Keeping secrets

How to tell a good secret from a bad secret.

Always tell someone you trust.

Everyone finds out the secret in the end.

The person wants things to stay secret.

Never keep a secret that makes you feel worried or scared.

There are good secrets and bad secrets.

Keeping a secret about a surprise birthday party is good fun.

Keeping a secret about crime or abuse is bad.

Always tell someone you trust.

Everyone finds out the secret in the end.

The person wants things to stay secret.
If someone abuses you don’t keep it a secret. 
Tell someone you trust.
You will not get into trouble.

Here are some examples of abuse:

Taking your money or your things.
Stealing is a crime.

Being nasty or hurting you.
People should not abuse you.

Sexually abusing you.
People should treat you with respect.

Not caring for you properly.
You have the right to good care.
What to do if someone is abusing you.

Tell someone you trust. In an emergency phone 999 for the Police.

Derbyshire County Council help to protect people from abuse.

Report abuse anytime by contacting ‘Call Derbyshire’:

- Phone: 01629 533190
- Text: 86555
- Email: contact.centre@derbyshire.gov.uk

Don’t keep secrets about crimes. For example:

- People stealing things.
- People selling stolen goods.
- Drugs.
- People hurting other people.
Always tell the Police if a crime has happened to you.

Phone 101 to talk to the Police.
Phone 999 in an emergency.

The Police will help you stay safe.

Keeping bad secrets will make you feel stressed and unhappy.

Even if you think you might have done something wrong it is better to tell someone.

If you know anything about a crime and do not want to give your name call Crimestoppers on 0800 555 111.

If you feel you are being picked on you can also talk to Stop Hate UK by phoning this number.

Go to www.repsonboard.org to see all of our Keeping Safe Factsheets