

## Secrets

Secrets can be either *safe* or *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's a good idea to check with an adult we trust to work it out.

**Instructions:** Decide what types of secrets are listed below by linking each secret to either 'safe secrets' or 'unsafe secrets'.

### *Someone telling us to keep a secret about....*

a surprise party for Dad

showing us rude pictures

spending time alone with us

them bullying us at school

wanting to play a game where  
we take our clothes off

making a present for  
our teacher

## Safe Secrets

## Unsafe Secrets

telling them private stuff about us  
on the internet, when we've just met them

making a special card  
for a friend

touching our private parts

being mean to someone

giving us a valuable present

baking a birthday cake  
for Grandma

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 trusted adult.

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