

Outcome

I understand that it is not always right to keep secrets if they relate to being safe



Ground rules

Do not be shy ask anything I am here to help.

No shouting out: raise hands

Speak one at a time

Listen to each other

Respect each others' opinions

Contribute to the sessions

Any personal questions that you may have will be answered at the end and there is an “ask it basket” to add any further questions.



What is a surprise?



Are secrets and surprises the same?

A **surprise** is something like a **present** or a **surprise party**.

Surprises are ok and can feel fun or exciting.

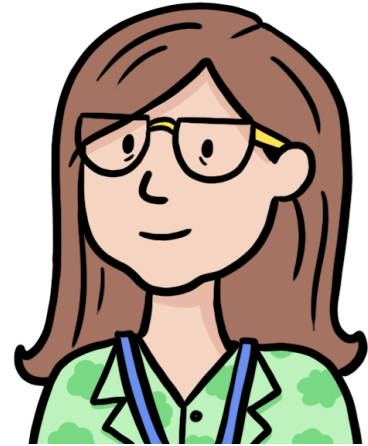
Have you ever been part of a **surprise** before?



Are secrets and surprises the same?

We always know when we can **reveal** a **surprise**.

Surprises are not a bad thing. If we're keeping a **surprise** for a short amount of time and it will make people happier, then **it is ok to not say anything**.



Ms Walsh

Let's share some examples.



Are secrets and surprises the same?



Check

How should **surprises** feel?

a

fun



b

sad

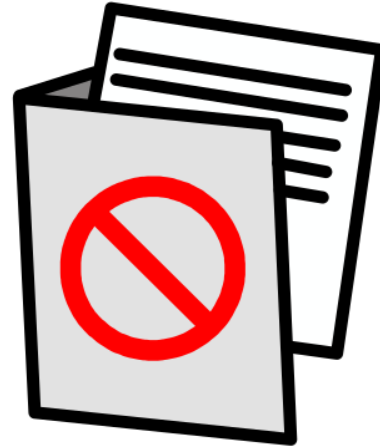
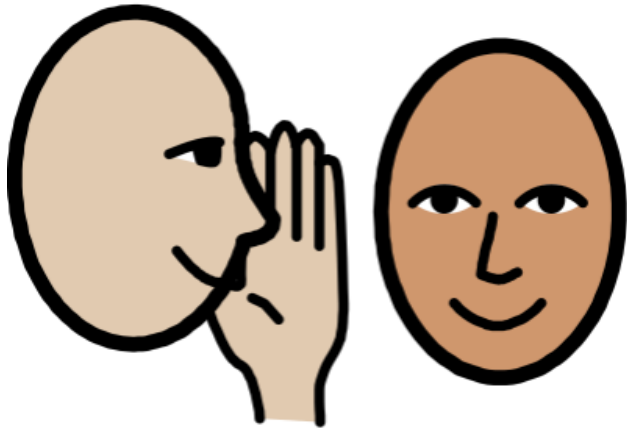
c

exciting



What is a secret?

something that is kept hidden



Are secrets and surprises the same?

A **secret** is something that is **kept hidden** from other people.

Secrets can make us feel **worried**, **uncomfortable** or **scared**.



Amara



Are secrets and surprises the same?

Sometimes, someone might ask us to keep a **secret**.



Jun

My brother broke my favourite toy and asked me to keep it a **secret** from our parents.



Are secrets and surprises the same?

Unlike **surprises**, **secrets** are kept hidden with no plan to reveal.

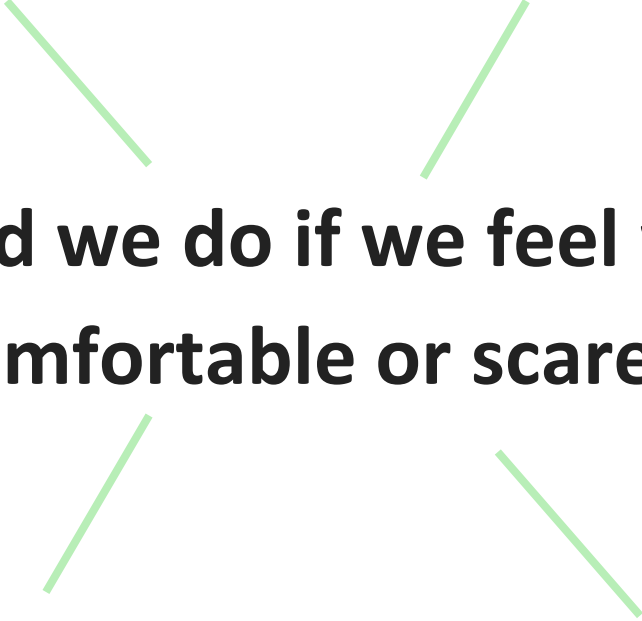


Sofia

My friend pushed me on the playground.
He told me **not to tell anyone**.

We should **never** keep **secrets** that make us feel **worried**, **uncomfortable** or **scared**.





**What could we do if we feel worried,
uncomfortable or scared?**



Task A

Secret or surprise? How do you know?



scenario	secret	surprise
You've made a card for your friend, but you can't show them until it's their birthday.		
Someone in your class says, "If you tell the teacher I was mean to you, I won't be your friend anymore."		
Your friend says, "Don't tell anyone, but I took a toy from school and put it in my bag."		
You've painted a picture for your teacher and want to give it to them on the last day of term.		



Task A

Are secrets and surprises the same?



Feedback

Your ticks should look like this:

scenario	secret	surprise
You've made a card for your friend, but you can't show them until it's their birthday.		✓
Someone in your class says, "If you tell the teacher I was mean to you, I won't be your friend anymore."	✓	



Task A

Are secrets and surprises the same?



Feedback

Your ticks should look like this:

scenario	secret	surprise
Your friend says, "Don't tell anyone, but I took a toy from school and put it in my bag."	✓	
You've painted a picture for your teacher and want to give it to them on the last day of term.		✓



Lesson outline

Difference between secrets and surprises



Are secrets and surprises the same?



What if a secret makes us feel uncomfortable?



What if a secret makes us feel uncomfortable?

If a **secret** makes us feel **worried**, **uncomfortable** or **scared**, we should tell a trusted adult.

This includes **secrets** from adults and children.



parents and carers



teachers and school staff



What if a secret makes us feel uncomfortable?



Who should we tell if a **secret** makes us feel **worried**, **uncomfortable** or **scared**?

a our friend

b a younger sibling

c a trusted adult



What if a secret makes us feel uncomfortable?

We should **never** keep **secrets** if someone touches our bodies in a way that makes us feel **uncomfortable**.



Sofia

I knew I needed to tell a trusted adult when my friend pushed me over because **he told me not to tell anyone, my body hurt** and **I felt worried**.



What if a secret makes us feel uncomfortable?

Our bodies give us clues that we need to tell a trusted adult about what's happened:

- we might have a funny feeling in our tummy
- our heart might beat faster
- we might feel like we want to cry.



Amara



What if a secret makes us feel uncomfortable?



Tell your partner **two** clues that our body might give us which help us know when we should tell a trusted adult about something.

- We might have a funny feeling in our tummy.
- Our heart might beat faster.
- We might feel like we want to cry.



What if a secret makes us feel uncomfortable?

It is **always** ok to ask a trusted adult if we're unsure about a **secret**. You could ask your trusted adult:

Is this a **secret** or a **surprise**?

What should I do if someone told me not to tell, but it feels wrong?



Summary Difference between secrets and surprises

A **surprise** is something like a present or a **surprise** party.

Surprises are ok and can be fun. We always know when we can reveal a **surprise**.

A **secret** is something that is kept hidden from other people without a plan to reveal it. **Secrets** can make us feel **worried**, **uncomfortable** or **scared**.

If a **secret** makes us feel **worried**, **uncomfortable** or **scared**, we should tell a trusted adult.

We should never keep **secrets** if someone touches our bodies in a way that makes us feel **uncomfortable**. If a trusted adult doesn't listen properly or help you, keep telling other adults until you are heard.



Where to get support

Childline

A website and phone line which is able to offer confidential advice and support.



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OGI

