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.

Produced by Voices to be Heard Kent South