

**ACTIVITY OPTION #3: Opposites—Surprises vs. Secrets**

**Instructions:** Read each question and circle / highlight the correct response from the columns on the right, then answer “why”. You’ll be evaluating why each statement is safe or unsafe, and discussing the answers at the end with your whole group.

**Is it an unsafe secret or safe surprise? And, why?**

- |  |  |  |
|--|--|--|
| <p>1. If someone tells you about a gift they purchased for a friend's birthday party and asks you not to tell...</p> <p>1b. Why?</p>   | <p><b>Unsafe</b><br/><b>Secret</b></p> | <p><b>Safe</b><br/><b>Surprise</b></p> |
| <p>2. If someone tells you about a prank that is going to hurt someone's feelings, but told you not to tell anyone...</p> <p>2b. Why?</p>  | <p><b>Unsafe</b><br/><b>Secret</b></p> | <p><b>Safe</b><br/><b>Surprise</b></p> |
| <p>3. When someone touches your private parts, and tells you not to tell...</p> <p>3b. Why?</p>  | <p><b>Unsafe</b><br/><b>Secret</b></p> | <p><b>Safe</b><br/><b>Surprise</b></p> |
| <p>4. When someone tells you something that makes you feel afraid and uncomfortable...</p> <p>4b. Why?</p>   | <p><b>Unsafe</b><br/><b>Secret</b></p> | <p><b>Safe</b><br/><b>Surprise</b></p> |
| <p>5. If someone tells you about a special dinner or treat to celebrate a friend's game win, and tells you not to tell... Is it an unsafe secret or a safe surprise?</p> <p>5b. Why?</p> | <p><b>Unsafe</b><br/><b>Secret</b></p> | <p><b>Safe</b><br/><b>Surprise</b></p> |

**ACTIVITY OPTION #4: Boundary Rules and Safety Badge**

**Instructions:** Fill out the certificate, and cut the page across the dotted lines if necessary.



**BOUNDARY  
RULES  
&  
SAFETY  
BADGE**

**My name is:** \_\_\_\_\_

**Two things I learned today about secrets:**  
\_\_\_\_\_  
\_\_\_\_\_

**Two things I learned today about surprises:**  
\_\_\_\_\_  
\_\_\_\_\_

**Who are the safe adults I can go to when I need to talk about uncomfortable or scary things, or unsafe secrets?**  
\_\_\_\_\_  
\_\_\_\_\_

**Why are my personal boundary and safety rules important?**  
\_\_\_\_\_  
\_\_\_\_\_



**ACTIVITY OPTION #5: Maze of Confusion—Identifying Secrets and Safe Adults, and Carrying Problems to Them**

**Instructions:** This activity has 3 parts. In Part 1, there are three different problem scenarios that could be scary or uncomfortable. Answer each one, and participate in a discussion with the Lesson Leader. After, complete Part 2, which gives you an opportunity to identify a safe person to communicate with for any potential safety or boundary problems—you'll need to have at least three different adults listed. If you don't know the phone # or email addresses, simply complete that part at home with a guardian. In Part 3, you'll take your "problem" through the maze to finally arrive at the finish line—which is similar to what it's like when you have a problem and need to make the decision to get the information to a safe adult.

**Part 1: Identify the next step when experiencing a problem about secrets**

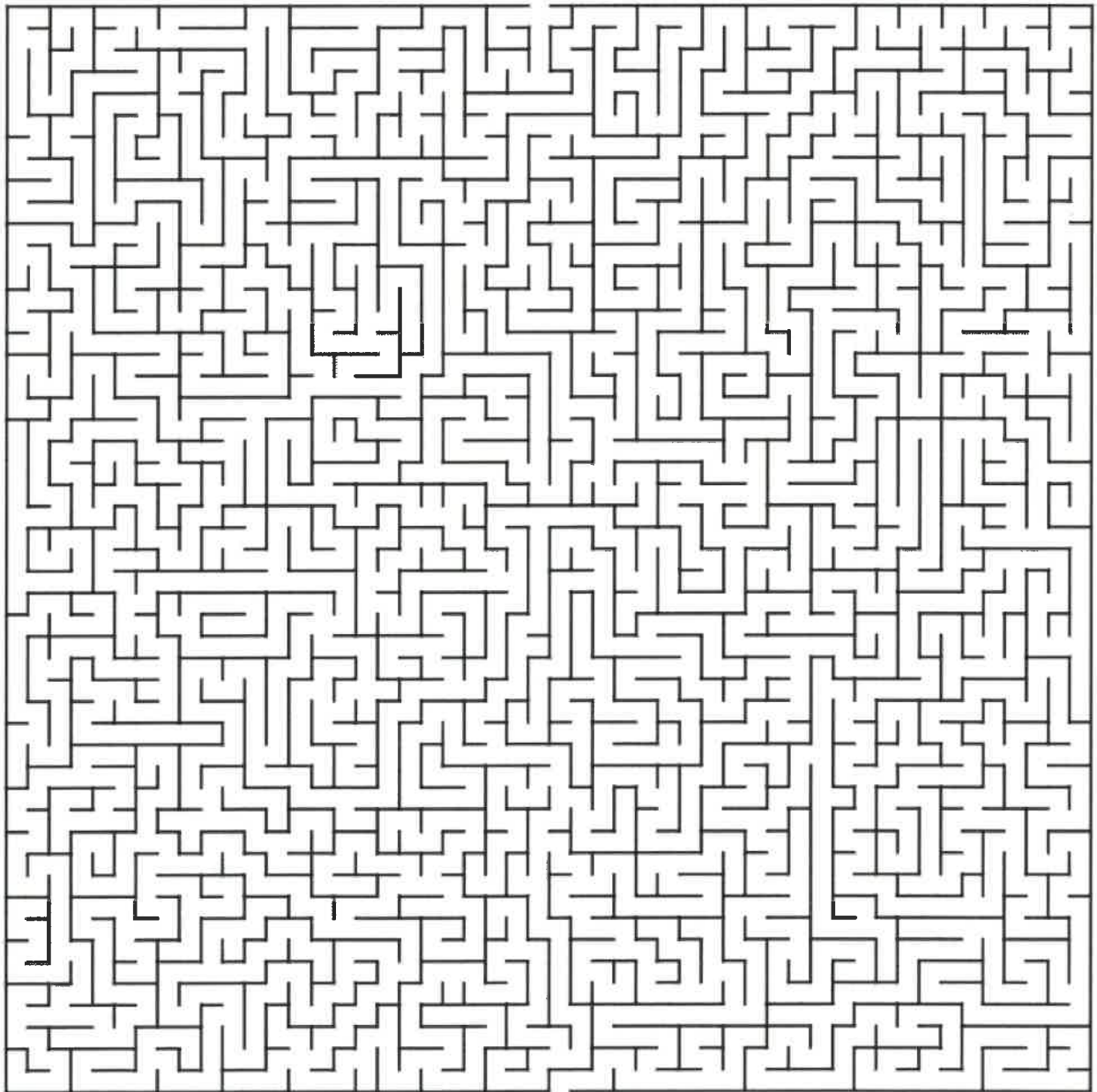
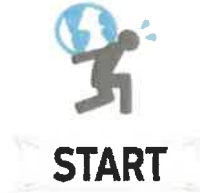
1. If an adult or another youth tries to touch your private parts and then tries to make you keep it a secret, what do you do? (circle one)
  - i. Tell no one
  - ii. Tell a friend instead
  - iii. Tell a safe adult right away
  
2. If an adult or another youth gives you a gift and makes you promise to keep it a secret, what do you do? (circle one)
  - i. Tell no one
  - ii. Tell a friend instead
  - iii. Tell a safe adult right away
  
3. If an adult or another youth shows you something on the Internet and tries to make you keep it a secret, what do you do? (circle one)
  - i. Tell no one
  - ii. Tell a friend instead
  - iii. Tell a safe adult right away

**Part 2: Identify a potential safe adult for safety or boundary problems**

1. This safe adult is someone I could talk to if I'm scared or uncomfortable.  
 Name: \_\_\_\_\_ Phone # and email address: \_\_\_\_\_
  
2. This safe adult is someone I could talk to if I have a secret that I don't know how to handle.  
 Name: \_\_\_\_\_ Phone # and email address: \_\_\_\_\_
  
3. This safe adult is someone I could talk to if I did something I knew wasn't right, and I needed help.  
 Name: \_\_\_\_\_ Phone # and email address: \_\_\_\_\_
  
4. This safe adult is someone I could go to if someone touched my private parts or showed me inappropriate pictures or videos.  
 Name: \_\_\_\_\_ Phone # and email address: \_\_\_\_\_

**ACTIVITY OPTION #5: Identifying Secrets and Safe Adults, & Carrying Problems to Them (cont.)**

**Part 3: Take the “problem” through the maze to the safe adult**



**ACTIVITY OPTION #6: Boundary Rules and Safety—Word Scramble**

**Instructions:** Look at the jumbled words and try to unscramble as many of the word scrambles that you can. The answers are based on the key words discussed in your lesson. Hint: two of the scrambles have two words.

**ftesya**

\_\_\_\_\_

**sleur**

\_\_\_\_\_

**scetre**

\_\_\_\_\_

**prerssui**

\_\_\_\_\_

**uafens**

\_\_\_\_\_

**bseairdnou**

\_\_\_\_\_

**ttaerh**

\_\_\_\_\_

**faalsed ut**

\_\_\_\_\_

**meipsor**

\_\_\_\_\_

**osy na**

\_\_\_\_\_

**hesra**

\_\_\_\_\_

**ACTIVITY OPTION #7: Secrets online**

**Instructions:** Read each statement and insert the appropriate word from the Word Bank below. For an added element of difficulty, cover up the word bank and try to fill in the blanks.

**Situations we might encounter online:**

1. It's important that we don't give out our \_\_\_\_\_ online, like our name, address, date of birth, school names, parent names or phone numbers.
2. When we're home, we don't open our front doors to people we don't know. We have to be just as careful on the Internet if someone sends us an invitation to \_\_\_\_\_ or talk online, because we don't know who that person really is—even if we think we do.
3. The Internet creates an \_\_\_\_\_ environment, where anyone can pretend to be anyone else.
4. Never meet someone face-to-face if you only know them through the \_\_\_\_\_, especially if your parents don't know.
5. It's important to be \_\_\_\_\_ to people online, and communicate with \_\_\_\_\_ if we find people being mean to us, or to others. Sometimes this means that we might need our safe adults to help us \_\_\_\_\_ the information.
6. It's not OK to talk or message with someone \_\_\_\_\_ online.
7. If someone online does something mean to you, like says bad things, makes \_\_\_\_\_, sends you inappropriate images or \_\_\_\_\_, tell a safe adult right away.
8. Always tell a safe adult if something makes you feel \_\_\_\_\_ while you're using the Internet.
9. We must always guard our \_\_\_\_\_, and never give them out to others; we also shouldn't use other peoples'.
10. When online, never post or email \_\_\_\_\_ of yourself that show where you live or go to school.
11. Remember that you're the one in charge when you're using the Internet. If you begin to feel uncomfortable for any reason, anytime, leave and find a \_\_\_\_\_ adult.
12. Also, if you ever encounter images of someone's \_\_\_\_\_, you must always tell a safe adult immediately—and never keep it a \_\_\_\_\_ even if someone makes you \_\_\_\_\_ not to tell!
13. We know people are \_\_\_\_\_ online if they violate our safety rules, or if they don't care about our \_\_\_\_\_.

**WORD BANK**

boundaries	anonymous	personal information	uncomfortable
unsafe	threats	secretly	promise
kind	internet	secret	chat
emails	passwords	safe adults	report
pictures	private parts	safe	