This booklet will give you some information about the PANTS rules.

These rules can help keep you safe.
How to remember the PANTS rules.

There is an easy way to remember how to talk PANTS.

Just remember the word PANTS.

Each letter in the word PANTS gives you one of the safety rules.

- **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 is for Privates are private

Parts of your body covered by underwear are private. No one should ask to see, or touch them.

Sometimes doctors, nurses or family members might have to. But they should always explain why, and ask if it’s OK first.
A is for
**Always remember your body belongs to you**

It’s your body, no one else’s. No one should make you do things that make you feel unhappy or uncomfortable.

If anyone tries to touch you in a place that makes you feel uncomfortable, tell an adult you trust.

If you don’t want to talk to someone you know you can call Childline on **0800 1111**.
N is for

No means no

You are allowed to say no, even to a family member or someone you love.

Remember, you are in control of your body and your feelings are important.

T is for

Talk about secrets that upset you

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.
S is for

**Speak up, someone can help**

Talk about stuff that makes you worried or upset.

An adult you trust will listen, and be able to help.

If you don’t want to talk to someone you know you can call Childline on **0800 1111**.