



# Safe and Unsafe Secrets

#2

You are spending the night at a friend's house, and your friend touches the private parts of your body. Your friend tells you to keep it a secret, or you both will get into trouble. This secret makes you feel scared.

Circle the sentence below that tells what you would do. Then, on the lines below, write one detail sentence to explain your choice.

\* I would tell a Safe Adult.

\* I would keep it a secret.

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**Put an "x" in the correct box to show if the secret is a Safe Secret or an Unsafe Secret.**

You are making a surprise present for a member of your family! This secret makes you feel excited.

Someone older is showing you pictures on a cell phone of grown-ups without clothes on. They say it's no big deal and to just keep it between the two of you. This secret makes you feel yucky.

You made up a secret handshake with one of your friends. When the two of you do the handshake, it makes you feel important inside!

Safe Secret	Unsafe Secret

**Listen as your teacher reads the story below. First underline the secret. Then, give a thumbs up if you think this story has a Safe Secret. Give a thumbs down if you think it has an Unsafe Secret.**

A friend tells you that someone has been touching their private parts. Your friend tells you to keep it a secret or they won't be your friend anymore. Your friend thinks it is their fault that someone is giving them these touches that are not safe. This secret makes you feel worried.



# SAFE AND UNSAFE SECRETS

It can be difficult for children to distinguish the difference between tattling and telling. Simple explanations and examples can help them understand.

Tattling is when you are trying to get someone in trouble even though it is a problem you can solve yourself.

Telling is when there is an unsafe situation a grown-up needs to help with. Kids should always talk to a Safe Adult if there is something unsafe happening to them or someone else.

Sometimes children are told by same age peers, older kids and even adults they **HAVE** to keep something unsafe a secret. It could be a secret that scares them, a secret about Not Safe Touches, or a secret about someone being hurt.

It is important for children to know they never have to bear the burden of this kind of secret. Telling a grown-up they trust is **ALWAYS** the right thing to do.

Everyday situations offer opportunities to talk about secrets with your child. Do they have a secret handshake with a friend? Has there been a surprise your child has kept secret? Did they recently go to a birthday party where they kept the gift a secret? When these situations come up talk with your child about why they are safe secrets to keep.

## Parent and Child Activity

Look for examples of safe and unsafe secrets in movies, your child's favorite TV shows or YouTube videos. (We recommend using YouTube Kids with parental controls). Ask your child to notice the secret and tell you about if it was safe or unsafe. Why did the character keep the secret? Who did they tell? Did that person help them?

Remind your child they can always come to you if someone wants them to keep a secret that is not safe. You will listen to them, you will believe them and you will help them figure it out.