

Talking About Secrets

A Guide for Parents & Caregivers



A companion to Sunny's Tale: When Secrets Are Scary — written to support the conversation at home.

How to Talk With Your Child

Use calm, simple language. Let your child know they can always talk to you if something feels wrong — there's no wrong time and no wrong way to bring it up.

Helpful Phrases to Use

"You will never be in trouble for telling me something important."

"No secret should make you feel scared or yucky inside."

"I am always here to help you."

Remember: the goal isn't a single perfect conversation — it's an ongoing, open door. Revisit these phrases anytime, and pair them with a read-through of Sunny's Tale when it feels right for your child.