

Secrets

Instructions: Discuss that there are two different types of secrets, *safe* and *unsafe*. *Safe secrets* generally make us feel happy and excited. *Unsafe secrets* can make us feel scared, worried, sad or confused. If we're not sure if a secret is safe or unsafe, it is a good idea to check with an adult we trust to work it out.

Ask students to identify which of the following are *safe secrets* that make us feel happy and excited and which are *unsafe secrets* that we need to tell an adult we trust:

Someone telling us to keep a secret....

Answers

- a surprise party(safe secret)
- showing us rude pictures.....(unsafe secret)
- wanting to play a game where we take our clothes off.....(unsafe secret)
- making a present for our teacher.....(safe secret)
- touching our private parts.....(unsafe secret)
- being mean to someone.....(unsafe secret)
- giving us a valuable present*(unsafe secret)
- baking a birthday cake for Grandma.....(safe secret)
- spending time alone with us (other than Mum, Dad or a guardian)*.....(unsafe secret)
- them bullying us at school.....(unsafe secret)
- making us touch or look at their private parts.....(unsafe secret)
- making a special card for a friend.....(safe secret)

*Mum and Dad should always know about someone spending time alone with us or giving us a present.

Remember:

It is important *not* to keep **unsafe secrets**.

If someone tells me to keep an **unsafe secret** I need to tell a trusted adult straight away.

I need to say, "I've got something important to tell you."

If they don't listen or believe me, I need to tell another adult I trust.

If I can't find anyone to listen or believe me, I can ring Kids Helpline (1800 55 1800).