

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 is 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

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 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

making us touch or look at
their private parts

arranging to meet someone in
person who we've met on the internet

Another example of a *safe secret* is: _____

Another example of an *unsafe secret* is: _____

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 or believe me, I can ring Kids Helpline (1800 55 1800).