

Keeping secrets

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How to tell a good secret from a bad secret.

Easy Read Factsheet



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

Always tell someone you trust.

There are good secrets and bad secrets.



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

Everyone finds out the secret in the end.



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. In an emergency phone 999 for the Police..



Derbyshire County Council help to protect people from abuse.

Report abuse anytime by contacting 'Call Derbyshire':

- Phone: 01629 533190
- Text: 86555
- Email: contactcentre@derbyshire.gov.uk



Don't keep secrets about crimes. For example:



People stealing things.



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.



Go to www.derbyshire.gov.uk/keepingsafe to see all of our Keeping Safe Factsheets

If you feel you are being picked on you can also talk to Stop Hate UK by phoning this number.

STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE

Factsheet designed by The Clear Communication People Ltd in partnership with the 'Keeping Safe Project' - a Derbyshire County Council and MacIntyre funded project for people with learning disabilities. Adapted from original factsheet developed with Surrey Police as part of a Stop Hate Crime project funded by The Learning Disability Partnership Board in Surrey.