

ACTIVITY OPTION #3: What, Why, Next—Safe Surprises, Unsafe Secrets & Privacy

Instructions: Read each question and circle / highlight the correct response from the columns on the right, then answer “why” and “what next?”. Some examples may have several responses to identify. After, you’ll discuss the answers with your entire large group.

Unsafe Secret or Safe Surprise: What, Why, Next?

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|---|---------------------------------|---------------------------------|
| <p>1. a. Is it an unsafe secret or safe surprise... if someone tells you about a prank they are planning on doing to someone that you realize could hurt the person, but you’re also told not to tell anyone?</p> <p>1b. Why?</p> <p>1c. What next?</p> | <p>Unsafe
Secret</p> | <p>Safe
Surprise</p> |
| <p>2. a. Is it an unsafe secret or safe surprise... if you’re spending time with your friend and notice he has bruises all over his arms and legs? Your friend told you that his dad gets really angry sometimes and that’s “just what happens—if you’re really my friend, you’ll promise me you won’t tell anyone about it!” You promise not to say anything, but now you’re second guessing your decision.</p> <p>2b. Why?</p> <p>2c. What next?</p> | <p>Unsafe
Secret</p> | <p>Safe
Surprise</p> |
| <p>3. a. Is it an unsafe secret or safe surprise... if one of your parents wants to have a special dinner because a family member had a big accomplishment? What if you just want to tell the person that you’re planning something, without telling them WHAT you’re planning?</p> <p>3b. Why?</p> <p>3c. What next?</p> | <p>Unsafe
Secret</p> | <p>Safe
Surprise</p> |

ACTIVITY OPTION #3: What, Why, Next—Safe Surprises, Unsafe Secrets & Privacy (cont.)

- 4. a. Is it an unsafe secret or safe surprise...** if your teacher tells you she has a surprise for you, and gives you a surprise gift, but says, “maybe one day we can tell others, but let’s keep it our little secret for now”? You really like the gift and want to keep it. And, you know that your parents wouldn’t be able to afford it. Plus, it makes you feel special that your teacher cares enough about you to get you a present. But, it’s confusing that she called it a surprise when she also said you couldn’t talk about it yet.
- Unsafe Secret** **Safe Surprise**
- 4b. Why?**
- 4c. What next?**
- 5. a. Is it an unsafe secret or safe surprise...** if your parents tell you that they’re going to have a baby, and that you’re going to have a little sibling, and ask that you don’t tell anyone until they’re ready to share the information publicly? They also tell you that even when they start to talk about it, they don’t want you to ever post pictures of the new baby on social media.
- Unsafe Secret** **Safe Surprise**
- 5b. Why?**
- 5c. What next?**
- 6. a. Is it an unsafe secret or safe surprise...** if your cousin tells you an uncle you both know has been touching her inappropriately for the past year and has made her look at pornography online, but wants you to keep it private and not tell anyone? The uncle is a police officer, and is well known and respected in the community. She begs you not to say anything to anyone else. She specifically said, “look, it’s over now, I’m over it, and nothing can be done because no one is going to believe me over a police officer! Plus, everybody likes him! Our parents will be really upset, will probably say I did something wrong or they’ll say I’m lying, and I don’t want to deal with that.”
- Unsafe Secret** **Safe Surprise**
- 6b. Why?**
- 6c. What next?**
- 7. a. Is it an unsafe secret or safe surprise...** if an older teen pulls up a girl’s dress at school, takes a picture so others can see her underwear and bra underneath, and then messages it to others? Several of your classmates know about it, and have made fun of her, but no one wants to tell on him. You also know that the girl has been very upset, and has been skipping school because of it.
- Unsafe Secret** **Safe Surprise**
- 7b. Why?**
- 7c. What next?**

ACTIVITY OPTION #3: What, Why, Next—Safe Surprises, Unsafe Secrets & Privacy (cont.)

- 8. a. Is it an unsafe secret or safe surprise...** if you're in what you consider to be a loving relationship, but the other person doesn't seem to care when you say "no" when it comes to your body—and you don't want anyone else to know? Most of the relationship is awesome, but there are a lot of times where you're hurt and sad, and you feel like your boundaries aren't respected. You don't know if it's a big enough deal to talk to anyone about, because you've been told that all relationships have ups and downs. Plus—you don't want people to judge your boyfriend/girlfriend and say bad things about them, since they don't know the person like you do.

**Unsafe
Secret**

**Safe
Surprise**

8b. Why?

8c. What next?

- 9. a. Is it an unsafe secret or safe surprise...** if your coach asks you questions about your private parts, including what they look like? The coach is known as a "cool" person, and seems to never really care about the rules. You don't really want to discuss your private parts with your coach, but feel stuck because you don't want your spot on the team to be jeopardized. You answered the coach's question, but you don't know if you should say anything about the encounter or just keep it quiet.

**Unsafe
Secret**

**Safe
Surprise**

9b. Why?

9c. What next?

- 10.a. Is it an unsafe secret or safe surprise...** if your friend tells you that they have a crush on a friend and asks you not to say anything to anyone?

**Unsafe
Secret**

**Safe
Surprise**

10b. Why?

10c. What next?

Lesson 4 for Grades 6—8 Secrets, Surprises and Promises

ACTIVITY OPTION #4: Boundary Rules and Safety—Secret cryptogram

Instructions: A cryptogram is an encrypted, “secret” phrase that you have to figure out. At the top, you’ll see a key with all of the letters from A to Z. Each of the letters in the key has a corresponding number to the secret phrase. You’ll determine the correct matches through the process of elimination. Fill in the letters that correspond to the numbers below to solve the secret phrase.

For an added element of difficulty, try to solve the phrase without reading the hint at the bottom; you may want to fold your sheet so that you don’t accidentally view the hint.

SECRET CRYPTOGRAM:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

21 6 10 17 6 26 21
11 17 6
2 6 8 6 17
9 25
4 24 6 2

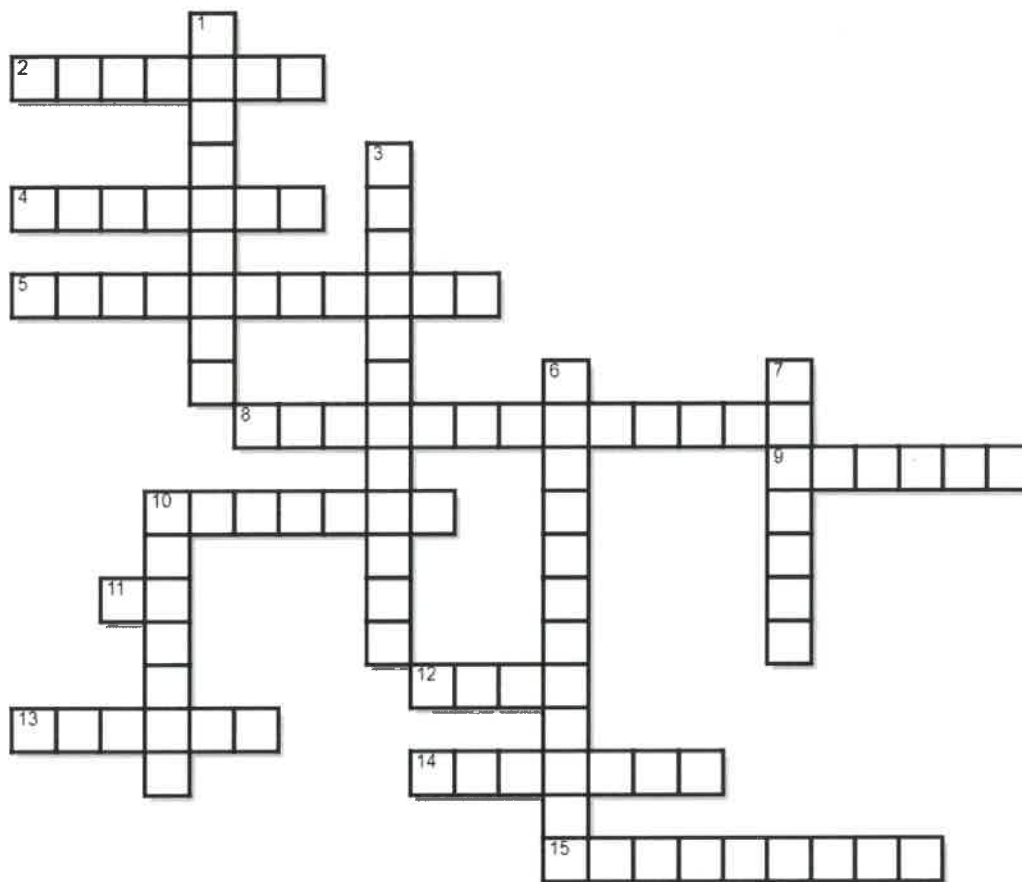
14 26
10 9 13 6 21
26 9
21 11 5 6 26 23

Hint:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

ACTIVITY OPTION #5: Secrets and Surprises—Crossword

Instructions: Complete the following crossword puzzle by determining the answers to the fill-in-the-blank clues and inserting them in the boxes provided. There are no spaces between letters or words in two-word phrases (i.e., "SAY NO" would appear as "SAYNO"). Some letters may be used by two words.



Down:

1. It's never too late to talk to a _____ about something that is bothering me.
3. You deserve respect and have a right to be safe—and feel safe, especially in the context of a _____.
6. Safe adults should never ask you questions about what your _____ look like, unless you've disclosed discomfort or pain, or it's someone like a parent or doctor who's helping to ensure that you're safe and healthy.
7. Safe people _____ your boundaries, and don't violate the safety rules.
10. When people ask us to keep unsafe secrets, it's a _____.

Across:

2. Revealing about unsafe secrets is the best way to get help and start relieving the stress. It takes _____ to speak up about unsafe secrets.
4. When it comes to a situation where boundaries have been violated, someone is hurt or has the potential to be hurt, we should keep the information _____ insofar as we only tell the people who need to know to help us (and them) stay safe—such as our safe adults or other people who can help us.
5. You always need to _____ scary problems or unsafe secrets to a safe adult.
8. When I feel _____ about something, I need to talk to a safe adult.
9. It's not OK to keep a secret about _____.
10. It IS OK to break a _____ when it comes to the safety rules.
11. Saying "_____" is a powerful boundary, and should be honored, especially when it comes to your body and personal boundaries.
12. Even if it feels like you have a really big problem, there's nothing that is so big that you can't get _____.
13. Keeping _____ about an unsafe secret only protects the person who is causing the harm, which allows them to keep on doing what they want to that person, and maybe others.
14. Unsafe _____ can be harmful, and can hurt others.
15. Safe _____ are fun, temporary, meant to be shared and usually make people happy.

ACTIVITY OPTION #6: Secrets online

Instructions: Read each statement and insert the appropriate word from the Word Bank that your Lesson Leader will provide. For an added element of difficulty, try not to use the word bank!

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 us _____ not to tell!
13. We know people are _____ online if they violate our safety rules, or if they don't care about our _____.
14. The older we become, the more we begin to evaluate what information should be kept private, vs. what is an unsafe secret or a safe surprise. Passwords, for example, should be kept _____.
15. The internet isn't all terrible! In fact, there are lots of positive elements of the Internet—we just need to be aware of the areas that can be confusing, and even dangerous—and know how to report the material when necessary to _____ ourselves or help _____ to be safe.
16. Think _____ and review the item before you post it on the Internet, or hit "send" for an email or text. Could it hurt someone? Could it affect your reputation? Would you want your closest family to see it?