

Keeping secrets



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How to tell a good secret from a bad secret.

Easy Read Factsheet



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

Always tell someone you trust.

There are good secrets and bad secrets.



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

Everyone finds out the secret in the end.



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Keeping a secret about crime or abuse is bad.

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. Tell lots of people.



Surrey Safeguarding Adults Board help to protect people from abuse.

- Report abuse by phoning: 0300 200 1005.
- In the evenings, and at night and weekends phone our Emergency Duty Team on: 01483 517898.
- In an emergency phone 999 for the Police.



Don't keep secrets about crimes. For example:



People stealing things.



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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.



There are eight Easy Read Crime Prevention Factsheets.



- Travelling safely
- Safety when out and about
- Protecting your home
- Visitors to your home
- Mate crime
- Internet and phone bullying
- Identity theft
- Keeping secrets

For more advice visit the Surrey Police website: www.surrey.police.uk



If you are hard of hearing or speech impaired, textphone on 18001 101 (non-emergency) or 18000 (emergency) or text us on 07786 204020 or 999 (register at www.emergencysms.org.uk).

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