



# Keeping secrets



How to tell a good secret from a bad secret.



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 a 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.

Report it to your local Public Protection Investigation Unit'

They help to protect people from abuse.

- South Manchester: 0161 856 0185 (Wythenshawe)  
0161 856 4444 (Longsight)
- Bury: 0161 856 8063
- Salford: 0161 856 5103
- Stockport: 0161 856 7936
- Wigan: 0161 856 7094
- Rochdale: 0161 856 4810
- North Manchester: 0161 856 3707
- Tameside: 0161 856 9314
- Bolton: 0161 856 7947
- Trafford: 0161 856 7574
- Oldham: 0161 856 8962

In an emergency phone 999 for the Police.



Don't keep secrets about crimes. For example:



People stealing things.



**STOLEN**

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.



See all of our Easy Read Crime Prevention Factsheets.

Go to: [www.gmp.police.uk/easyread](http://www.gmp.police.uk/easyread)



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

For more advice visit our website: [www.gmp.police.uk](http://www.gmp.police.uk)



If you are hard of hearing or speech impaired, Typetalk on 18001 101 (non-emergency) or 18000 (emergency) or text us on 999 (You need to register your phone. Go to: [www.emergencysms.org.uk](http://www.emergencysms.org.uk)).