern Family	Black-ish	Nashville (N)		KATU News at 11	(35) Jimmy Kimmel
3	KOMO	(4) KOMO 4 News		Wheel of Fortune	Jeopardy!	The Middle	The Goldbergs	Modern Family	Black-ish	Nashville (N)		KOMO 4 News	(35) Jimmy Kimmel
4	KING	(5) NBC Nightly News	KING 5 News	KING 5 News	Evening	Heartbeat "The Land of Normal" (N)	Law&Order: SVU "Catfishing Teacher"	Chicago P.D. "A Night Owl"		Chicago P.D. "A Night Owl"		KING 5 News	(35) Tonight Show
5	KOIN	(6) KOIN 6 News at 6	CBS Evening News	Extra	Ent. Tonight	Survivor: Kaoh Rong (N)	Criminal Minds "Devil's Backbone" (N)	CM:Beyond "Citizens of the World" (N)		CM:Beyond "Citizens of the World" (N)		KOIN 6 News @ 11	(35) S. Colbert
6	KIRO	(7) KIRO 7 News	CBS Evening News	The Insider	Ent. Tonight	Survivor: Kaoh Rong (N)	Criminal Minds "Devil's Backbone" (N)	CM:Beyond "Citizens of the World" (N)		CM:Beyond "Citizens of the World" (N)		KIRO News	(35) S. Colbert
7	KGW	(8) KGW News at 6:00 p.m.		Live at Seven	Inside Edition	Heartbeat "The Land of Normal" (N)	Law&Order: SVU "Catfishing Teacher"	Chicago P.D. "A Night Owl"		Chicago P.D. "A Night Owl"		KGW News at 11	(35) Tonight Show
8	KRCW	(3) Seinfeld	Seinfeld	Modern Family	Modern Family	Arrow "Taken"	Supernatural "Beyond the Mat"	KGW News at 10	(35) Two and Half	KGW News at 10	(35) Two and Half	(05) Two and Half	(35) King of Hill
9	KOPB	(10) Journeys in Japan	Business (N)	PBS NewsHour		Nature "Leave It to Beavers"	Nova "Wild Ways" (N)	Jens Jensen: The Living Green		Jens Jensen: The Living Green		The Quietest Place on Earth	
10	KPTV	(12) 6 O'Clock News		Family Feud	Family Feud	Rosewood "Silkworms y Silencio" (N)	Empire "Time Shall Unfold" (N)	10 O'Clock News		10 O'Clock News		11 O'Clock News	Loves Ray
11	KPDx	(1) Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	FOX 12's 8 O'Clock News on PDX-TV	FOX 12's 9 O'Clock News on PDX-TV	The Closer "Products of Discovery"		The Closer "Products of Discovery"		The Closer "Blood Money"	
12	KCPQ	(13) Name Game	Modern Family	Big Bang Theory	Big Bang Theory	Rosewood "Silkworms y Silencio" (N)	Empire "Time Shall Unfold" (N)	Q13 News at 10		Q13 News at 10		Q13 News	Modern Family
13	TBS	(20) Seinfeld	Seinfeld	Seinfeld	Seinfeld	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Conan	
14	KZJO	(22) Two and Half Men	Two and Half Men	The Simpsons	The Simpsons	Modern Family	Modern Family	Q13 News at 9		Big Bang Theory	Big Bang Theory	Friends	Friends
15	ESPN	(29) (4:00) MLB Baseball	Det.Kan. (L)	Baseball Tonight (L)		SportsCenter	SportsCenter	SportsCenter		SportsCenter		SportsCenter	
16	ESPN2	(30) SportsCenter	SportsCenter	Hey Rookie	Hey Rookie	SportsCenter "You've Got Mel & Todd"	Baseball Tonight (L)	NBA Tonight	Jalen & Jacoby (N)	NBA Tonight	Jalen & Jacoby (N)	NFL Live	
17	NICK	(31) Henry Danger	Henry Danger	The Thundermans	The Thundermans	NickyRickyDicky	Paradise Run	Full House	Full House	Full House	Full House	Friends	Friends
18	DISN	(32) Friends Whenever	Austin & Ally	K.C. Undercover	Stuck in Middle	★★★ The Game Plan ('07) Madison Pettis, Roselyn Sanchez, Dwayne Johnson.	K.C. Undercover	Bunk'd	Austin & Ally	Austin & Ally	Girl Meets World	Girl Meets World	
19	FAM	(34) ★★ Freaky Friday	(2003, Comedy) Lindsay Lohan, Mark Harmon, Jamie Lee Curtis.	★★★ The Parent Trap (1998, Family) Dennis Quaid, Natasha Richardson, Lindsay Lohan.								The 700 Club	
20	FMC	(35) (5:00) After Earth	(35) ★ After Earth (2013, Adventure) Jaden Smith, David Denman, Will Smith.	(45) FXM Presents	★★ Savages (2012, Crime Story) Taylor Kitsch, Blake Lively, Aaron Taylor-Johnson.	(40) FXM Presents						(40) FXM Presents	
21	LIFE	(36) Little Women: LA	"Crossing the Line"	Little Women: LA "Media Frenzy"	Little Women "Ride or Die Wedding" (N)	Little Women: LA (N)		Terra's Family (N)	Terra's Family (N)	Terra's Family (N)	Terra's Family (N)	Terra Little Family	Terra Little Family
22	ROOT	(38) Post-game	MLB Baseball Seattle Mariners at Cleveland Indians Site: Progressive Field -- Cleveland, Ohio					Post-game	In Depth (N)	Halls of Fame	Halls of Fame	The Game 365 (N)	Red Bull Air Race
23	F51	(39) UFC Unleashed		The Ultimate Fighter: Team Joanna vs. Team Claudia "Ladies and Gents" (P) (N)	TUF Talk (N)			Fox Sports Live	TMZ Sports (N)	Ultimate Fighter 23	Ultimate Fighter 23	"Ladies and Gents"	
24	SPIKE	(43) (5:30) ★★ Assault on Precinct 13 ('05) Ethan Hawke, Laurence Fishburne, Ja Rule.		★★★ Law Abiding Citizen (2009, Crime Story) Gerard Butler, Colm Meaney, Jamie Foxx.				★★★ Four Brothers ('05, Act) Tyrese Gibson, Mark Wahlberg.		★★★ Four Brothers ('05, Act) Tyrese Gibson, Mark Wahlberg.			
25	COM	(44) (5:20) ★★ Pineapple Express ('08) James Franco, Danny McBride, Seth Rogen.		(55) South Park (25) South Park	South Park	South Park	South Park	Broad City (SF) (N)	Travel Bong (P) (N)	The Daily Show (N) (Nightly Show) (N)	The Daily Show (N) (Nightly Show) (N)		
26	HIST	(45) American Pickers "Train Wreck"	A. Pickers "What Happens in Sturgis ..."	American Pickers "Shock Value"		Pickers "Who's the Rarest of Them All?"	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars (N)	Pawn Stars	Pawn Stars
27	A&E	(46) The First 48 "Schoolyard Revenge"	60 Days In "Fight Face"	60 Days In "Friends Without Benefits"		(55) 60 Days In (50) 60 Days In "Pod Drama"	(50) 60 Days In (N)	60 Days In "Fight Face"		60 Days In "Fight Face"		60 Days In "Fight Face"	
28	TLC	(47) My 600-lb Life "Maria's Story"	My 600-lb Life "Pauline's Story"	My 600-lb Life "Zsalyann and Olivia" (N)	My 600-lb Life "Bettie Jo and Susan" (N)	Two in a Million "A Face Like Mine" (N)	My 600-lb Life "Bettie Jo and Susan"		My 600-lb Life "Bettie Jo and Susan"		My 600-lb Life "Bettie Jo and Susan"		
29	DISC	(48) Bering Sea Gold "The Gamble"	Bering Sea Gold "Pressure"	Bering Sea: Dredged "Golden Dreams"	Bering Sea Gold "Father's Day" (N)	Survivorman "Oregon" (N)	Bering Sea Gold "Father's Day" (N)	Survivorman "Oregon" (N)		Bering Sea Gold "Father's Day" (N)	Survivorman "Oregon" (N)	Bering Sea Gold "Father's Day" (N)	Survivorman "Oregon" (N)
30	NGEO	(49) Border Wars "Weed Warehouse"	Southern Justice "All in the Family"	Southern Justice "Domestic Disturbance"		The Yard "Havoc at High Tide" (P) (N)	Southern Justice "Narco Knock Out"			Southern Justice "Narco Knock Out"			
31	TNT	(50) (4:00) Basketball	NBA Basketball Playoffs (L)			Inside the NBA		NBA Basketball Playoffs		NBA Basketball Playoffs			
32	AMC	(51) (4:30) The Sorcerer's Apprentice	★★★ Jurassic Park (1993, Sci-Fi) Laura Dern, Jeff Goldblum, Sam Neill.			★★★ Jurassic Park (1993, Sci-Fi) Laura Dern, Jeff Goldblum, Sam Neill.				★★★ Jurassic Park (1993, Sci-Fi) Laura Dern, Jeff Goldblum, Sam Neill.			
33	USA	(52) (5:00) NHL Hockey Stanley Cup Playoffs (L)		NCIS "Nine Lives"		NCIS "Road Kill"		NCIS "Broken Bird"		NCIS: Los Angeles "Deadline"			
34	FOOD	(53) Diners, Drive-Ins	Diners, Drive-Ins	Diners...Dives "Guy's Hometown Tour"	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Rest. "Ambush: Exercise Surprise" (N)		Mystery Diners (N) (Mystery Diners)		Mystery Diners	Mystery Diners
35	HGTV	(54) Property Brothers "Melissa and Joe"	Property Brothers	Property Brothers	Property Brothers	Property Brothers	Property Brothers	House Hunters	House Hunters Off	Property Brothers		Property Brothers	
36	FX	(56) (4:30) ★★ Black Hawk Down ('01) Eric Bana, Josh Hartnett.	★★★ Lone Survivor (2014, Action) Taylor Kitsch, Emile Hirsch, Mark Wahlberg.			The Americans "The Rat" (N)		The Americans "The Rat" (N)		The Americans "The Rat" (N)		The Americans "The Rat" (N)	
37	CNN	(57) Anderson Cooper 360	CNN Tonight With Don Lemon	Anderson Cooper 360	CNN Newsroom	CNN Newsroom		CNN Newsroom		CNN Newsroom		Amanpour	
38	FNC	(58) The Kelly File with Megyn Kelly	Hannity	The O'Reilly Factor		The Kelly File with Megyn Kelly		Hannity		On the Record		On the Record	
39	CNBC	(61) Shark Tank	Follow Leader (N)	Super Rich (N)	Shark Tank	Shark Tank		Follow the Leader	Lives-Super Rich	Paid Program		Paid Program	Paid Program
40	BRV	(63) Beverly Hills "Reunion Part 1" Pt. 1 of 2	Housewives "Start Spreading the News"	Real Housewives "An Intimates Affair"		Housewives "The Biggest Boob" (N)	There Goes the Motherhood (N)	WatchWhat (N)	Real Housewives	WatchWhat (N)	Real Housewives		
41	TRM	(64) (5:00) Dr. Mabuse, Gambler (1922)				(45) ★★ The Testament of Dr. Mabuse (33, Susp) Gustav Diesel, Otto Wernicke, Rudolf Klein-Rogge.							
42	SYFY	(65) (4:00) Seven ('95, Thrill) Morgan Freeman.	★★ Legion (2010, Action) Lucas Black, Tyrese Gibson, Paul Bettany.			★★ The Final Destination (2009, Horror) Nick Zano, Haley Webb, Bobby Campo.		Abduction (2011, Action) Taylor Lautner.		Abduction (2011, Action) Taylor Lautner.			
43	RFD	(62) WesternSport	Noble Outfitters	H5 Rodeo Tour	Equestrian Nation	RW Horsemanship	Rural Eve. News	Women's Rodeo	The Final Spin	WesternSport	Noble Outfitters	Product Showcase	

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