

Secrets and Staying Safe

A Social Story



A gentle, step-by-step read for kids who benefit from extra visual support.

1

Sometimes I hear about secrets.

Some secrets feel fun, like planning a surprise. A surprise is okay, but a secret may not be.

2

But some secrets do not feel good.

They might make me feel confused, make my tummy feel tight, or it just feels wrong or yucky.

3

If a secret makes me feel scared, confused, or uncomfortable, it is an unsafe secret.

Unsafe secrets should always be told to a grown-up I trust — even if another grown-up is saying not to tell.

4

Trusted adults are people who help keep me safe.

I can tell a parent, teacher, counselor, or another safe helper.

5

If someone says I should not tell, I can still tell a grown-up.

Telling keeps me safe, and I will not be in trouble.

6

My body belongs to me.

I can say no if something does not feel right.

7

If I ever feel unsure, I can talk to a trusted adult.

Trusted adults listen, help, and care about me. If one adult doesn't listen, I can tell another adult.

8

Telling is brave.

I am never alone. There is always help.