



**NSPCC**

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**



Today we are thinking about keeping our self safe.  
We are all really important and we need to know how to keep our self safe and happy.  
One thing we need to learn about is how to keep our body safe.  
We need to know that our body belongs to us.



Today we are learning the **pants rule!!!**

It sounds funny but it's really important.

So are you ready?

# The PANTS rules

Here are the pants rule...

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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

# Meet Pantosaurus

Lets watch a video..

<https://www.youtube.com/watch?v=-IL07JOGU5o>



# Your body

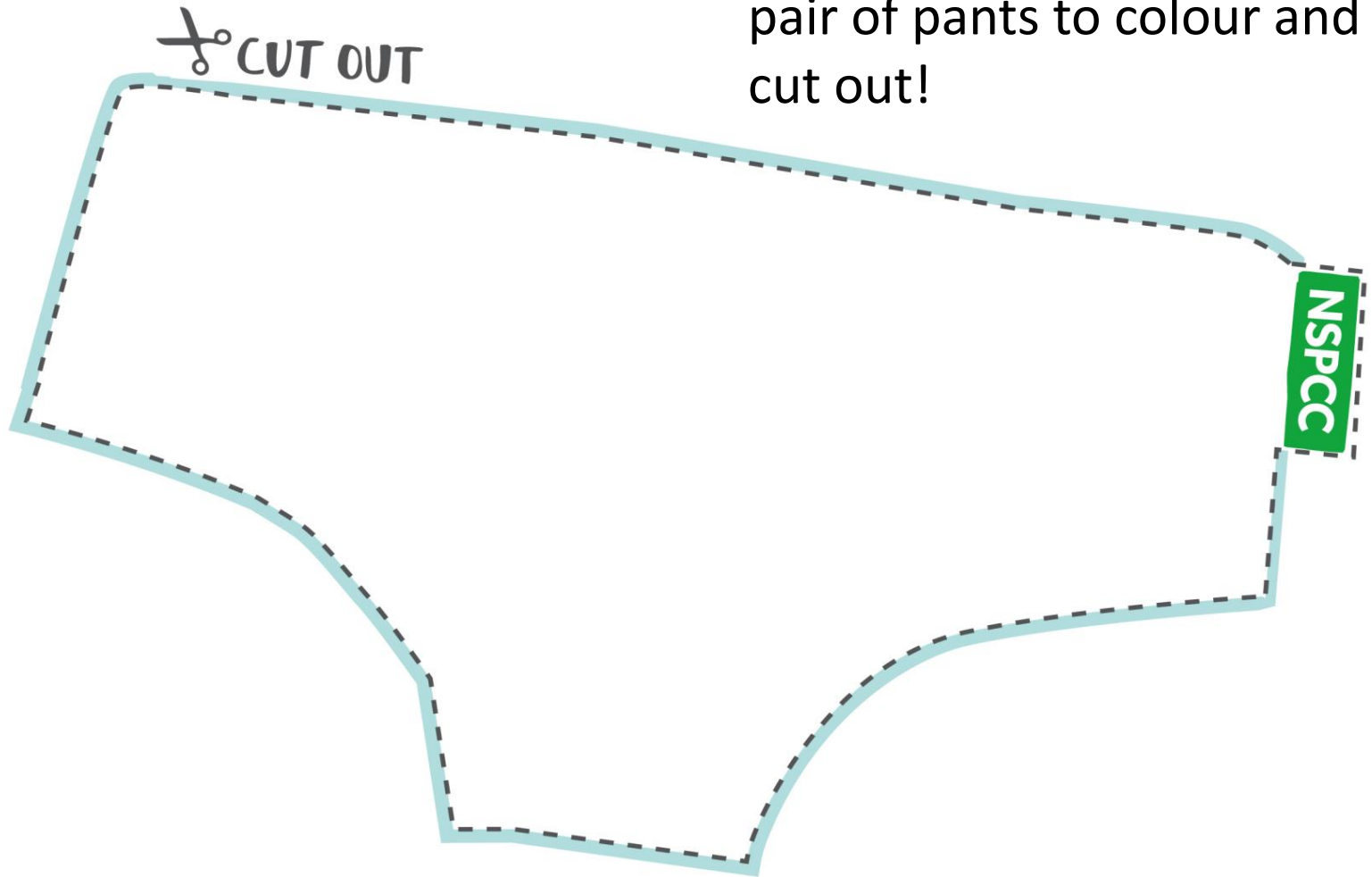
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- Your body belongs to you.
- Get your PANTS ready!



# Design your own PANTS

You are all going to have a pair of pants to colour and cut out!



# Design your own PANTS

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✂ CUT OUT

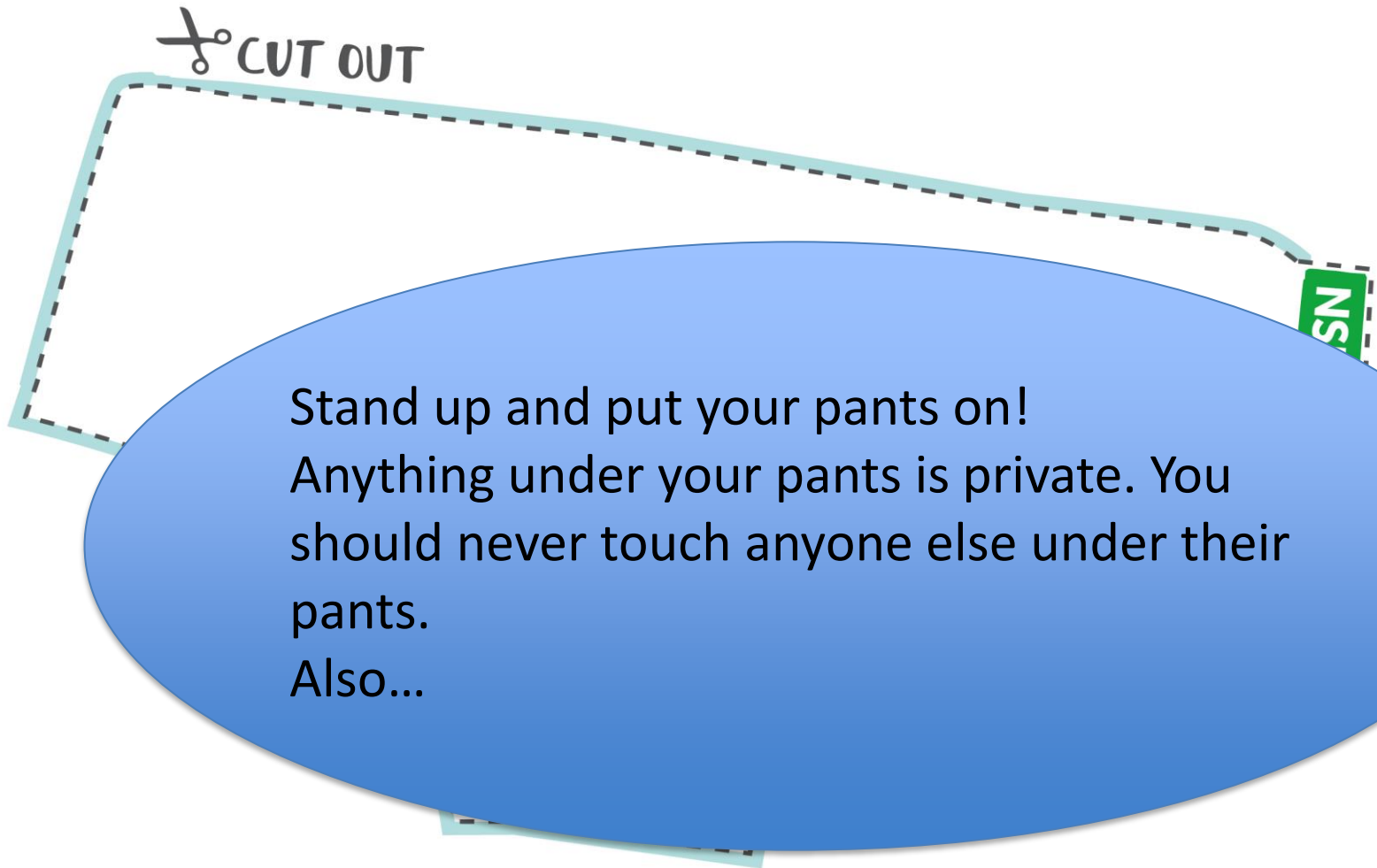
Once you have coloured your pants and cut them out please bring them back to the carpet.

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# Design your own PANTS

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Stand up and put your pants on!  
Anything under your pants is private. You  
should never touch anyone else under their  
pants.  
Also...

# 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...

Think about who you trust.

# Remember the PANTS rules

----- <https://www.youtube.com/watch?v=IL07JOGU5o> -----

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