

Secrets vs Surprises

It's important to teach children that keeping secrets is not allowed. Whether the secret seems exciting or fun, or makes a child feel sad, scared, or uncomfortable—especially if it breaks a body safety rule—children should always share it with a trusted adult.



Keeping a Secret means not telling anyone, ever. This is not allowed, even if it's something fun.

Keeping a surprise means staying quiet until the right time and then everyone knows.



Help your child identify which is a secret and which is a surprise.



- Your neighbor gave you a piece of candy and told you not to tell your parents. X
- Your family is throwing a surprise party for your grandparents and you're not supposed to tell them. ✓
- You're going on a trip but your parents don't want you to tell your sibling until morning. ✓
- A cousin showed you a scary movie and said you'd be in trouble and not to tell. X
- A friend wanted to show you their private parts in the bathroom. X

Remember

If someone says "never tell anyone", that's a warning sign that you should tell a trusted adult about what you know.



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