For children with autism

Talk Pants and stay safe

Privates are private
Always remember your body belongs to you
No means no
Talk about secrets that upset you
Speak up, someone can help

NSPCC

Every childhood is worth fighting for
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. 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. 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. 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 – you can also call Childline on 0800 1111 and someone will always be there to listen. If you find it difficult to talk about, you could write it down or draw a picture instead.

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EVERY CHILDHOOD IS WORTH FIGHTING FOR