

Boundaries

Safe and Unsafe Secrets

Invite your child to join you in playing a “secrets” game, such as I Spy. During the game, talk about the differences between safe secrets and unsafe secrets. Share a safe secret you have kept, such as hiding a gift to surprise someone. Explain that we feel happy and excited about safe secrets. Point out that if we feel scared or upset about a secret, it is an unsafe secret. Emphasize that no one, particularly an adult, should ask your child to keep an unsafe secret.



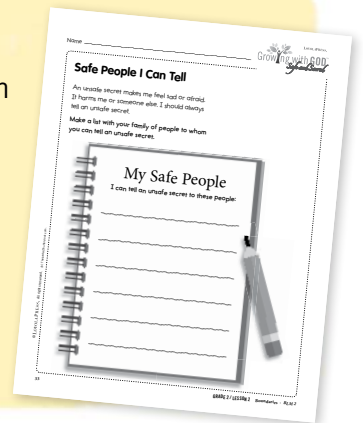
We Feel Good When We Tell the Truth

We are closer to God when we tell the truth. Talk with your child about being truthful and always telling you about an unsafe secret. Explain that your child will feel better after telling you and that then you can help keep him or her safe.



Safe People to Tell

Talk with your child about always telling you or someone you trust about an unsafe secret. Work with your child to complete the handout. Make a game of helping your child recall the names of people on the list.



Asking for God's Help

Explain that God loves us and wants us to be safe. We can ask God for help whenever we need it. Pray the Act of Faith, Hope, and Love or a prayer of your own with your child. Begin and end the prayer by praying the Sign of the Cross.



Name _____

Safe People I Can Tell

An unsafe secret makes me feel sad or afraid.
It harms me or someone else. I should always
tell an unsafe secret.

Make a list with your family of people to whom
you can tell an unsafe secret.

My Safe People

I can tell an unsafe secret to these people:
