



Unsafe Secrets are secrets are secrets that we should NEVER keep, or be asked to keep. Keeping **Unsafe Secrets** can make us feel bad, hurt, afraid, unsure or uncomfortable. Keeping **Unsafe Secrets** do not help us to feel and be safe all the time. If I am worried a secret may be unsafe, I can look at the **Unsafe Secret Rules** and can ALWAYS ask a **Safe Grownup** if I feel confused.



- ✓ I have been told I have to keep the secret for a very long time or even forever
- ✓ I have been told I can't tell the secret to any **Safe Grownup**
- ✓ The secret is only between me and another person who is NOT a **Safe Grownup**
- ✓ Me or someone else is feeling worried, scared, confused or unsafe.
- ✓ Me or someone else is getting hurt on the inside or outside of their body.
- ✓ Someone told me something bad will happen if I talk about the secret.
- ✓ I am told I have no choice or control about telling the secret or talking about the secret.