

Safe Conversations Checklist

Talking openly about secrets helps children stay safe and confident. This guide is designed for parents and carers to use together with their child, giving clear examples and easy-to-use tools to spot the difference between safe and unsafe secrets.

Working through these activities will encourage open conversations, build trust, and give your child the words to speak up when something doesn't feel right.



Safe Vs Unsafe

Not all secrets are bad, some are fun and part of happy surprises. But some secrets can make us feel uncomfortable, worried, or unsafe. Knowing the difference helps you choose what to share and when to speak up.

Safe Secrets 	Unsafe Secrets 
<ul style="list-style-type: none">• Planning a surprise birthday party for someone you love• Keeping a handmade gift hidden until it's ready to give• Organising a fun game or treasure hunt for friends	<ul style="list-style-type: none">• Being told to keep something secret "forever"• Someone hurting you or someone else and saying not to tell• Being shown or sent something that makes you feel uncomfortable

Safe Conversations Checklist

Read each statement and tick the box if it's true for you. If you tick anything in the "unsafe" group, remember you can always talk to a trusted adult.

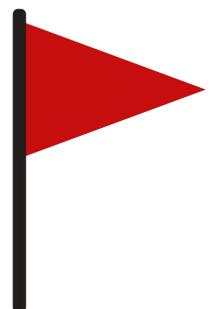
Safe to Keep Temporarily

- This secret is about a kind surprise that will be told soon
- This secret makes me feel good or excited
- This secret doesn't hide anything unsafe or hurtful



Unsafe – Needs to be Shared

- This secret makes me feel worried or uncomfortable
- Someone told me never to tell anyone about it
- This secret is about someone being hurt, touched, or shown something they shouldn't see
- This secret is making me feel scared, confused, or guilty
- This secret could cause harm to me or someone else if kept



If a Secret Feels Unsafe...

If you ever feel unsure or uncomfortable about a secret, here are the steps you can take to keep yourself safe.

- Tell a trusted adult straight away
- Keep telling until someone listens
- Remember it is never your fault if someone asks you to keep an unsafe secret

Practise Saying...

Practising what to say helps you feel confident if someone ever asks you to keep an unsafe secret. Try saying these out loud with a parent or friend.

"I don't keep secrets like that."

"I need to tell my parent about this."

"That doesn't feel right to me."

Ready for more structured support?

These free resources are designed as starting points. If you're looking for deeper guidance, my therapist-designed workbooks and journals offer step-by-step support, psychoeducation, practical tools, and space for reflection. Explore the full collection via my website or Etsy.

<https://thehealingspaceuk.etsy.com>

