

Tell the Truth, Ask for Help

Learn together, one small step.



Look closely

After tipping a flowerpot, how could Xiaohe ask for help?



Story 1 / 3



While reaching for a book, Xiaohe knocked a small flowerpot off the shelf. Soil spilled across the floor. "Hide it. Do not tell," whispered Lele. Her heart beat fast. She worried about being scolded, but did not know whether the pot was broken or safe to touch. She went to her mother nearby.

Pause and ask: What did Xiaohe do when she felt scared?

Story 2 / 3



"I knocked the pot. I am scared, and I do not know how to clean it up." Mother checked that the pot had no broken pieces. "Thank you for telling me. Let us make it safe first." She did not make Xiaohe stand and confess for a long time. She brought small brushes so the children could help sweep up the soil.

Pause and ask: Did Mother address safety or blame first?

Story 3 / 3



Afterwards Mother said, "Some surprises, like a birthday card not yet given, can wait. But if something feels frightening or uncomfortable, or someone could get hurt, you can ask a trusted adult for help." Xiaohe nodded. "Even if I said I would not tell, I can still ask for help."

Pause and ask: What kinds of things need not be kept secret?

A Buddhist idea

Honesty includes asking for help.
Private details are not for everyone.



Talk together

How did Mother make it easier for Xiaohe to explain?

If the first adult does not understand, who else could the character ask?



Try an activity

Draw a help map for the character.



For grown-ups

Read aloud, discuss and try a small activity.

Stories and exercises: BlessFu

Illustrations: AI-assisted

Full references and guidance are in the companion booklet.

