



# AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! Our puppet friends Keisha and Ty visited your child's class to learn about **SECRETS** and **SURPRISES**. Ty shared that his cousin asked him to keep a secret that made him feel very uncomfortable. Keisha told him that if a secret makes him feel uncomfortable, he should tell a trusted grown-up. Ty told his mom and felt a lot better.

Together, we learned that there are two important rules for secrets. Consider reviewing these rules with your child at home. Knowing these rules helps your child get help if they are ever in an unsafe situation.

## Rules for Secrets

1. If a secret makes you feel bad or uncomfortable, always tell a trusted grown-up.
2. Adults should never tell children secrets. If an adult asks you to keep a secret, always tell a trusted grown-up.

We learned that surprises are different from secrets because surprises are only kept hidden for a little while and usually make people feel happy or excited. We came up with a list of things that could be surprises, such as a present or a trip to a special place. To reinforce your child's understanding of secrets and surprises, use the word *surprise* instead of *secret*, and never ask your child to keep a secret from others.

Your safe pal,

**AI**