



- 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



LEARN ALL ABOUT PANTS WITH PANTOSAURUS!



P RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.



A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

Your body is yours, and no one should touch your private parts or any other parts of your body that you don't want to be touched. No one has the right to make you do anything that makes you feel uncomfortable. If somebody does make you do something, it's never your fault. Even if the person who has made you feel uncomfortable has told you it is your fault.



N O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.



T ALK ABOUT SECRETS THAT UPSET YOU

There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should always talk to a safe adult who you trust about a bad secret or anything that doesn't feel right.



S PEAK UP, SOMEONE CAN HELP

Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened you should talk to a safe adult who you trust.

This doesn't have to be a family member. It can also be a teacher or a friend's parent – or even Childline. Talking shouldn't get you into trouble, even if somebody has told you it will. If something has happened that makes you feel uncomfortable, it is never your fault.



You can also talk to Childline. Call **0800 1111** or contact them online at **Childline.org.uk**. Someone will always be there to listen.

