

Lesson six

- **Safe and unsafe secrets**

Some secrets are safe secrets and make us feel happy and will make someone else feel happy too, sometimes we call them surprises.

We don't have to keep a safe secret forever, we can tell someone about it if we want to. Examples of safe secrets are where you're hiding for hide and see or a birthday present

Some secrets can be unsafe and they make us feel confused, worried, scared or unsafe. They could be about something that makes you feel unsafe or about someone else who is unsafe. Examples of unsafe secrets are bullying at school, private parts touching.

We should never keep an unsafe secret; we should tell an adult that we trust. No-one should ever expect you to keep a secret forever or tell you that you can't tell anyone else at all. Remember: you can talk to someone about anything, no matter what it is. Who are the people you could tell an unsafe secret to?

How can you tell if a secret is unsafe?

Safe/ unsafe secrets activity

This is a colour in readable called my body is mine from TEDI BEAR Children's Advocacy Center, East

Carolina University

My safety plan for feeling safe

There are some really good books that are about this topic, one of which is The Huge Bag of Worries by Virginia Ironside . Here is a YouTube link to it being read aloud:

<https://www.youtube.com/watch?v=gBcakxX9LTM>