

LESSON 5: SAFE AND UNSAFE SECRETS



Today's Lesson: Lesson 5

In today's lesson, your child learned the difference between **safe secrets** and **unsafe secrets**. A **safe secret** is one that is eventually told, and that makes everyone happy. An **unsafe secret** is one that makes you feel confused, "icky," or scared and that you are told not to share. They learned that when confronted with an **unsafe secret**, it is important to tell someone in their **Trusted Triangle** or a **Grown-Up Buddy** as soon as possible.



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 talking with your child about the difference between **safe** and **unsafe secrets**. Keep the lines of communication open, and make sure your child knows it's okay to come to you with any information. They must know 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 victimization by a sexual 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

"Secrets"

If you know a secret
You're told not to say,
That's unsafe or scary,
Then tell right away!

But, if it's a safe one
That someday you'll tell,
And make people happy,
That secret is swell!

*This poem can be recited or sung to the tune of "On Top of Old Smokey."

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.

©2021 Lauren's Kids, Inc. LAUREN'S KIDS® and the Safer, Smarter Kids™ trademarks, curriculum, and content are the exclusive property of Lauren's Kids, Inc., used under license. Any unauthorized use, duplication, copying, or sharing, in electronic form or otherwise, is strictly prohibited and subject to penalty under applicable state and federal law.



SAFER, SMARTER KIDS!

 **LAUREN'S KIDS**