

SECRETS

ARE

BAD

A BOOK FOR KIDS
ABOUT KEEPING
THEIR
BODY SAFE



Secrets Create Bad Feelings

Secrets can be bad.

Secrets may make someone angry or hurt their feelings.

Sometimes unsafe people ask us to keep secrets.

If someone tells us to keep a secret from our parents, we should say "NO" and tell our parents immediately.



Surprises Create Happy Feelings!

There is a difference between a secret and a surprise.

Surprises make us feel happy. Surprises create joy and excitement because something good is going to happen in the future. Buying a gift for a friend's birthday is a surprise. Not telling daddy about a special party mom is planning is a surprise because daddy will be happy when he finds out about the party.

THIS
SURPRISE
PARTY WAS REALLY
SPECIAL! THANKS CLARA,
CINDY AND TOMMY! YOU
MAKE ME SO HAPPY.



Trust Your Feelings

Sometimes we get squiggly little feelings inside of us that warn us of danger. It may feel like we are nervous and like there are a million little butterflies flying around in our stomach. We may feel sick on our stomach. We may even feel scared. When we feel this way, it is important to trust our feelings. Sometimes we just know when things aren't right.

I
FEEL
AWFUL.
SOMETHING IS
WRONG. MY STOMACH
FEELS LIKE IT'S JUMPING ALL
AROUND, LIKE A BUNCH OF
BUTTERFLIES
INSIDE.

I
SHOULD TELL
SOMEONE THIS IS
NOT RIGHT!



You Own Your Body

Your body belongs to you. No one has the right to touch ANY part of your body unless you are okay with it, and no one should ever touch your private parts.

There are rare times when a doctor or parent may need to help you with something involving your private parts. If you feel uncomfortable and are not sure about something, talk to a safe adult about it. Asking questions is ALWAYS ok, but secrets are NEVER ok especially when it involves something that makes you feel uncomfortable.



My Body Is Mine!



FROM
MY HAIR TO MY
EARS AND MY EYES
THAT SEE
FROM MY CHINNY CHIN CHIN
TO MY MOUTH THAT SPEAKS.

FROM
THE MIDDLE OF MY BODY
WHERE MY PRIVATE PARTS ARE
TO MY HANDS THAT HELP ME REACH FOR THE
STARS!



FROM MY FINGERS THAT
TOUCH AND GRAB A PENNY FROM
THE GROUND
TO MY TINY LITTLE TOES
THAT I WIGGLE ALL AROUND.



MY BODY IS MINE
IT BELONGS TO ME,
AND NO ONE CAN TOUCH IT
UNLESS I AGREE.



SECRETS HURT AND MAKE OTHERS MAD
THAT IS WHY I KNOW THEY'RE BAD.
A SAFE PERSON WOULD NEVER ASK ME TO KEEP
A SECRET FROM THOSE WHO CARE ABOUT ME.

Good, Bad, & Confusing Touches

There are different kinds of touches.



Some touches are good.

They make us feel good. They make us happy. Good touches make us feel safe. Good touches are touches we want more of and are never asked to keep a secret.



Some touches are bad.

They make us feel bad, sad, angry, hurt, or uncomfortable. Sometimes bad touches hurt on the outside and make us say “ouch.” Sometimes bad touches hurt on the inside and make us feel ashamed or embarrassed.

Bad touches are touches we don't want for ourselves and don't want to do to others either. Sometimes people ask us to keep bad touches a secret.



Some touches make us feel confused.

We may not be sure if it is a good touch or a bad touch. A confusing touch may make us feel those squiggling little feelings inside like there are butterflies in our stomach. A confusing touch may be a touch that starts out as a good touch but then becomes a bad touch. Some people may ask us to keep a confusing touch a secret.



Tell a Safe Adult about Bad or Confusing Touches

If someone gives you a bad or confusing touch, tell your parents immediately or choose another safe adult that you trust.

Some examples of safe adults:

School nurse, Friend's mom, Favorite teacher

A safe person will never ask you to keep a secret especially about something that makes you feel uncomfortable.

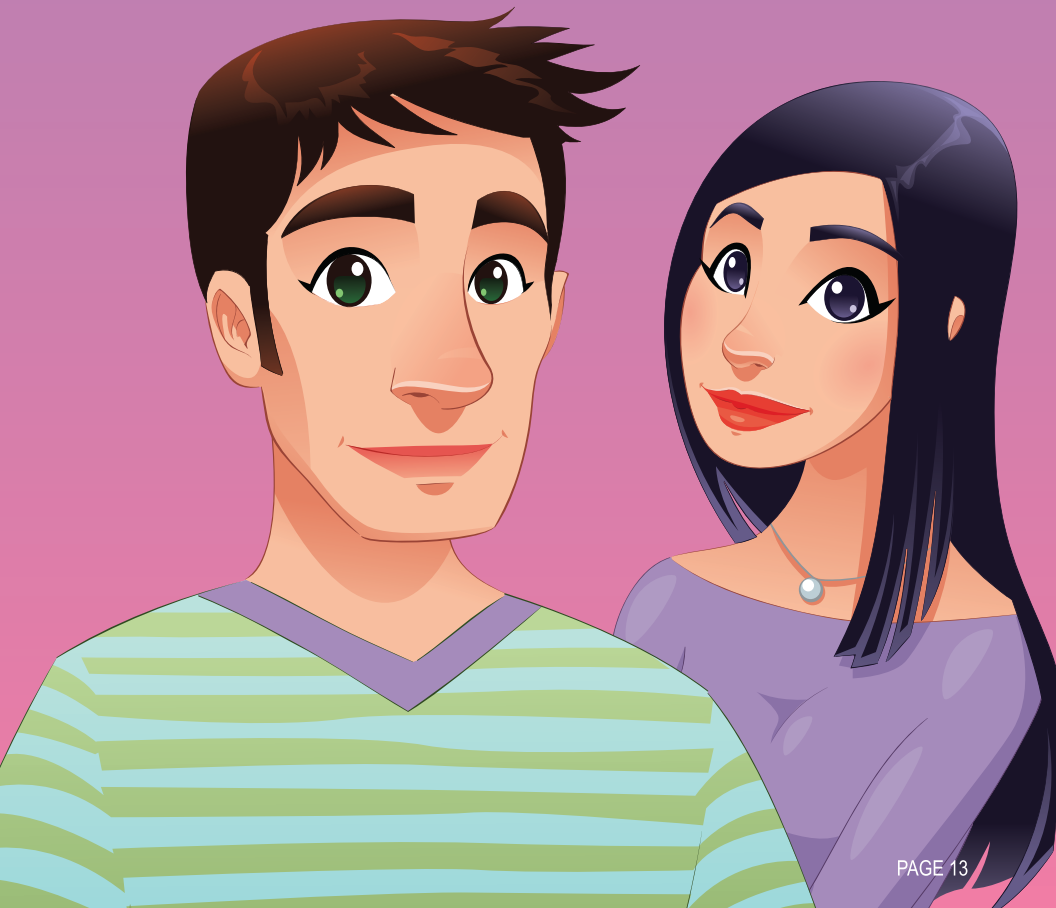


Who are Unsafe People?

You can't tell if someone is an unsafe person just by looking at them. Sometimes we really like and trust people who are unsafe. Unsafe people can be an older boy or girl or someone you love like a mommy, daddy, sibling, baby-sitter, or grandparent.

Sometimes unsafe people make us feel special. They may buy us gifts or promise to do good things for us.

Unsafe people make you feel uncomfortable, or nervous, touch you where you don't want, and may ask you to keep a secret.



Ways Unsafe People Get Children to Keep Secrets

Sometimes it can be confusing, and we aren't sure if people are unsafe or not. Sometimes unsafe people do or say things that make us keep secrets like:

Scary Ways:

Threatening to harm us, someone we love, or a pet.

Telling us we will be in trouble if we tell.


Not providing things we need like food, clothing, or other really important things.

Telling us that we will be taken away from our family.

Telling us that people will be mad at us or our family will not love us anymore.

YOU MUST KEEP THIS A
SECRET. IF YOU DON'T YOU'LL BE
SENT AWAY WITH ALL THE OTHER BAD
CHILDREN AND YOU'LL NEVER SEE YOUR
FAMILY AGAIN.

IF YOU TELL
ANYONE, SCRUFFY MAY
GET HURT OR LOST.



OH
SURE
IT'S OK. I
BOUGHT YOU ALL THESE
PRESENTS. YOU KNOW IT'S
OUR SECRET, AND YOU
MUST NOT TELL
ANYONE.

Tricky Ways:

Making us think that they are our friend.

Making us feel special.

Buying us presents and doing special things for us.

Making us think that no one will believe us if we tell.

Making us think that the bad things they are doing is ok and normal.

Telling us that the bad things that are happening are our fault.
Explaining to us that it is a game and ok to play.

It's Ok to Say "No" to Adults

Kids are told to always listen and obey adults, but sometimes, unsafe adults may ask us to do things that make us feel uncomfortable. Remember that your body belongs to you. If an adult does something or asks you to do something that makes you feel uncomfortable, you can say "No," even though they are an adult.

If Grandpa, or a friend wants to hold your hand, it's ok to say no. You can show that you love or like someone in other ways like giving them a high five or thumbs up.



Other Things That Make Us Uncomfortable

Sometimes unsafe people may ask us to look at things that make us feel uncomfortable. Remember that your eyes belong to you and no one should make you look at something that makes you feel embarrassed or ashamed.

Unsafe people may ask us to take pictures or video of ourselves which may make us feel uncomfortable. Remember to trust your feelings and if you get those squiggly feelings inside that something isn't right, trust it.

LET'S
MAKE A VIDEO,
BUT DON'T TELL ANYONE. YOU CAN
PUT ON THE NEW CLOTHES I JUST BOUGHT
YOU, AND IT WILL BE OUR SECRET.



Staying Safe Online

There are many unsafe people on the Internet. Never share any personal information online even if you think you know or trust the person you are sharing it with. Sometimes unsafe people lie to us online and tell us that they are another child or person we may know.



Never share information online that would give unsafe people ways to identify you including:

YOUR
FULL NAME

YOUR
BIRTHDATE

YOUR ADDRESS

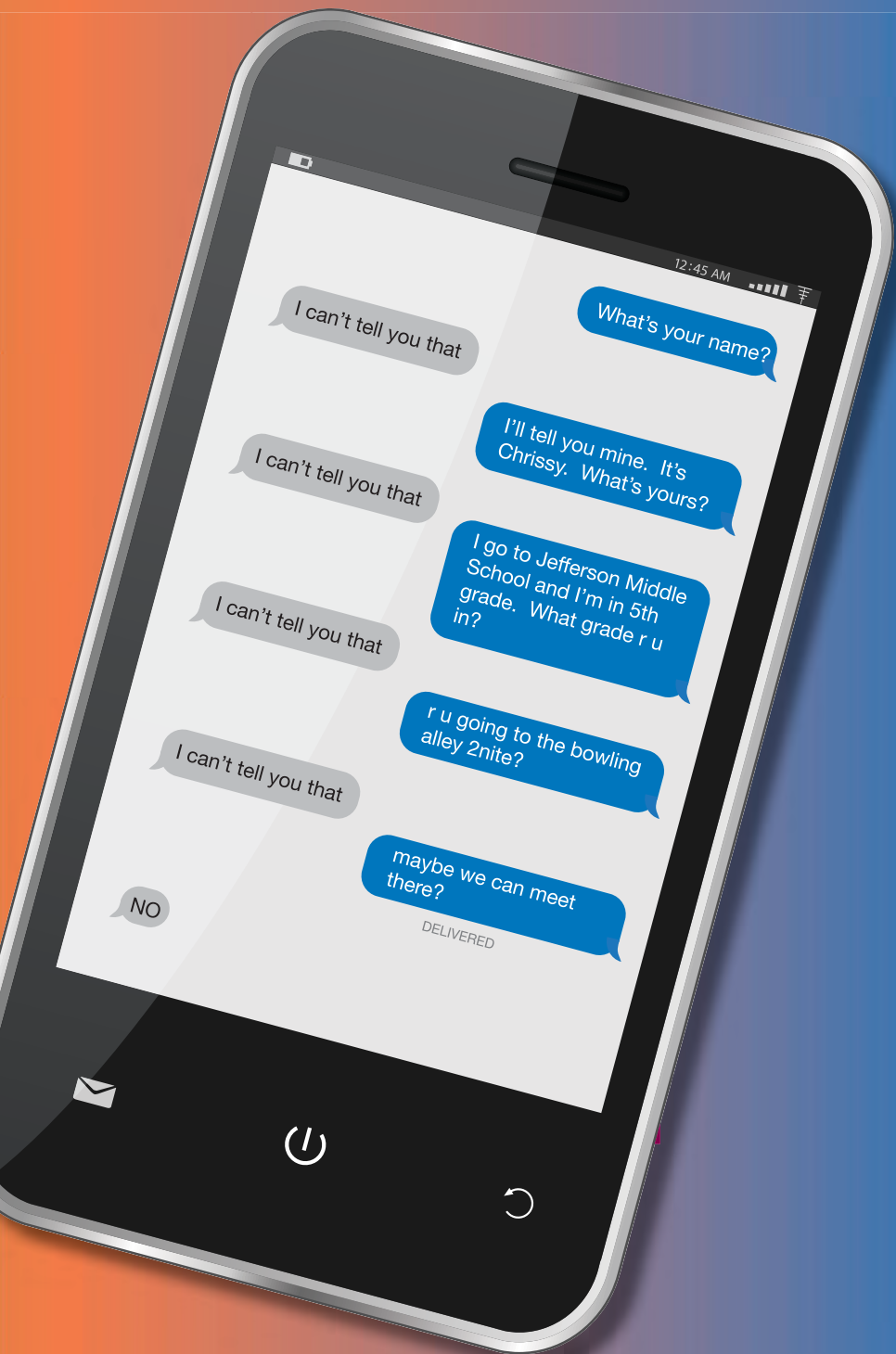
THE NAME OF YOUR
SCHOOL

PERSONAL PHOTOS
OF YOURSELF, FAMILY, OR
FRIENDS

YOUR PHONE
NUMBER

YOUR
PHYSICAL
LOCATION

And Never, Ever, Ever agree to meet someone you met online. Safe people will NEVER ask you to meet them without your parents' knowledge.



12:45 AM

I can't tell you that

What's your name?

I can't tell you that

I'll tell you mine. It's Chrissy. What's yours?

I can't tell you that

I go to Jefferson Middle School and I'm in 5th grade. What grade r u in?

I can't tell you that

r u going to the bowling alley 2nite?

NO

maybe we can meet there?

DELIVERED



What to Do If Someone Gives You a Bad or Confusing Touch or Makes You Feel Uncomfortable in Any Way

If you are placed in a situation where someone is giving you a bad or confusing touch, asking you to look at something that makes you feel embarrassed, or something else that makes you feel uncomfortable:

Use your voice to stop it by saying:

NO!

"NO, I DON'T WANT TO DO THIS."
"I'M GOING TO TELL IF YOU DON'T STOP!"
"THIS DOESN'T FEEL RIGHT TO ME."
"YOU ARE SCARING ME."

Scream or yell if a safe person is close by.



If no one is close by to help you or you can't run away and the unsafe person does not stop when you tell him/her to, use your thinking cap to come up with an excuse to get you out of the situation.

Always tell a safe person you trust IMMEDIATELY if another person of any age makes you feel uncomfortable or asks you to keep a secret.

What If No One Believes Me?

Some people may not believe you if you tell them about a person or situation that made you feel uncomfortable. If the person you tell doesn't help you, keep telling until you find someone who will help you.



You Are Not Alone

If someone has ever given you a bad or confusing touch, asked you to touch them in a way that made you feel uncomfortable, showed you things that embarrassed you, or anything else that gave you icky, weird feelings or upset you, tell your parent or another safe adult immediately.

You are NOT alone. Many children have experienced the same things you have.

It takes courage to tell.

Remember adults and older kids are not always right and sometimes they are unsafe people. Sometimes those unsafe people are part of our family or other people we love and trust. It's ok to ask questions, but it's never ok to keep secrets.





MY
COUSIN
GAVE
ME A CONFUSING TOUCH,
SO I TOLD THE NURSE AT
SCHOOL. SHE WAS NICE.
SHE HELPED ME.



I WAS
SCARED BUT I TOLD
MY MOTHER AND NOW
I DON'T HAVE TO SEE THE
PERSON THAT HURT ME ANY
MORE. I FEEL
SAFE NOW.



IT
STARTED
OFF FUN, WE WOULD GO
PLACES....THEN IT
GOT BAD.



Dove House

CHILDREN'S ADVOCACY CENTER

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dovehousecac

Dove House is a 501(c)(3) nonprofit organization



Accreditation
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Accredited since
2005 by the National
Children's Alliance

Sources:
Stop It Now!
www.stopitnow.org/

Darkness 2 Light
www.d2l.org/

The Children's Assess-
ment Center
<http://cachouston.org/>

All models used for illustrative purposes - not actual victims

About the Author:

Teresa Neill Naylor has been advocating for children since 1999 when she began her career as a classroom teacher and realized the devastating impact that child abuse has on a child's intellectual, emotional, and spiritual growth. She began volunteering with Dove House Children's Advocacy Center in 2005 and joined Dove House as a victim advocate in 2007 where she spent seven years in the trenches fighting for children's rights. Teresa was recognized by the National Children's Advocacy Center for her Outstanding Service in Victim Advocacy in 2012.

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