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’.

<table>
<thead>
<tr>
<th>Someone telling us to keep a secret about…</th>
<th>Safe Secrets</th>
<th>Unsafe Secrets</th>
</tr>
</thead>
<tbody>
<tr>
<td>a surprise party</td>
<td></td>
<td></td>
</tr>
<tr>
<td>showing us rude pictures</td>
<td></td>
<td></td>
</tr>
<tr>
<td>spending time alone with us</td>
<td></td>
<td></td>
</tr>
<tr>
<td>them bullying us at school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>wanting to play a game where we take our clothes off</td>
<td></td>
<td></td>
</tr>
<tr>
<td>making a present for our teacher</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Safe 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
- arranging to meet someone in person who we’ve met on the internet
- making us touch or look at their private parts

### Unsafe Secrets
- 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).