

NSPCC



EVERY CHILDHOOD IS WORTH FIGHTING FOR

The Underwear Rule

PRIVATES ARE PRIVATE

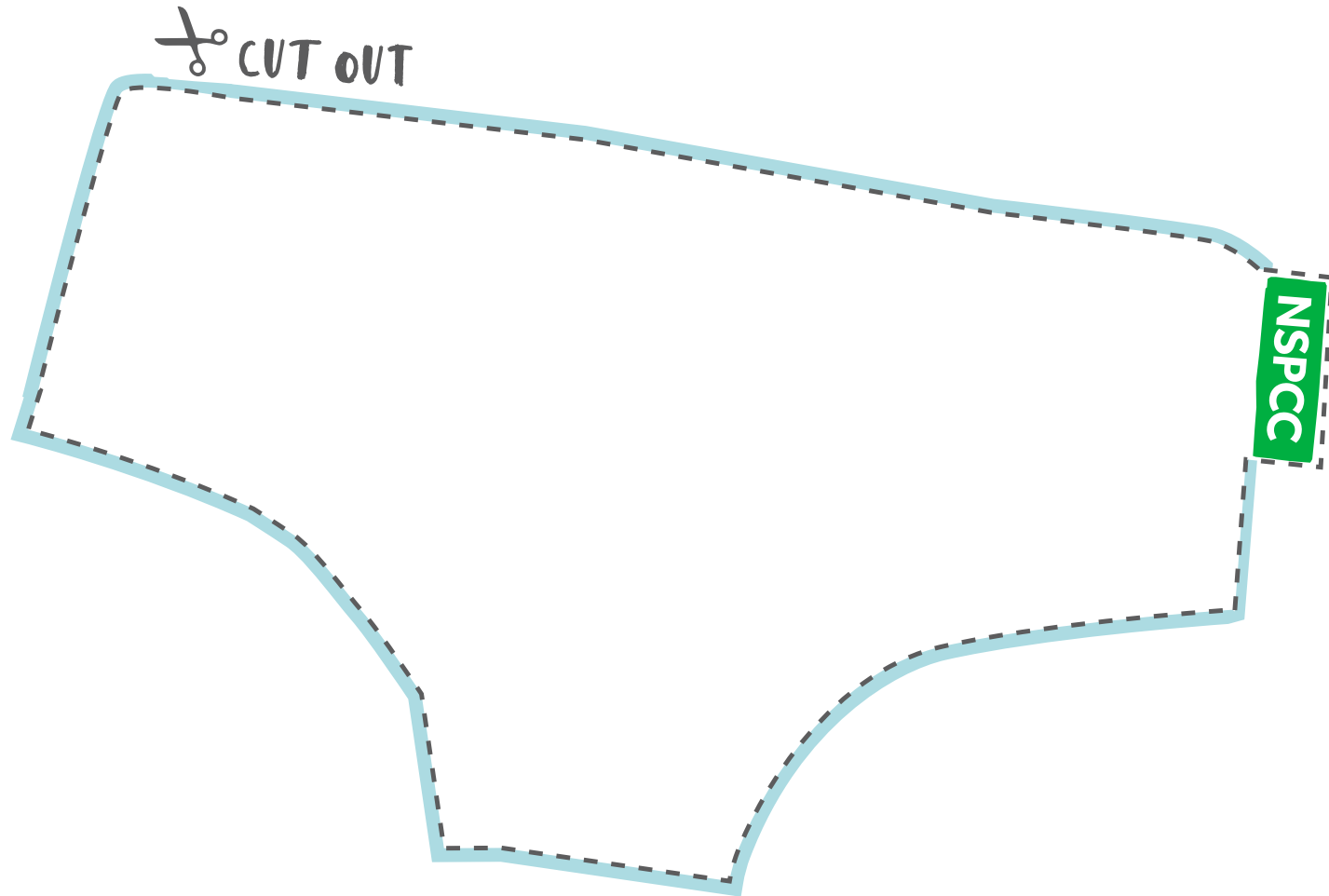
ALWAYS REMEMBER YOUR
BODY BELONGS TO YOU

NO MEANS NO

TALK ABOUT SECRETS
THAT UPSET YOU

SPEAK UP, SOMEONE
CAN HELP

Design your own PANTS



Your Body

- Your body belongs to you.
- Get your PANTS ready!
- Follow your teacher's instructions and talk about which parts of your body are private.

Good and bad touch

- Touch can be **good** or **bad**.
- People touch you for different reasons.
- Sometimes touch feels bad, but is necessary.
- You should never be asked to keep secrets about touch.

People you can trust

- Who do you trust most in the world?
- Trusted people are different for everyone.
- Write down a list of the people you trust.

Remember, talk PANTS

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