

## Good and Bad Secrets Introductory Activity

- Ask what secrets are. Ask for suggestions of secrets and list them. Ask if there are good secrets and bad secrets.
- From the suggestions they have given, ask them to identify which are good secrets and which are bad secrets and explain why.
- Can they think of a good secret they were asked to keep? How did it make them feel?
- What would you do if someone asked you to keep a bad secret?
- Make a 'good secrets box' out of a gift box
- and a bad secret box with pictures of staff/families/managers/on
- as well as a collection of secrets cards which have a situation in which someone has told to keep a secret e.g.
- Someone told you to keep a secret about touching you. 'Someone told you to keep a secret about flowers for your sister.
- Each group to discuss a mix of secrets cards, then decides whether it is a good or bad secret that they are being asked to keep and why they think so.
- When all cards are discussed in groups – share with the main group – who decided which box the secret goes into.

## Good Secrets

- Nice surprises and Things that make you happy
- Birthday presents and cards
- Flowers and gifts
- Plans for a surprise family trip out or visit
- Bank account numbers
- Safety words f(if someone else has to pick you up they must tell you what the safety word is)
- Secrets that will make people happy but are only kept as secrets for a little while – because everyone will know about it soon,.

**Bad Secrets** *“I’ll tell you, but it is a secret. You can’t tell your parents or staff. They might not understand.”*

- Secrets that make you feel unhappy
- Someone telling you to keep a secret that you do not like, or feel upset about.
- Anyone saying you must not tell.
- Saying you must not tell or someone will be in trouble
- Taking things from you and saying you must not tell
- Doing things to others and say you must not tell
- Stealing and taking things from shops and saying you must not tell
- Someone touching you in a private area – and you feel upset about it.
- Someone who supports you, kissing you.
- Someone who supports you, touching you in private areas and not wearing gloves to help you with your care.

**What to do about secrets?**

- It’s not easy to tell sometimes but don’t worry if you’re not sure how to tell. Just take the first step and you can be helped.
- These things might help: · say
  - “I have something to tell you but I don’t know how to say it”
  - Draw a picture
  - Write a note that says, “I need to talk” or “I need help”
  - Write a note that tells the whole story ·
- Close your eyes or turn your back and tell
- Just tell what happened
- Start by just talking about the feelings you are having
  
- Go into pairs, so that they can practice saying “no” and giving reasons (eg “No, I don’t feel like it) to different situations, using the bad secrets cards. (This is important because sometimes people have done things they do not want to – or kept secrets because they couldn’t think of a reason not to) Ensure that both partners have several turns at saying “NO” and being the persuader.

- Closing activity/reflection. At the end of the session take the good secrets out of the box, because good secrets don't stay secret for long, they were more of a surprise than a secret!
- Take the bad secrets box to give to staff to help deal with them.
- Ask the group what they have learnt: about the differences between good and bad secrets · How good and bad secret make you feel · What to say if someone asks you to do something you're not happy about