

M A K O O N S '

KEEP and SPEAK

S E C R E T S



CANADIAN CENTRE *for* CHILD PROTECTION®
Helping families. Protecting children.

MAKOONS'



KEEP and SPEAK

SECRETS

The *Makoons' Keep and Speak Secrets Storybook* was created by the Canadian Centre for Child Protection following consultations held with 5 Elders who represented 4 different First Nations: Dene, Ojibway, Oji Cree, Cree, and Dakota. We would like to acknowledge the important contribution of the *Manitoba First Nations Education Resource Centre* (MFNERC) for its role in coordinating the consultations, as well as the Elders for sharing their wisdom throughout the process.

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The **Canadian Centre for Child Protection Inc.** (Canadian Centre) is a national charity dedicated to the personal safety of all children. It offers a number of programs, services and resources for Canadians to help them protect children and reduce their risk of victimization. For more information on the Canadian Centre, visit **[www. protectchildren.ca](http://www.protectchildren.ca)**

As a strategy to reduce the risk of children being sexually victimized, it is important to teach children to distinguish between harmless secrets that they can keep and harmful secrets that they should speak about to a safe adult. Many dangerous situations for children involve some element of secrecy. Sexual offenders use many ploys to manipulate children into keeping sexual abuse a secret.

"**Makoons**" is a character created by the **Canadian Centre for Child Protection Inc.**, and "**Makoons' Keep and Speak Secrets**" is one of a series of storybooks that has been designed to complement the 7 Root Safety Strategies from the **Kids in the Know** program. "**Makoons' Keep and Speak Secrets**" corresponds with the "**Keep and Speak Secrets**" root safety strategy.

"**Kids in the Know**" (KIK) is a national safety education program designed to empower children and reduce their risk of victimization online and offline. It focuses on building self-esteem through teaching critical problem-solving skills. The program uses an inclusive, community-based approach to heighten safety awareness. The core premise of the program is based on the 7 Root Safety Strategies, which are reinforced and practiced throughout each grade level.

For more information on the "**Kids in the Know**" safety program, visit **www.kidsintheknow.ca**

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Dedicated to keeping kids safe.



**Makoons the bear has a secret he's carrying.
He is confused and unsure whether
It is a secret for sharing.**



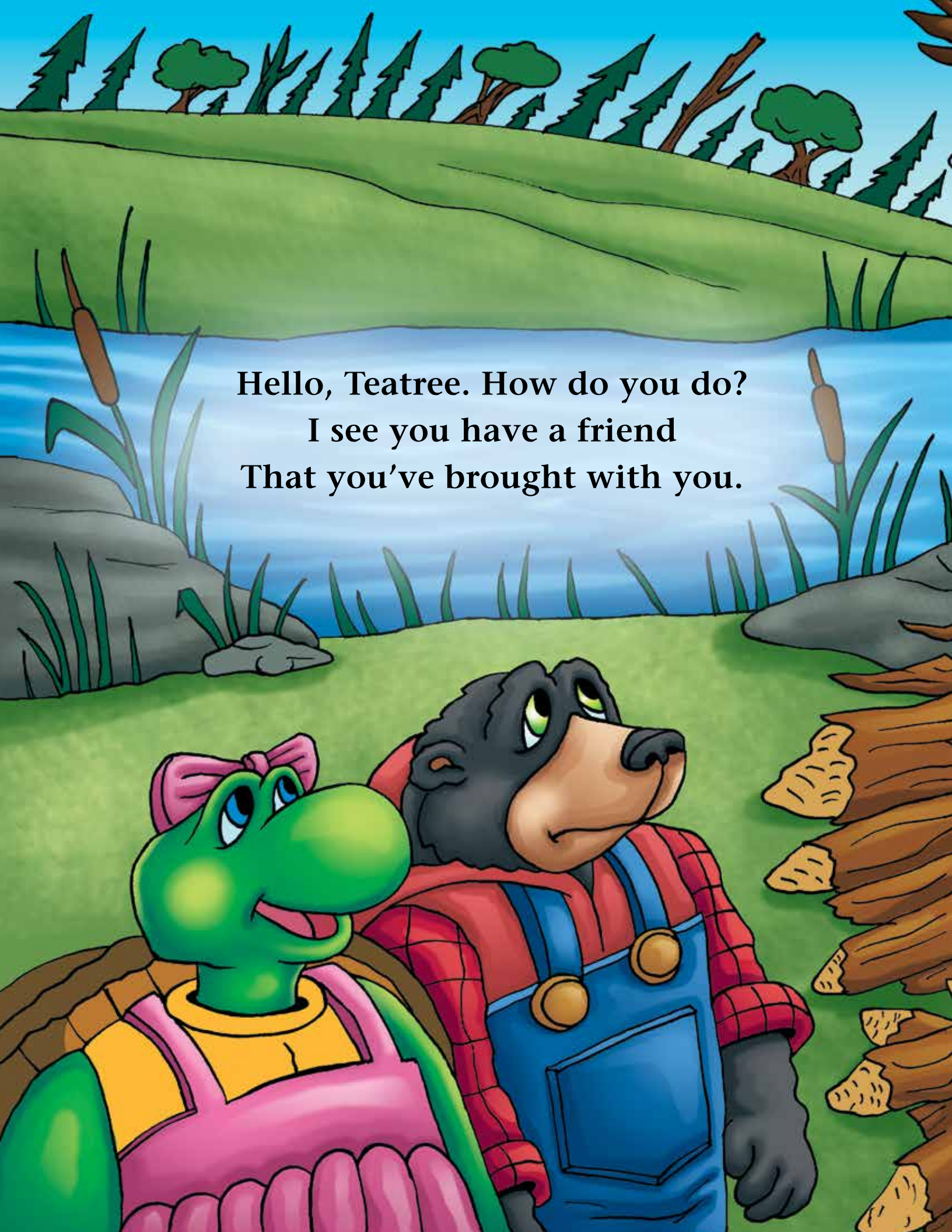




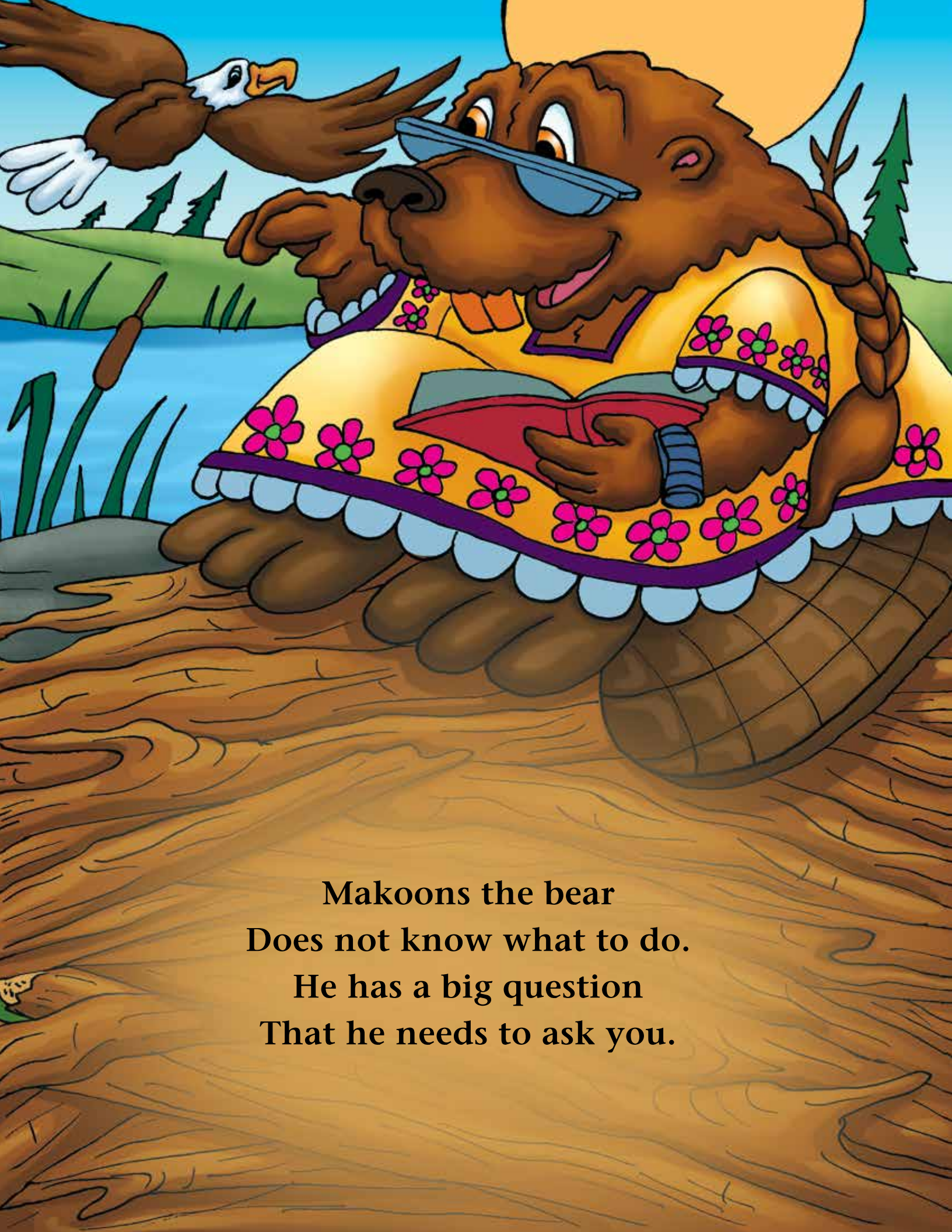
Makoons doesn't know just who to ask.
Hey! Mrs. Amik is the one!
She'll be great at this task.



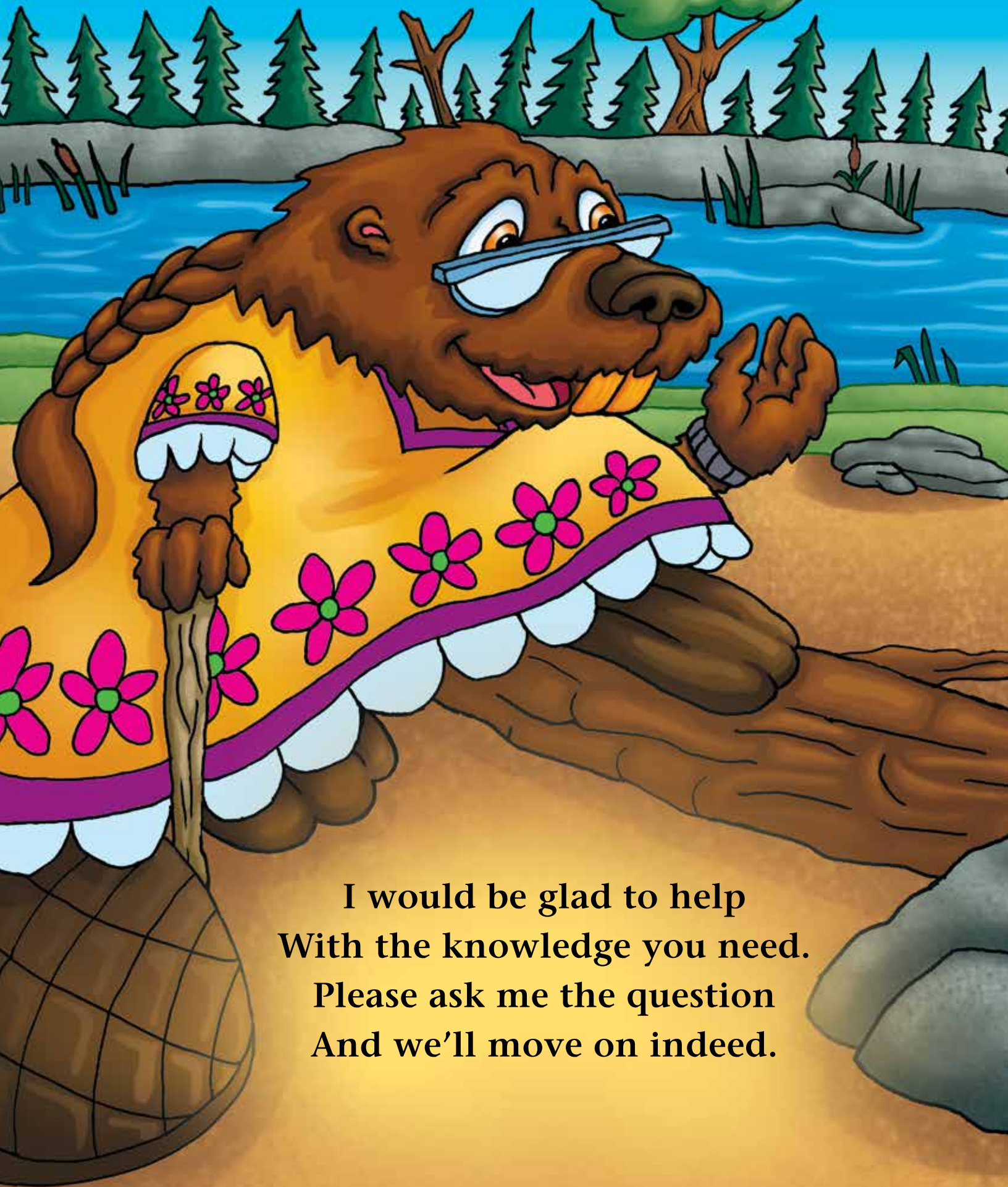
Mrs. Amik the beaver
Is wise and kind.
If we pay her a visit,
She will not mind.




Hello, Teatree. How do you do?
I see you have a friend
That you've brought with you.



Makoons the bear
Does not know what to do.
He has a big question
That he needs to ask you.



I would be glad to help
With the knowledge you need.
Please ask me the question
And we'll move on indeed.

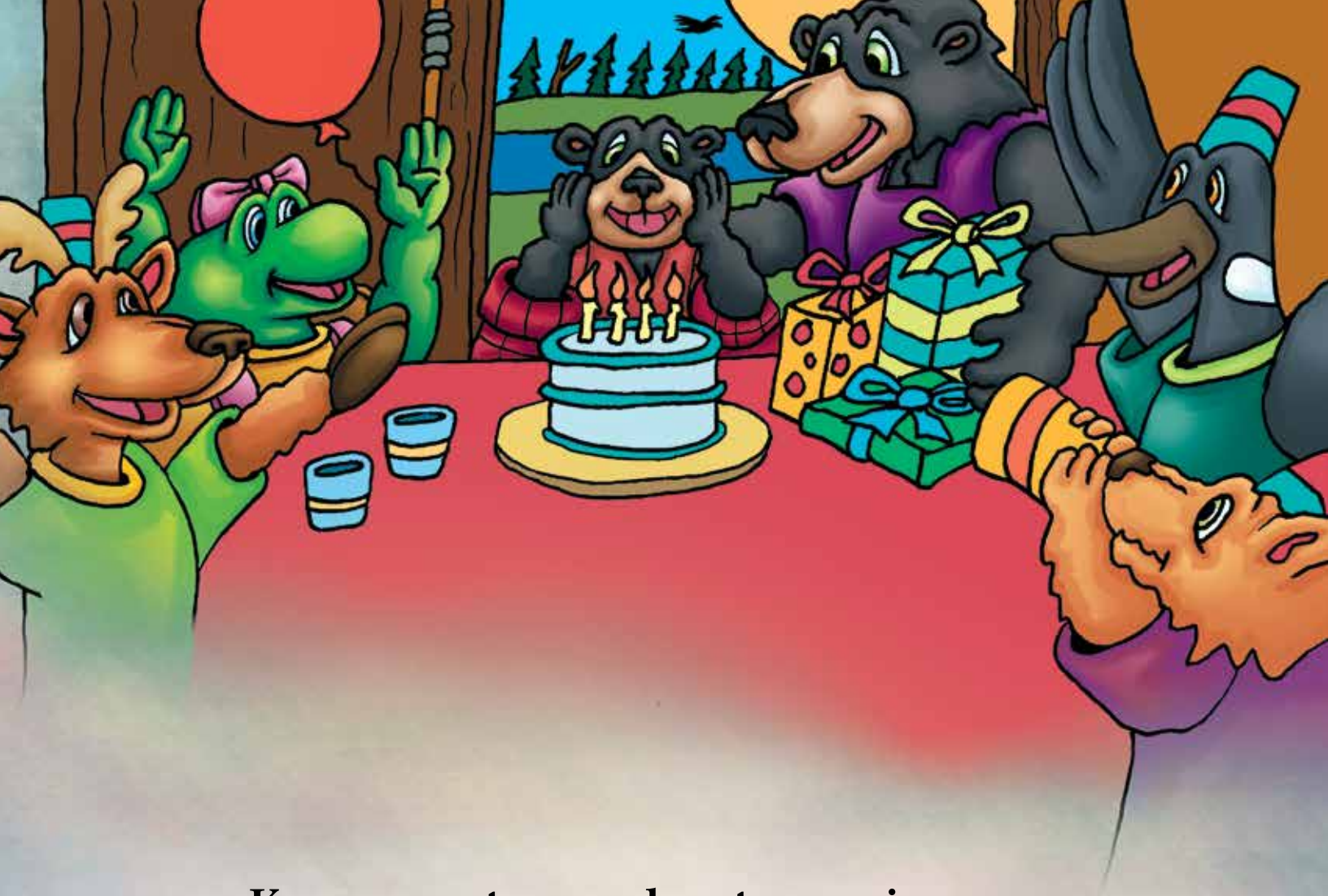


My question is about secrets –
Whether telling is okay.
Or do you keep them forever?
Mrs. Amik, show me the way!

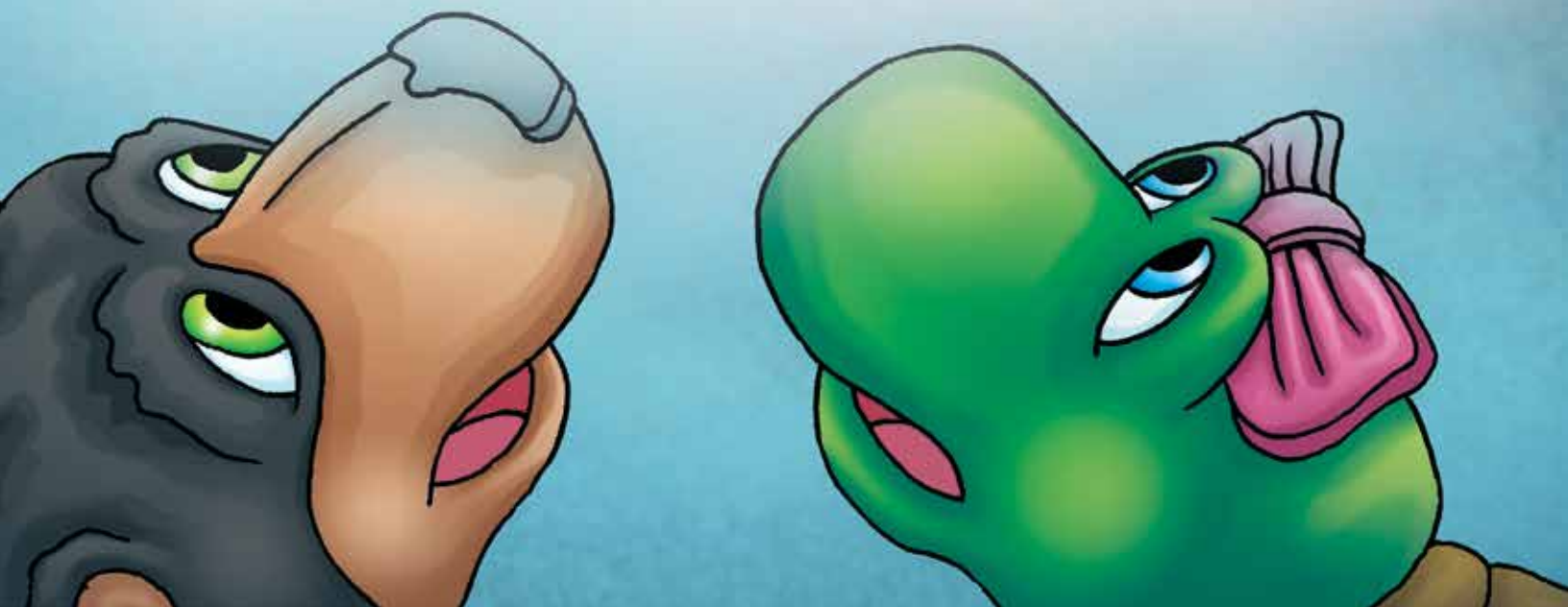
I can tell you about secrets.
There are two types you seek.
These two types of secrets are called

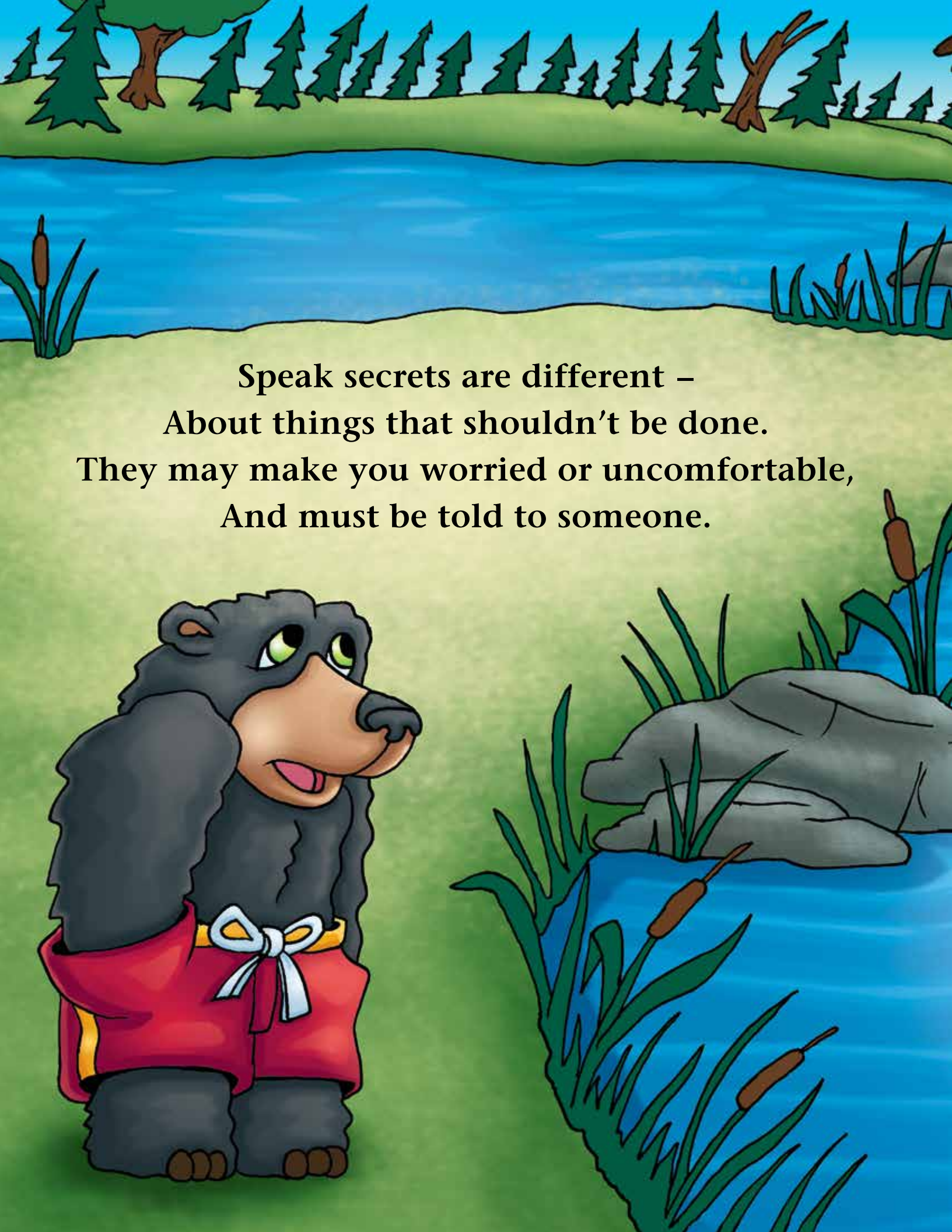
KEEP and SPEAK!





Keep secrets are about surprises –
Full of presents and fun.
They will eventually come out,
So you don't need to tell anyone.





Speak secrets are different –
About things that shouldn't be done.
They may make you worried or uncomfortable,
And must be told to someone.





What you need to know my dear,
Is rules on touching are very clear.
If someone touches where your bathing suit covers,
Tell one safe adult – and even some others!



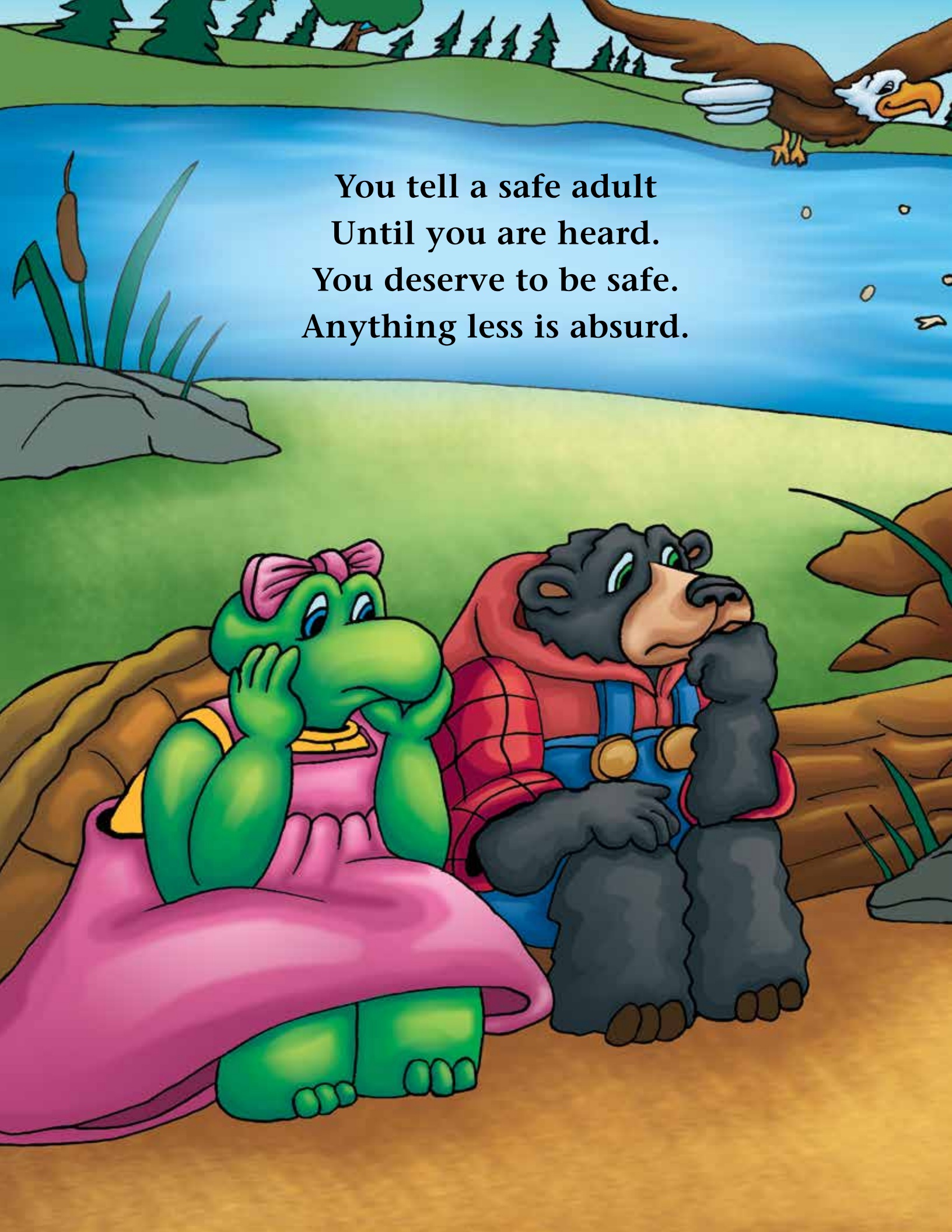
Who should I tell?
Why would they believe me?
You should tell a safe adult.





Remember –
One, two or three.





You tell a safe adult
Until you are heard.
You deserve to be safe.
Anything less is absurd.



You're now in the know!
There are two separate types:
KEEP and **SPEAK** secrets.
This information is right!



Hold on to this wisely and repeat after me:
ALL SECRETS HAVE ENDINGS.
This is the way it must be.







Hurray! Hurray!

You now know what's true.
There are Keep and Speak secrets.
This will always help you.
Play safe, kids.

The Canadian Centre for Child Protection Inc. (Canadian Centre) is a national charity dedicated to the personal safety of all children. The Canadian Centre offers a number of programs, services and resources for Canadians to help them protect children and reduce their risk of victimization. This includes:



Cybertip.ca is Canada's tipline for reporting online child sexual abuse and exploitation. Cybertip.ca also provides the public with information and other resources, as well as support and referral services, to help Canadians keep themselves and their families safe while using the Internet.

cybertip.ca



MissingKids.ca is Canada's missing children resource centre. MissingKids.ca offers families support in the search for their missing child and provides educational resources to help prevent children from going missing.

missingkids.ca



Kids in the Know (KIK) is a national safety education program for children from kindergarten to high school. The program engages students with interactive activities to help build skills that increase their personal safety and reduce their risk of victimization online and offline.

kidsintheknow.ca



Commit to Kids (C2K) is a program that helps child-serving organizations reduce the risk of sexual abuse and create safer environments for children in their case. It provides organizations with information on the issue of child sexual abuse which forms the basis for educated policies and procedures — from hiring and screening to reporting and staff training.

commit2kids.ca



Learn more: www.protectchildren.ca



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