

Good Secrets Bad Secrets



There are good secrets

A good secret is a nice surprise

It is something that would make a person happy



A good secret could be a surprise trip out, a birthday party or a present.



Good secrets are only kept secret for a little while because everyone will know about it soon.



There are bad secrets

A bad secret is about something that should not be happening

Someone telling you to keep a secret that you do not like, or feel upset about.

Anyone saying you must not tell. Because someone will be in trouble.



Never keep a secret that makes you feel worried or scared or that makes you feel bad.



Some Bad Secrets



People that care for you or support you saying you must not talk to anyone about what you do together.



Saying that you must not tell anyone about something you have seen



Touching you when you do not want to be touched.
Telling you not to say anything



Taking your money and asking you to pay for things for them.



Asking you to say things that are not true or saying you will be in trouble for telling on people



These things are Abuse.
You must not keep abuse a secret

What you can do about Bad Secrets



If someone tells you to keep a secret and you think it is wrong – tell someone you trust

If someone asks you to do something and says you have to keep it secret,



Think whether it is a good secret or a surprise



or a bad secret



If you think it is a bad secret – do not do what the person says – and then tell someone you trust
So you can get some help



Tell someone you trust They can help you



You can tell your friends, people you live with or Voices to be Heard



Your Family



Your staff



A manager



Your Care Manager or CQC



If you can not do any of these
you can Phone 101 to talk to the Police
or phone 999 in an Emergency.