

# Trust and Secrets

## God's Gift of Emotions

God gives us the gift of emotions. Invite your child to name some of the emotions he or she has felt or knows about. Remind him or her that some emotions can help us know if a situation is unsafe. Explain that your child can come to you for help making sense of his or her feelings and to talk to you about anything. This includes something that happened in the past or involves someone who is no longer in his or her life.



## Secrets About Touching

Reinforce with your child that he or she should not keep secrets from you, especially secrets about touching. Explain that it's OK to tell an unsafe secret even if it means breaking a promise made not to tell. Teach your child the correct name for body parts. This way he or she will have the words to clearly communicate about health issues or abuse interactions, should they ever take place. Children should be made aware that certain body parts are private and should not be touched by anyone other than a parent or doctor when it's absolutely necessary for the health of the child and never in secret.

## People We Can Trust

Trustworthy adults want children to be safe. They follow rules and help children follow rules too. Trustworthy adults don't act in ways that make children feel mad, sad, afraid, or confused. They don't tell children to keep secrets from their parents. Talk with your child about ways trustworthy people behave. Be aware that the job someone has, the position he or she holds, or a familial relationship does not automatically make that person safe or trustworthy.

## Safe and Unsafe Secrets

Invite your child to tell you how Blaise the Lion helped his friend. Explain that there is nothing that your child can tell you that will cause you to stop loving him or her. Talk with your child about the differences between surprises and secrets. Then read and complete the "Safe or Unsafe Secret?" handout with your child.

