

# Secrets to keep and secrets to tell



## Learning intentions

- Students will identify there are different types of secrets
- Students identify fun secrets that are okay to keep
- Students identify that some secrets should not be kept, including those where someone is being hurt, doing something wrong, or being touched in a way that is not okay

## Equipment:

- KEEP secret or TELL secret scenario cards
- Post box with lid labelled 'Keep this secret'
- Open tray labelled 'Tell this secret'
- Resilience, Rights and Respectful Relationships-Help Seeking

## Method

1. During group discussion time explain that:  
*Today we are going to talk about secrets and the different types of secrets.*
2. For younger years, read the story, for older years explore students own definitions

Story and Scenarios: Early Years	Definition Discussion: Middle and Upper years
<p><i>Mother's Day is coming up. Katie wants to make a special card and gift for the day. Katie wants it to be a big surprise that she does not want mum to know the card and gift is being made.</i></p> <ul style="list-style-type: none"> <li>• Ask the students if this is a safe secret to keep.</li> <li>• Explain that some secrets can be fun to keep like a surprise party or a surprise present. These are good secrets that are kept for just a short while.</li> <li>• But there are some secrets that should not be kept. These are 'tell' secrets because keeping them can be unsafe. They are usually about something that is wrong, or mean or unsafe. These kinds of secrets should be told. We should tell them to a trusted person who can help.</li> </ul>	<ul style="list-style-type: none"> <li>• Invite students to share their definition of the word secret: <i>E.g. Something to be kept to yourself or to be shared with just a few people.</i></li> <li>• Explain there are different types of secrets: <i>Safe secrets are most often about surprises to make people happy, like a present or a surprise party or they can be a secret about a special place for keeping a precious thing safe.</i>  <i>Unsafe secrets are secrets that should not be kept and they are about things like not telling about a problem, or not telling about an action that is hurting or harming someone, or is against the rules, or against the law.</i></li> </ul>
<ul style="list-style-type: none"> <li>• We need to decide which are 'keep' secrets (which are safe) and which are 'tell' secrets (which are unsafe). Explain that the cardboard box is the 'Keep secret' place where the secrets can stay for a little while until it is time to tell. The tray is for 'Tell secrets' because they are secrets that should never be kept because they cause harm and hurt. We are</li> </ul>	<ul style="list-style-type: none"> <li>• Write the words 'safe secrets' on the board. Invite students to share some examples and to state why they think it is a safe secret to keep. Sum-up by asking the students what they notice about all the secrets? <i>E.g. they are all for giving a happy surprise or for taking care of precious things. These are secrets are okay to keep.</i></li> </ul>

<p>going to put them on a tray so they can be seen.</p> <ul style="list-style-type: none"> <li>• Read each of the scenarios and questions. Work out whether it is a 'keep' secret or a 'tell' secret. Invite a student to place the scenario you have read either in the box or on the tray.</li> </ul>	<ul style="list-style-type: none"> <li>○ Nice surprises and things that make you happy</li> <li>○ Birthday presents and cards</li> <li>○ Flowers and gifts</li> <li>○ Plans for a surprise family trip out or visit</li> <li>○ Bank account numbers</li> <li>○ Safety words (if someone else has to pick you up they must tell you what the safety word is)</li> <li>○ Secrets that will make people happy but are only kept as secrets for a little while – because everyone will know about it soon</li> </ul>
<ul style="list-style-type: none"> <li>• See below for printable scenario cards</li> </ul>	<ul style="list-style-type: none"> <li>• Write the words 'unsafe secrets' on the board</li> <li>• Invite students to share some examples and to state why they think it is an unsafe secret to keep. <i>A warning sign for students "I'll tell you, but it is a secret. You can't tell your parents or staff. They might not understand."</i> <ul style="list-style-type: none"> <li>○ Secrets that make you feel unhappy</li> <li>○ Someone telling you to keep a secret that you do not like, or feel upset about.</li> <li>○ Anyone saying you must not tell.</li> <li>○ Saying you must not tell or someone will be in trouble</li> <li>○ Taking things from you and saying you must not tell</li> <li>○ Doing things to others and say you must not tell</li> <li>○ Stealing and taking things from shops and saying you must not tell</li> <li>○ Someone touching you in a private area – and you feel upset about it.</li> <li>○ Someone who supports you, kissing you.</li> <li>○ Someone who supports you, touching you in private areas</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• Follow on with a <b>Resilience, Rights and Respectful Relationships-Help Seeking Activity</b> to connect Unsafe Secrets and Help Seeking. <a href="https://fuse.education.vic.gov.au/ResourcePackage/ByPin?pin=2JZX4R">https://fuse.education.vic.gov.au/ResourcePackage/ByPin?pin=2JZX4R</a></li> </ul>	

**KEEP secret or TELL secret Scenario**

The teacher asked some children to stay in at recess and help him to decorate the room for a surprise party for Kaleb who was leaving. The teacher asked the children to keep it a secret so that Kaleb would get a happy surprise.

Is this a keep (safe) secret or a tell (unsafe) secret?

Marcus was in the boys' toilets at school when an older boy came up behind him and punched him in the back. When Marcus started crying, the big boy said, 'if you tell on me, I will punch you again'.

Is this a keep (safe) secret or a tell (unsafe) secret?

One of Zoe's grown up neighbours asked if he could take pictures of Zoe. He said he would give her a big bag of lollies all for herself, if she promised not to tell anyone. Anytime she wanted, she could come to his house, have photos taken, and get a lolly or an ice cream from him.

Is this a keep (safe) secret or a tell (unsafe) secret?

Kate has seen her dad hit her mum. It makes her mum cry. Kate's dad tells Kate not to tell anyone, not even her grandma or teacher.

Is this a keep (safe) secret or a tell (unsafe) secret?

Charlotte's grandpa is turning 80 and her family has planned a surprise party with music and special decorations. Charlotte's dad has asked her not to tell.

Is this a keep (safe) secret or a tell (unsafe) secret?

Amara was playing tickles with her step-dad. He tickled Amara inside her underpants. Her step-dad told her not to tell anyone about their special game, especially not her mum. He said it was a secret tickling game just for the two of them.

Is this a keep (safe) secret or a tell (unsafe) secret?

Father's Day is coming up and Lauren and Nicholas are planning on cooking a special dinner for their Dad. Lauren told Nicholas not to tell their Dad about the special dinner.

Is this a keep (safe) secret or a tell (unsafe) secret?

When Liam and Evie's big cousin comes to babysit, he shows them some grown up videos. He tells them not to tell their parents about them watching these videos for grown ups. Evie agrees and says not to tell their parents about watching these videos.

Is this a keep (safe) secret or a tell (unsafe) secret?

Michael has changed his password on his school computer account. His friend James keeps asking Michael to give him the password.

Is this a keep (safe) secret or a tell (unsafe) secret?