



Sophie's Place Child & Youth Advocacy Centre

Secrets vs Surprises



Surprises are fun things that make everyone who knows about them happy. Secrets can make people feel sad, scared or confused.



Read through the examples below and decide if they are a secret or a surprise.

You are at the mall with your dad and he buys earrings for your mom for her birthday. He asks you not to tell your mom about it.

Is it a secret or surprise?
Is it okay to keep it to yourself until your mom's birthday?

Your friend says her mom's boyfriend is rubbing her arm, kissing her cheek and giving her long hugs. She tells you it makes her feel uncomfortable but she hasn't told an adult about it.

Is it a secret or surprise?
Is this person breaking body safety rules with your friend?

Your babysitter is at your house and her boyfriend comes over. You know that you're not supposed to have visitors there when your parents aren't home. Your babysitter asks you not to tell your parents about this.

Is it a secret or surprise?
Should you tell your parents?

You bake cookies for your teacher on the last day of school. You don't tell your teacher that you are bringing her cookies.

Is it a secret or surprise?
How do you think your teacher will feel when you bring them the cookies?

When you're at a neighbour's house, they ask you to play a game where you would take off all your clothes, but they tell you not to tell your parents.

Is it a secret or surprise?
Should you keep this from your parents?

You see someone cheating on a test in class. The person who was cheating comes up to you at recess and tells you not to tell the teacher or something bad will happen.

Is it a secret or surprise?
Why should you tell the teacher?

Source: <https://www.allianceforchildren.org/>

Child Abuse Reporting

Emergency: 911
1-800-663-9122 (Ministry of Children & Family Development)
Police: 604-599-0502

Contact Us

Phone: 604-588-0727
www.the-centre.org/sophies-place
Email: spinfo@the-centre.org