

We Don't Do Secrets!

© The Mama Bear Effect, Inc.



A secret is something someone asks you to never tell anyone else.

Especially if it makes you feel sad, scared, or gives you a yucky feeling in your stomach - you should definitely tell the people in your safety circle.

Even if someone makes you promise, you can always tell your parents or other safety circle people.

No one, not even your parents should ask you to keep a secret.