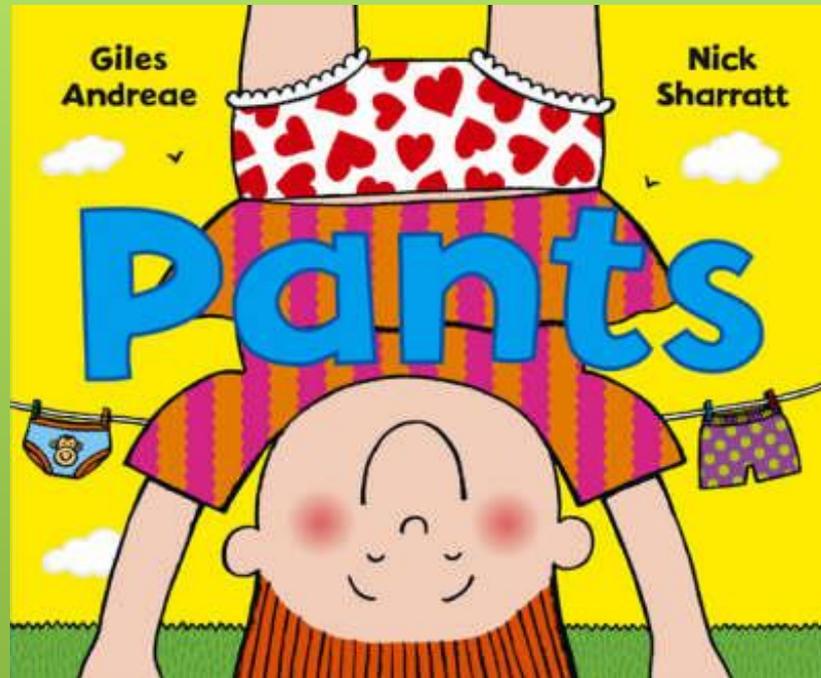


PANTS

THE UNDERWEAR RULE



Pants!



- <https://www.youtube.com/watch?v=Pchrn4a4V7c>

PANTS

- **Talk PANTS and you've got it covered**
- PANTS is a really easy way to explain the Underwear Rule:
- **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



P

- **Privates are private**
- The parts of your body covered by underwear are private.
- No one should ask to see or touch your private parts or ask them to look at or touch anyone else's.
- Sometimes doctors, nurses or family members might have to. This is OK, but that those people should always explain why, and ask you if it's OK first.



A

- **Always remember your body belongs to you**
- Your body belongs to you, and no one else.
- No one has the right to make you do anything that makes you feel uncomfortable. And if anyone tries, you have the right to say no.
- You can always talk to someone about anything which worries or upsets you.



N

- **No means no**
- You have the right to say "no" to unwanted touch – even to a family member or someone you know or love.
- You are in control of your body and your feelings should be respected.





T

- **Talk about secrets that upset you**
- Good secrets can be things like surprise parties or presents for other people.
- Bad secrets make you feel sad, worried or frightened.
- Speak up about secrets that worry you – talking about something that worries you won't get you into trouble.



S

- **Speak up, someone can help**
- If you ever feel sad, anxious or frightened you must talk to an adult they trust.
- This doesn't have to be a family member. It can also be a teacher or a friend's parent.
- Remember whatever the problem, it's not your fault and they will never get into trouble for speaking up.



Pantosaurus!

- <https://www.youtube.com/watch?v=fn6AVSZk008>

Pants Rules



Remember the PANTS rule!

- Pants are private
- Always remember your body belongs to you
- No means No
- Talk about secrets that upset you
- Speak up – someone can help!