

Worksheet 14

Body Safety: PANTS Rule

Print and display this poster in your child's bedroom or bathroom. Go through it with your children regularly – little and often works better than one long conversation.

The NSPCC PANTS Rule

Body Safety for Children

 P  Privates are private Your private parts belong to you and nobody else.	 A  Always remember your body is yours No one should touch your body if you don't want them to.	 N  No means no You have the right to say no to any touch – even from adults.	 T  Talk about things that upset you Tell a trusted adult if something doesn't feel right.	 S  Speak up, someone can help There are always people who will listen and believe you.
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The PANTS Rule – body safety for children. Based on the NSPCC PANTS rule.

How to use this poster with your children:

- Point to each letter and explain it in simple words. “P means your private parts – they belong to you and no one else.”
- Ask your child to tell you what each letter means in their own words.
- Remind them: “You will never be in trouble for telling me if something feels wrong.”
- Revisit the poster regularly – once a month is ideal.
- For younger children: keep it very simple, use the provided NSPCC resources (or equivalent for the jurisdiction) and sing along songs to embed the message. For older children: talk more about consent, online contact and what to do if someone asks them to keep a secret.

**Date I introduced the PANTS
rule with my children:**

How the conversation went and what questions they asked: