Talk PANTS with Makaton book

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NSPCC
EVERY CHILDHOOD IS WORTH FIGHTING FOR
Get a teacher, parent or carer to go through this booklet with you.

There’s also a separate parents’ guide for your trusted adult to read too.

Enjoy talking PANTS with Makaton!
PantoSaurus' Five Rules for Staying Safe

1. Private parts are private
2. Your body is yours
3. It's okay to say no
4. Talk about bad secrets
5. Adults can help
Private parts are private.
Your body is yours
It's ok to say no
Talk about bad secrets
Adults can help
You might want to use this space to draw or stick photos of some of the adults you trust.
SCAN HERE TO SIGN ALONG WITH PANTOSAURUS