

Safe Secrets and Unsafe Secrets

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- A Safe Secret is a fun secret to keep. You may feel excited or happy.
- An Unsafe Secret doesn't make you feel good inside. You may feel mad, sad, sick inside, or scared.
- You would always tell a Safe Adult about an Unsafe Secret.

Circle the Safe Secrets. Cross out the Unsafe Secrets.



A person you know and like wants to play a game. They say you will need to take your clothes off to play. They tell you that you can't tell anyone. This makes you feel yucky inside.

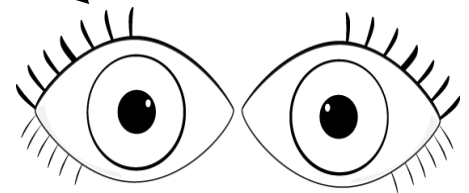
Telling isn't tattling.
It's smart! It keeps
you safe!



You are giving a friend a birthday present. You feel so excited!



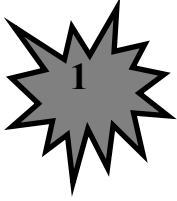
Your family is planning a surprise party for Grandma. You feel very happy!



A person you care about asks to see your private parts. You feel scared.

Body Safety: Safe and Unsafe Secrets

Safe Secrets



Can also be called surprises. These secrets have an end, like a surprise party or a gift for someone.



Can make children feel good inside and happy like a secret handshake they make up with their friend.



Would not need to be kept secret from everyone. No one is in danger or needs help.

Talking with your child about tattling vs. telling:

Tattling on someone is when they can take care of the problem themselves—a friend says something they don't like or is being unkind. They can tell the friend to stop or play with someone else instead. Telling is talking to a safe adult when something is happening that is dangerous or destructive (someone is touching their private parts but doesn't want them to tell). Remind your child you will listen to them, believe them, and help them!

Parent and Child Activity

Create 3-4 rules about secrets that work for your family. Write them down and hang them up where everyone can see them.

Suggestions:

- Tell a safe adult any secret that scares you or makes you feel uncomfortable.
- We don't keep secrets about:
Games we play,
Gifts someone gives you, or
Touches you get
- Touches to the private parts of your body should never be kept secret.
- Even if you like the person asking you to keep an Unsafe Secret, or they tell you it's okay to keep this secret, always tell a safe adult.

Unsafe Secrets



Unsafe secrets can make children feel uncomfortable, weird, or scared to keep.



Unsafe secrets are secrets kids are asked to not tell anyone, ever. Even their mom, dad or caregiver.



It is important for children to be reminded they can **always** tell an Unsafe Secret. Even if they forget and remember later, it is okay to tell a safe adult.