Today’s lesson focused on Good Secrets, Bad Secrets, and using our instincts to stay safe:

According to the FBI:

• In the average classroom, five students have been sexually abused before the age of 18
• The median age for reported child sexual abuse is nine years old (Darkness to Light; www.d2l.org)
• 90% of child abuse victims know their abuser

Erin’s Law: On January 24, 2013, former Governor Pat Quinn signed into law “Erin’s Law,” which requires all Illinois schools to provide age-appropriate child sexual abuse prevention education for students K–12th, annually. To find out more, go to www.erinslaw.org.

Helping all people live free from violence and abuse.

If you have any questions or concerns, please contact the Center for Prevention of Abuse at:

Main Line: 309.691.0551

24/7 Crisis Hotline: 1.800.559.SAFE (7233)

Website: www.centerforpreventionofabuse.org

The key to preventing and/or stopping abuse is reporting it to a trusted adult who will believe the child and take action. It is important that the child knows that abuse should not be kept a secret.

Please turn this page over to review with your child what they learned today.
Trust Your Instincts

We have heard the phrase “trust your gut.” That weird, uncomfortable feeling we get sometimes in our stomachs when something is not right is an important part of staying safe. Discuss with your child any experience you both may have had when you felt your instinct working to keep you safe.

Good Secret or Bad Secret?

How can we tell the difference between a good or bad secret? Hint: it has a lot to do with how we feel. Discuss with your child how sharing different types of secrets can make us feel. What if a friend tells them a secret? How can we be supportive in either keeping the secret or sharing it with an adult?

Good Secrets

(like a surprise birthday party)
• everyone who knows the secret feels good
• everyone feels safe/happy before, during, and after the secret is told
• has a definite end when it is no longer a secret (like the party date)

Bad Secrets

(like someone touching a private part)
• makes people feel isolated, lonely, or unsafe
• someone may try to keep the secret by using threats, force, promises, or gifts
• might not end unless the person decides to report to a trusted adult who can help them