

IT'S OKAY TO SAY!

"Now you're all tucked up in bed
it's time for a bed time story"



"If someone has
asked you to
keep a secret
and it doesn't
feel right, telling
someone you
trust can make
you feel better"



"But what if I get in
trouble for telling?"

"You won't get in trouble for telling.
Whatever it is you can tell me anything
and I will be here to look after you"



"If a secret makes
you feel bad or
uncomfortable you can
tell a trusted adult.
A trusted adult is
someone who
will always
believe you"



Shall we talk about who you feel
are your trusted adults?



101 in an emergency
always call 999
www.derbyshire.police.uk

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