



Safe Secrets are secrets that are okay to keep. Keeping **Safe Secrets** do not make us feel bad, hurt, or afraid. Keeping **Safe Secrets** do not help other people to hide things that may make us feel bad, hurt, afraid, unsure or uncomfortable. If I am unsure if a secret is safe, I can look at the **Safe Secret Rules** and can ALWAYS ask a **Safe Grownup** if I feel confused.



- ✓ I only need to keep the secret for a short time (like a birthday present or surprise party!)
- ✓ Everyone is feeling happy or comfortable about the secret, including me.
- ✓ Everyone understands the secret, including me.
- ✓ No one has been, or is, getting hurt on the inside or outside of their body.
- ✓ It is my choice to keep the secret – I have control.
- ✓ I can ask as many questions about the secret that I want to
- ✓ Several other people know about the secret including **Safe Grownups** and I can talk about the secret with them whenever I want.