

Safe: When you feel okay and nothing can hurt you.
Unsafe: When something might hurt you or make you feel scared.
Conflict: When people don't agree or have a little argument.
Problem: Something that is not right and needs fixing.
Secret: Something you don't tell others.
Trust: When you feel you can believe someone and they will look after you.
Help: Doing something kind to make things better for someone.

- What do you do if something makes you feel uncomfortable?
- How can you solve problems with your friends?
- How can you tell the difference between good and bad secrets?
- Who are trusted adults?

