

Discussion Questions

A Read-Aloud Companion Guide



Discussion questions to use before and after reading Sunny's Tale: When Secrets Are Scary.

Before Reading (Warm-Up)

- What is a secret?
- What is a surprise? (People eventually find out.)
- Are there secrets you should not keep?
- Who are some adults you trust and feel safe talking to?

Feelings Are Clues

- What are some feelings that might tell you something is wrong?
- Why is it important to listen to our bodies?
- What could you do if your body gives you a “warning feeling”?

It Is NEVER Your Fault

- Who is responsible when someone does something that makes you feel uncomfortable?
- Why do you think kids sometimes feel like things are their fault, even when they're not?
- What would you say to a friend if something unsafe happened and they ask you to keep it a secret?

Using Your Voice

- What are some words you can use to speak up?
- Why might speaking up feel hard sometimes?
- What could you do if saying “no” doesn't work?

Trusted Adults

- Who are three trusted adults you could talk to?
- What should you do if the first person you tell doesn't help?
- Why is it important to keep telling until someone listens?

You Are Brave and Not Alone

- What does being brave mean?
- Why is telling someone a strong choice?
- How can adults help kids feel safer when they speak up?

After Reading (Reflection)

- What is one thing you learned from this book?
- What would you want other kids to know about staying safe?
- Who would you talk to if you ever felt unsafe?

A note for adults: If a child shares something concerning — stay calm, thank them for telling you, believe them, and get professional help if needed. This book is designed to be empowering, not scary, so kids are more likely to remember and use it in real situations.