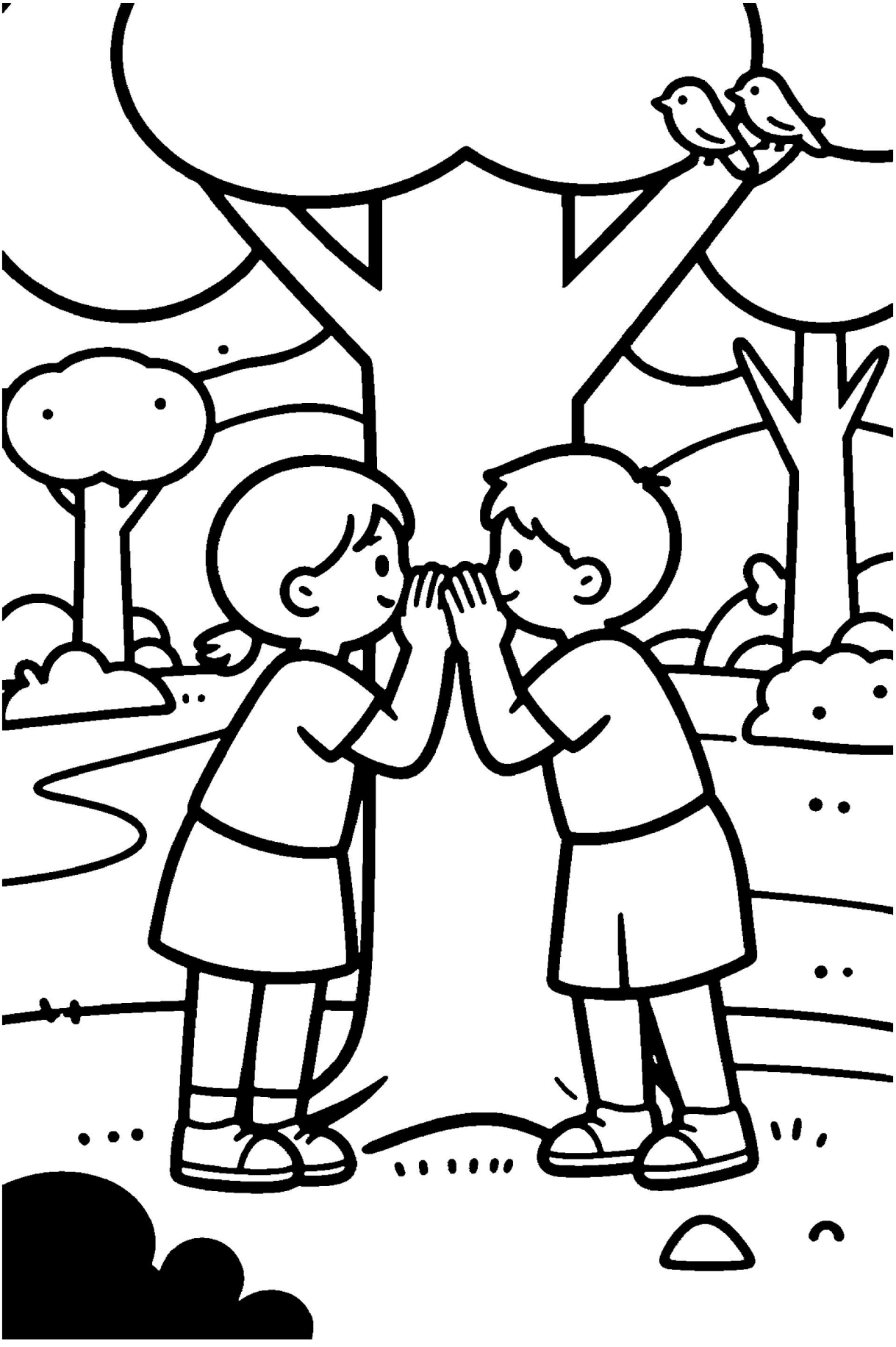


Did you know?

Keep a Secret When It Counts

Why It Matters: When a friend trusts you with something private, keeping that secret is a huge act of loyalty. Sharing someone else's private information — even without meaning any harm — can break trust in a way that takes a long time to fix. Being someone others can confide in makes you a truly valuable friend. But if a secret makes you feel worried, scared, or unsafe, or someone could get hurt, always tell a grown-up you trust.

Try This: Before you share anything a friend told you, ask yourself: 'Would they be okay with me saying this?' If a secret worries you, or you are not sure, talk to a grown-up you trust.

Kid Fact: Psychologists who ask kids what makes a good friend find that trust and loyalty matter more and more as kids grow older.



Get the whole book:
100 Rules About Being a Kid: A Coloring & Activity Book Packed with Rules, Tips, and Fun Facts for Growing Up Great
jessicabraidan.com/books/100-rules-about-being-a-kid.html