



## Safe and Unsafe Secrets - Lesson 3 and Activities for Parents and Caregivers

Grade Level: Pre-K through 2nd grade

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or call our 24/7 hotline at 309-837-5555.

These lessons are adapted from My Body Belongs to Me, The Momma Bear Effect, and the Hot Chocolate Talk Campaign for Children. This will be a three part lesson with at home activities, resources and on-line live readings. Would you like to schedule a zoom lesson? Call me at 309-836-2148, ext. 141.

This lesson teaches children to report sexual abuse. It is important for children to have trusted adults they can disclose to. Some children may be afraid to tell about their abuse because they have been told by their abuser to keep it a secret. This kind of secrecy allows the abuse to continue. For this reason, it is very important that children understand touching secrets are never okay. When a child discloses an unsafe secret to you, it is important to believe what they are saying and validate their feelings.

Materials (clicking on the underlined title will open the hyperlink in a new tab):

- [Do You Have a Secret](#) book reading
- No More Secrets for Me by Oralee Wachter
- [Good Secrets and Bad Secrets](#) scenario safety cards
- Good Secret Box-you can decorate any old box like a tissue box, small amazon box, etc.

Objectives: After this three part lesson and series, students will be able to:

1. Identify safe and unsafe secrets
2. Recognize when a bigger person has broken the Touching Rule
3. Refuse unwanted and unsafe touches in response to scenarios by using assertive NO words
4. Understanding that it is never too late to tell someone about a touching secret.
5. Apply the Ways to Stay Safe in response to if someone breaks the Touching Rule
6. Understanding it is never their fault if someone breaks the Touching Rule
7. Understand the concept of keep telling until someone helps you

Lesson:

This lesson covers how to tell the difference between good (happy) secrets and bad (uncomfortable) secrets, and the importance of telling secrets that make you feel uncomfortable, yucky, or unsafe. Your

child is learning Ways to Stay Safe. They can stay safe. You can teach them the following methods and activities. Children will be able to:

- Stop and Think: Is it safe? What's the rule?
- How does this make me feel?
- Learn to say words that mean NO.
- Tell a grown-up.

**Good Secrets** -are secrets that will make people happy but are only kept as secrets for a little while – because everyone will know about it soon.

- Nice surprises like a birthday party
- Birthday and Christmas presents
- Plans for a surprise family vacation
- Surprise dinner for mommy and daddy
- Mommy and daddy are having a baby

Activity: Have children give other examples of what a good secret is.

**Bad Secrets** - are secrets that make you feel unhappy, hurt, or icky. Any secret about private body parts is always a bad secret. You always have to tell about bad/uncomfortable secrets.

- Someone telling you to keep a secret that you do not like
- Secrets that will might get you into trouble later
- Someone hurts your or someone is hurt
- Someone is stealing or taking things that don't belong to them
- Someone touching your private body parts
- Games that might break your safety rules or that might be hurtful to anyone
- Presents that other people give you or favors that they do for you
- Photos or movies that make you feel unhappy or icky
- Anything about people and their private areas

Explain: Always tell a grown-up about touching private body parts, even if the person touching tells you not to tell, tells you that you will get into trouble, tells you that they will hurt you, or says no one will believe you. If someone tells you to keep a secret about something bad, that is a clue to tell a trusted grown-up. Who are grown-ups that you trust and you can tell? What if they don't believe you? You tell another grown-up and keep telling until someone helps you!

Activity: Have children give other examples of what a bad secret is.

- This is a good time to incorporate family rules about secrets.
- Role-play using the scenario cards attachment (choose ones that are age appropriate for you child). Read these and have your children tell you if they are SAFE or UNSAFE secrets.
  - Print out the secrets, separate them
  - Create a good secret box (using an old shoe box and decorated with things that make you happy.
  - If there is a good/happy secret card, have child place the card in the Secret box.
  - After a little while, remove the good secrets from the box. This shows children that good secrets are only secrets for a little while.
- Have them practice telling you about the unsafe secrets. Unsafe secrets should be told to a grown-up.

**Review: Remind children of the all the rules they have learned.**

Body Safety Rules:

- Say NO! in a strong, assertive voice.
- Get Away! To a safe space where others can help.
- Tell Someone! A safe, trusted adult.
- Be Believed! Keep telling trusted adults until someone helps.

Private Body Parts Rule:

- A bigger person should never touch your private body parts EXCEPT to keep you safe and healthy.
- No one should ask to see or touch the areas of your body where your swimsuit covers, unless they are helping you stay clean and healthy.
- Never keep secrets about touching! **If someone breaks the touching rule, the person who touched you is the only one to blame!!! It is NEVER your fault!!**