

# LESSON 5

## SAFE & UNSAFE SECRETS



### Today's Lesson: Lesson 5

In today's lesson, your child learned about **safe** and **unsafe secrets**. A **safe secret** is one that is eventually told and that makes everyone happy – like a surprise party or a best friend's handshake. An **unsafe secret** makes you feel confused, “icky,” or bad, and you are told not to tell. Your child learned that it is never safe to keep an **unsafe secret**, no matter who asks or tells them to keep it. When faced with being asked to keep a secret, children learned to use **Think, Feel, Act** to help them process how the secret makes them feel. If it makes them feel confused or icky, they must tell their **Grown-Up Buddy** or someone in their **Trusted Triangle**.



### Human Trafficking Prevention

The concept of **safe secrets** and **unsafe secrets** include types of **unsafe secrets** to address human trafficking prevention. If someone is forced to keep an **unsafe secret** because they fear what might happen if they tell, it is a **threat**. If someone keeps an **unsafe secret** because they've been told something good will happen if they do, it's an **unsafe promise**. This knowledge will help students understand how unsafe adults can use different ways to try to make them keep **unsafe secrets**.



### Caregiver Connection

To further your child's understanding of these concepts, we recommend that you talk with your child about the difference between **safe** and **unsafe secrets**. Keep the lines of communication open, and make sure your child knows that it's okay to come to you with any information and that they should never keep a **secret** from you. The most important thing a parent or caregiver can do when a child discloses a **secret** is to believe what they are saying and validate their feelings. Children who feel like they can talk to their parents or caregivers about anything are much less susceptible to being victimized by a child predator.

### Activities to Try at Home

You are encouraged to use the following resources with your child at home. Each may be downloaded and printed.

- [Steps to Safety: Safe and Unsafe Secrets & Scenarios](#)



### Tips to Further Today's Lesson

As part of your child's environment, they may be exposed to TV, movies, apps, stories, or games that have characters with secret identities or secret powers. Use these situations to discuss the concept of **safe** and **unsafe secrets**, remembering to define a **safe secret** as one that is eventually told and that

makes everyone happy. An **unsafe secret** makes you feel confused, “icky,” or scared, and you are told not to tell.

For more ways to talk to your child about staying safe, visit [Safer, Smarter Families](#). For additional resources, visit [Lauren's Kids](#). To report abuse, call the [ChildHelp National Child Abuse Hotline](#) at 1-800-422-4453, and you will be referred to your local reporting agency.

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