

## I can talk about keeping myself safe.

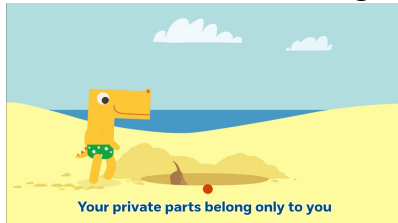
These activities are based around the NSPCC work 'PANTS'. For more information about this click on this link:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/>

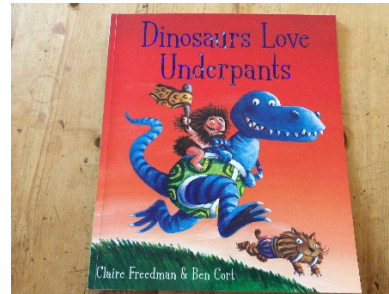
Start by watching the Pantosaurus video. This is a great way to talk to your child about keeping safe and who they can talk to if they are worried about things.

The following stories are fun and link with PANTS work.

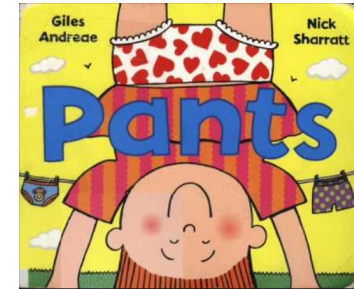
### NSPCC Pantosaurus song



<https://www.youtube.com/watch?v=-lL07JOGU5o>



<https://www.youtube.com/watch?v=S5sh5r04r80>



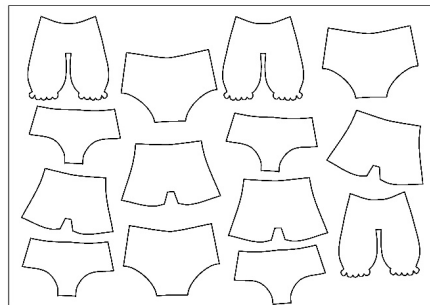
<https://www.youtube.com/watch?v=Pchn4a4V7c>

Here are a few activities you may wish to carry out.

If you have playdough and plastic dinosaurs at home why not make some underwear for them?  
(Or other plastic toys such as farm animals)



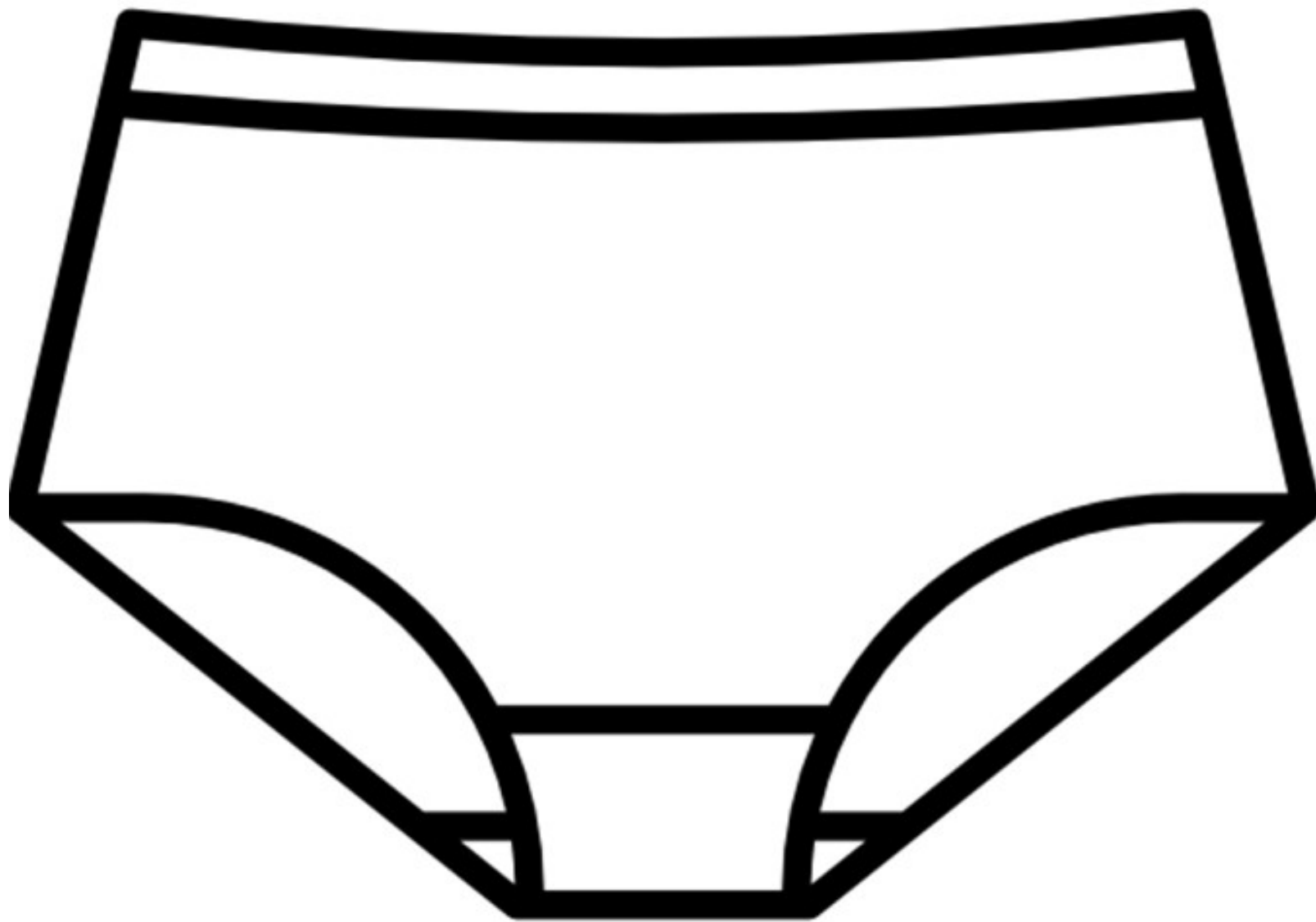
Can you design a pair of pants? Think about all the different ones you have at home or in these books. Maybe they will have a picture of your favourite character on them or rainbow/spotty pants etc. Use the template or draw your own.



Does your underwear fit any of your toys?



Can you design a pair of pants? Think about all the different ones you have at home or in these books. Maybe they will have a picture of your favourite character on them or rainbow/spotty pants etc. Use this template or draw your own.



# LEARN THE UNDERWEAR RULE

TALK PANTS AND YOU'VE GOT IT COVERED!

## **P** RIVATES ARE PRIVATE

Parts of your body covered by underwear are private. No one should ask to see, or touch them. No one should ask you to touch or look at parts of their body that are covered by underwear. Sometimes doctors, nurses or family members might have to. But they should always explain why, and ask if it's OK first.



## **A** LWAYS REMEMBER YOUR BODY BELONGS TO YOU

It's your body, no one else's. No one should make you do things that make you feel embarrassed or uncomfortable. If anyone tries, tell an adult you trust.



## **N** O MEANS NO

You have the right to say 'no' – even to a family member or someone you love. Remember, you're in control of your body and your feelings are important.



## **T** ALK ABOUT SECRETS THAT UPSET YOU

Secrets shouldn't make you feel upset or worried. If they do, tell an adult you trust. You will never get into trouble for sharing a secret that upsets you.



## **S** PEAK UP. SOMEONE CAN HELP

Talk about stuff that makes you worried or upset. An adult you trust will listen, and be able to help. It doesn't have to be a family member. It can be a teacher or a friend's parent – or even Childline.

