

MY CHOICES & PERSONAL BOUNDARIES: SAFE & UNSAFE SECRETS



Lesson Objectives:

- Children will have an opportunity to review the Early Warning Signs they may experience when they feel unsafe.
- Children will explore the difference between good and bad secrets and which should never be kept.
- Children will be able to think about their support networks and who they can talk to if they need help.
- Supports key messages from the Protective behaviours Taking Care Programme.

Key Messages:

As part of this lesson children will revise their Early Warning Signs. These are the physical feelings we get when we feel unsafe. However, when we talk to children, we never get them to think of a situation when they were actually unsafe - we do not want them to focus on past trauma they may have experienced. Instead, we talk about situations where we may have made ourselves feel unsafe on purpose, for example by doing a high ropes course, or been on a roller coaster.

Our Early Warning Signs are the symptoms we feel as we are stood on the edge of that platform, or queuing for the ride....

These might include - feeling sick, needing the toilet, headaches, feeling sweaty, fidgeting, wobbly legs, feeling shaky, butterflies in the belly, worms in the tummy - for example....

These are important for all children to know - and for their safe adults to understand.

Closing:

Secrets can be fun and exciting. But they can also leave us feeling confused or scared. Some secrets should never be kept - especially if they make us feel unsafe. We can share our concerns with safe adults from our networks.

Key Messages continued...

In this lesson we will focus on Safe and unsafe secrets and the difference between the two.

Safe	Unsafe
Should not leave you feeling worried, scared or unsafe	might leave you feel, worried, scared unsafe or ashamed
should only have to be kept for a short time	might have to be kept indefinitely
never involve threats or violence	may involve threats or violence

We will be reminding children what to do if they ever feel worried or unsafe. *If we are worried about anything - no matter how awful or small... we can talk to a trusted grown-up from our network...*



Useful Links:

- There are also some fantastic books about safe and unsafe secrets in our library too.

CARRYING ON THE CONVERSATION AT HOME:

Ask your child about their Early Warning Signs. You may have noticed some other behaviours when your child is worried or anxious; share them and talk them through. You may wish to talk about how you feel when you are worried.

However, the key thing is to know what to do when you feel your Early Warning Signs. Reinforce the fact that it is OK to feel worried, anxious, frightened or upset and that it is important to tell someone when you do. Please make this especially clear to boys... Ask them to draw out their personal networks and ensure they have plenty of people that they can talk to.

One of the questions we will talk about is: "Should best friends always keep each other's secrets....?" Ask what they think... talk about the difference between good and bad secrets... this is a good thing to discuss when watching television too... which secrets should the characters keep? Are they ever threatened not to tell?