



Use this information sheet to understand the differences between secrets that are safe to keep and those which are not.



Common secrets that are safe to keep

- Surprise birthday parties that everybody knows about except one person, who is going to find out.
- Gifts that are going to be opened at a special occasion, at which point they won't be secrets anymore.
- Fun games with kids your age that feel safe, don't leave other kids out, and don't involve saying bad things about others.
- Gossip about family or friends unless this is about something that worries you, in which case you should tell an adult you trust.



Secrets that are **NOT** safe to keep

- Any kind of touch that you do not like or does not feel safe.
- Games that might be hurtful to you or anyone else.
- Presents that other people give you or favours that they do for you.
- Anything that bothers you.