



**NSPCC**

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

# The PANTS rules

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**P**RIVATES ARE PRIVATE

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

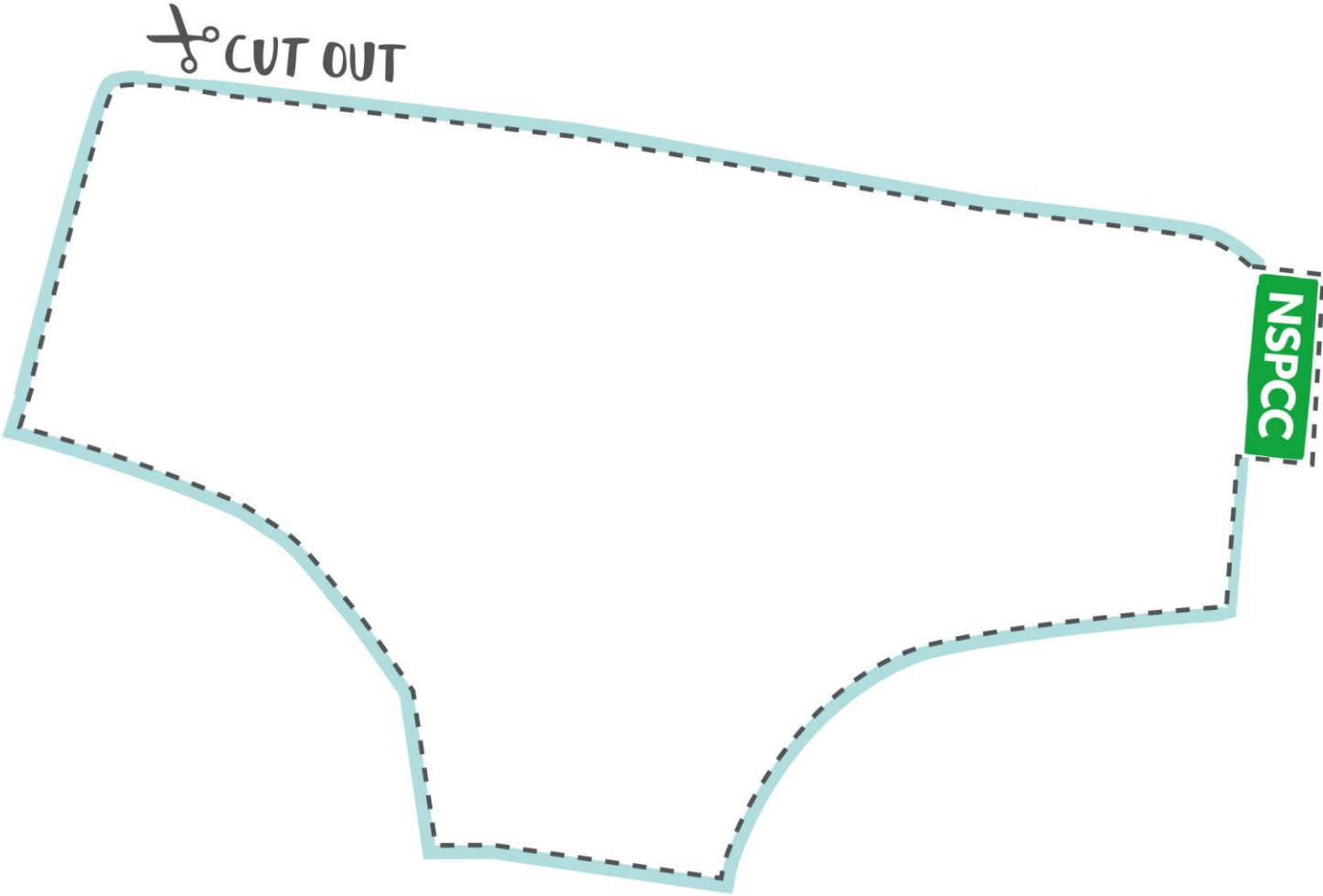
**N**O MEANS NO

**T**ALK ABOUT SECRETS  
THAT UPSET YOU

**S**PEAK UP, SOMEONE  
CAN HELP

# Design your own PANTS

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# Meet Pantosaurus

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**NSPCC**

presents



**PANTOSAURUS**

# Your body

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- 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

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- 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

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

# Remember the PANTS rules

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