

Questions Kids May Ask

— and How Adults Can Respond



Real questions children ask after reading — and gentle, honest ways to respond.

Q1. What happened to Sunny? What was the secret?

You noticed that Sunny had a secret that made Sunny feel uncomfortable. The story doesn't tell us exactly what happened because the important part is how Sunny felt. When something makes your body feel yucky, scared, or confused, that's a sign to tell a grown-up you trust.

Q2. What is an unsafe touch?

An unsafe touch is any touch that makes you feel scared, confused, or yucky inside. Safe touches help keep you healthy or show care — like a high five or a doctor check when a parent is there. Your body belongs to you.

Q3. What if someone tells me to keep a secret?

There are fun secrets, like surprise parties, and there's a difference between a secret and a surprise. Secrets that make you feel worried, confused, or uncomfortable should always be told to a grown-up you trust.

Q4. What if I get in trouble for telling?

You will never be in trouble for telling about something that made you feel unsafe. Telling is a brave and important way to stay safe. Grown-ups' jobs are to help you, not blame you.

Q5. What if the person says I shouldn't tell?

Sometimes people who do unsafe things might say not to tell — but that doesn't mean you should stay quiet. You can always tell a grown-up, even if someone says you can't.

Q6. What if the grown-up I tell doesn't believe me?

That would be really hard, and I'm glad you asked. If one grown-up doesn't listen, keep telling another trusted adult — a teacher, a counselor, or another helper. Safe adults listen.

Q7. Why did Sunny feel scared to tell?

Lots of kids feel scared to tell when something upsetting happens. Sometimes they worry it's their fault or that no one will believe them. But it's never the child's fault, and there are always grown-ups who want to help.

Q8. Could this happen to me?

You are not responsible for what others do, but you can learn how to stay safe. That's why we talk about body safety rules — so you always know you can come to me.

Q9. Who are trusted adults?

A trusted adult is someone who keeps you safe, listens to you, and helps you when you need it — a parent, grandparent, teacher, school counselor, or coach.

Q10. How will I know if something is wrong?

Your body gives you clues! If something feels confusing or scary, or makes your tummy feel tight or yucky, that's a sign to stop, move away if you can, and tell a grown-up.

Q11. Can I say no to a grown-up?

Yes. If a grown-up asks you to do something that feels wrong or unsafe, you are allowed to say no and tell another grown-up. Your safety is the most important thing.

Q12. Is Sunny okay now?

Yes. Sunny started feeling better because Sunny talked to a safe adult who listened and helped. Talking about hard things helps the heavy feelings get smaller.