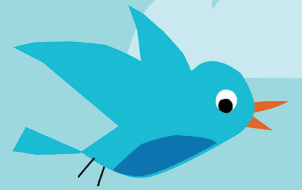


NSPCC



# Makaton prompt cards

Printable prompt cards  
using Makaton symbols  
and signs to help keep  
your child safe from abuse.



**Makaton**

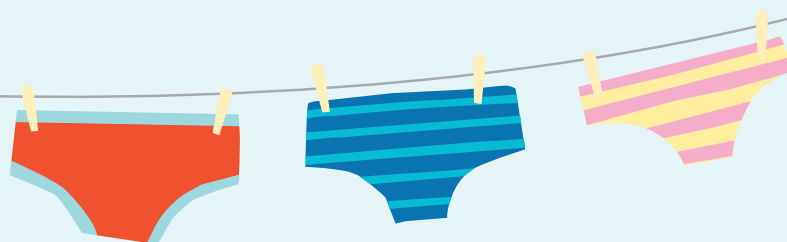
Developed in partnership  
with The Makaton Charity

## **This pack contains Makaton symbols and signs to help you Talk PANTS.**

There are 35 symbols and signs across 12 pages which can be printed back to back and laminated to make prompt cards.

# CONTENTS

- Page 3–8** Symbols and signs for the PANTS rules
- Page 9–10** Symbols and signs for emotions
- Page 11–14** Additional symbols and signs to support with talking PANTS



For more information about talking PANTS with Makaton visit [nspcc.org.uk/pantsguides](https://nspcc.org.uk/pantsguides)

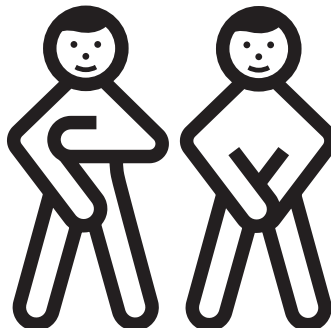
# Makaton Prompt Cards

## PANTS Rules

The following Makaton symbols and signs have been selected to use as a prompt. The symbol and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.



Pantosaurus



Private parts



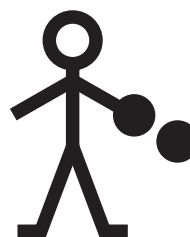
Private



Your (1)



Body



Yours (1)

# Makaton Prompt Cards

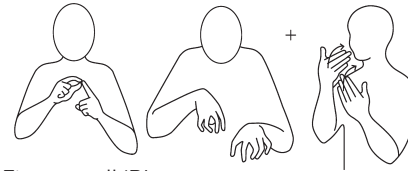
## PANTS Rules

The following Makaton symbols and signs have been selected to use as a prompt. The symbol and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.



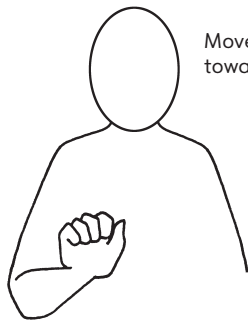
Dominant flat hand moves discretely to indicate between legs

**Private parts**



Finger spell 'P'

**Pantosaurus**



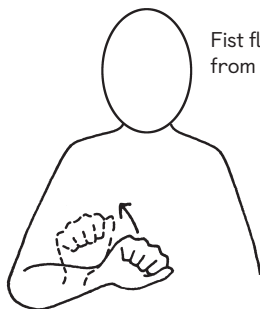
Move fist forwards towards person

**Your (1)**



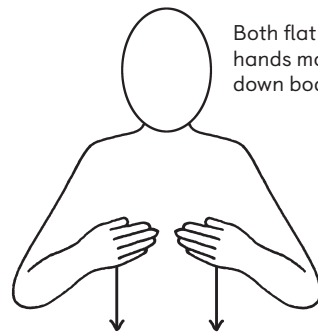
Flat hand with thumb tucked in taps over mouth and nose twice

**Private**



Fist flicks back from the wrist

**Yours (1)**



Both flat hands move down body

**Body**

# Makaton Prompt Cards

## PANTS Rules

The following Makaton symbols and signs have been selected to use as a prompt. The symbol and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.



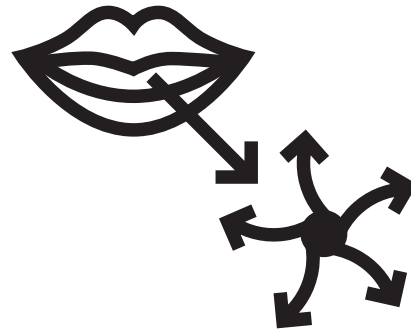
Okay



Say/ Tell (To Talk/ To Speak)



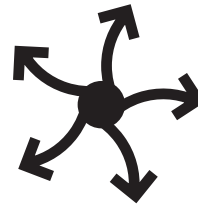
No



Talk about



Communication/  
To Communicate

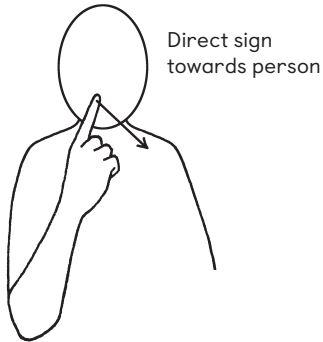


About

# Makaton Prompt Cards

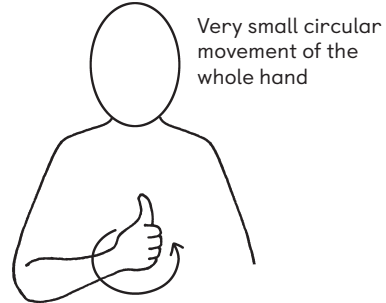
## PANTS Rules

The following Makaton symbols and signs have been selected to use as a prompt. The symbol and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.



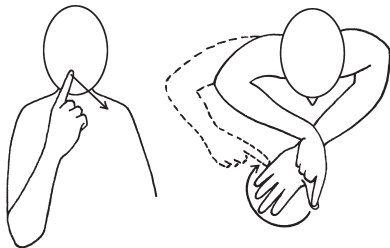
Direct sign towards person

**Say/ Tell (To Talk/ To Speak)**



Very small circular movement of the whole hand

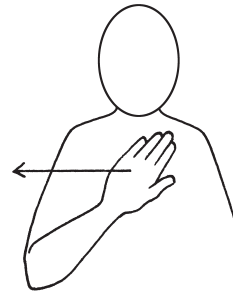
**Okay (1)**



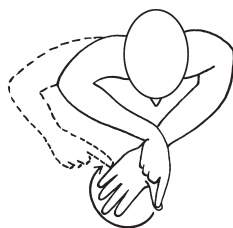
Direct sign towards person

Finger spell 'A' then take index finger around fingertips to spell 'T'

**Talk about**



**No**



Finger spell 'A' then take index finger around fingertips to spell 'T'

**About**



**Communication/  
To Communicate**

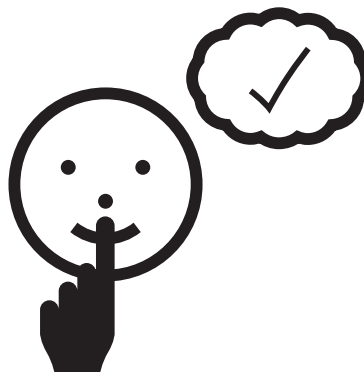
# Makaton Prompt Cards

## PANTS Rules

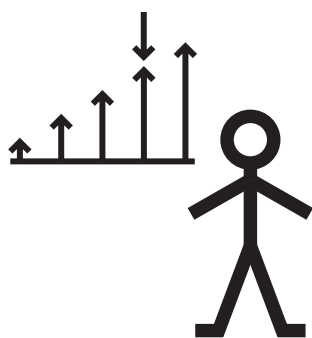
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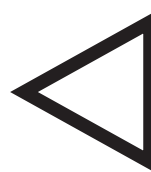
Bad



Secrets



Adult



Can/ To Be Able



To Help (1)

# Makaton Prompt Cards

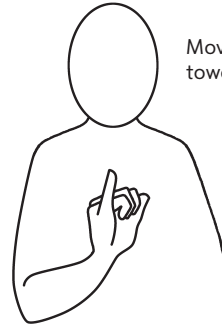
## PANTS Rules

The following Makaton symbols and signs have been selected to use as a prompt. The symbol and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.



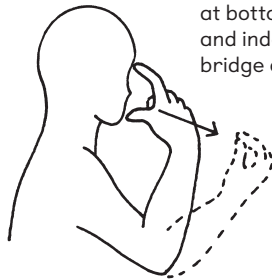
Dominant hand behind non-dominant hand makes small alternate movements from one side of mouth to the other

**Secrets**



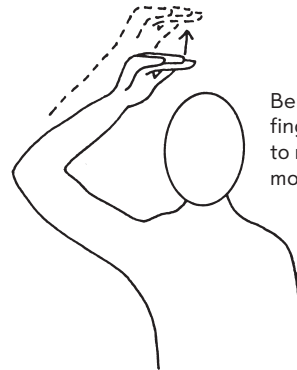
Move fist forwards towards person

**Bad**



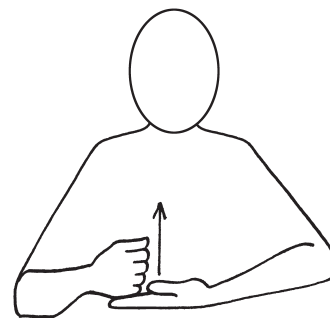
Thumb placed at bottom lip and index at bridge of nose

**Can/ To Be Able**



Bent hand, fingers pointing to non-dominant, move up

**Adult**



**To Help (1)**



# Makaton Prompt Cards

## Emotions

The following Makaton symbols and signs have been selected to use as a prompt. The symbol and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.



Angry



Frightened/ Scared



Happy/ Pleased



Sad/ Miserable



To Be Upset



Worried

# Makaton Prompt Cards

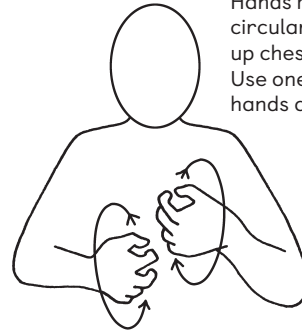
## Emotions

The following Makaton symbols and signs have been selected to use as a prompt. The symbol and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.



Show tension with clawed hands. Use one of both hands as relevant

**Frightened/ Scared**

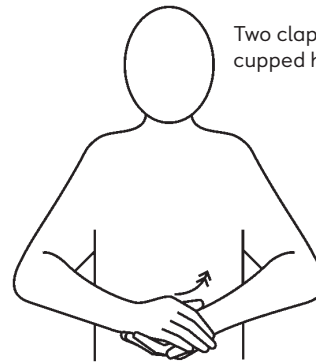


Hands make alternate circular movements up chest and out. Use one or both hands as relevant

**Angry**

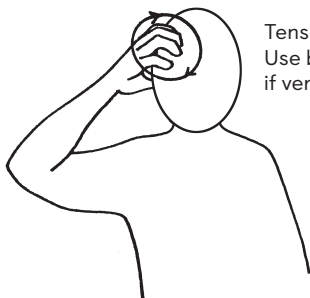


**Sad/ Miserable**



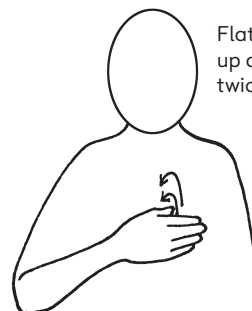
Two claps with cupped hands

**Happy/ Pleased**



Tense hand. Use both hands if very worried

**Worried**



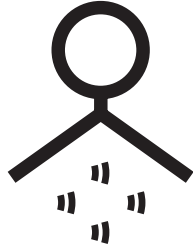
Flat hand brushes up and forward twice on chest

**To Be Upset**

# Makaton Prompt Cards

## Additional support with talking PANTS

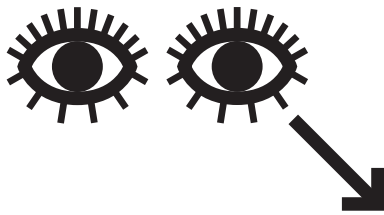
The following Makaton symbols and signs have been selected to use as a prompt. The symbol and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.



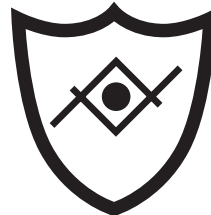
To Feel (emotions)



Good (1)



To Look



Safe/ Protect



To Touch/ To Feel

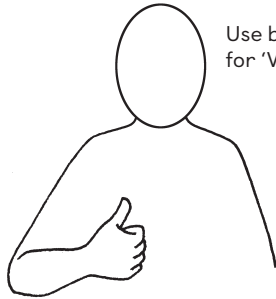


Yes

# Makaton Prompt Cards

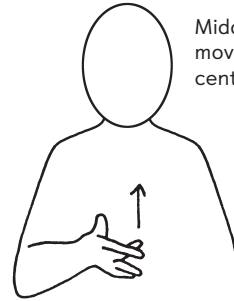
## Additional support with talking PANTS

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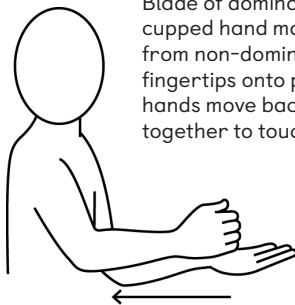
Use both hands  
for 'Very Good'

**Good (1)**



Middle finger  
moves up  
centre of chest

**To Feel (emotions)**



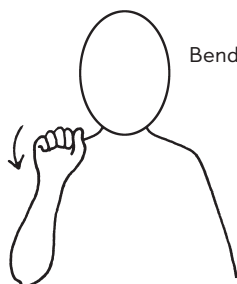
Blade of dominant  
cupped hand moves  
from non-dominant  
fingertips onto palm,  
hands move back  
together to touch body

**Safe/ Protect**



Two fingers are  
slightly apart

**To Look**



Bend wrist

**Yes**



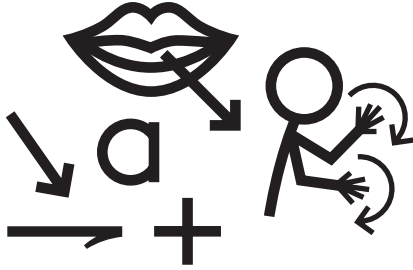
Fingers touch  
palm gently

**To Touch/ To Feel**

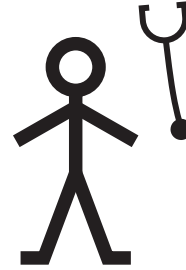
# Makaton Prompt Cards

## Additional support with talking PANTS

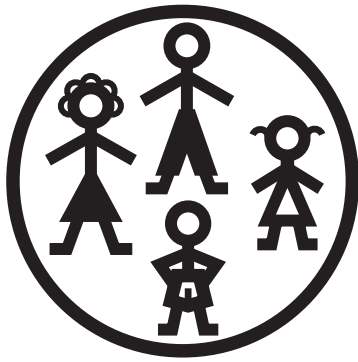
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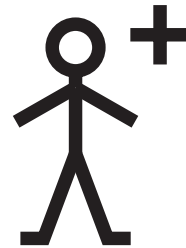
Communication/  
To Communicate



Doctor



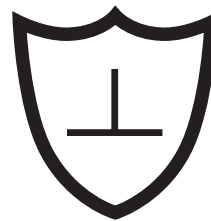
Family



Nurse



Person

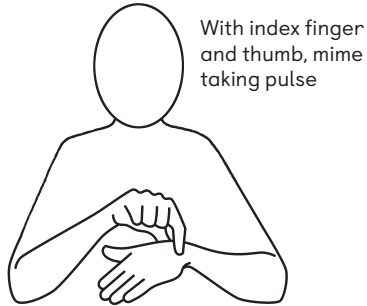


Trust

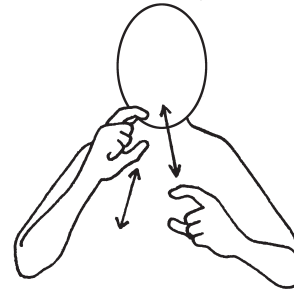
# Makaton Prompt Cards

## Additional support with talking PANTS

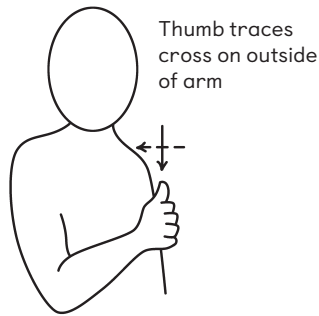
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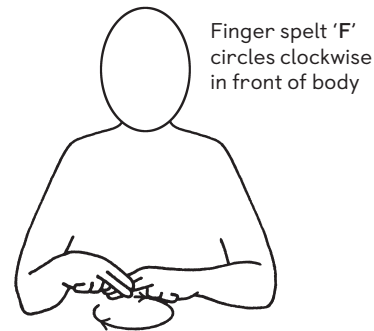
**Doctor**



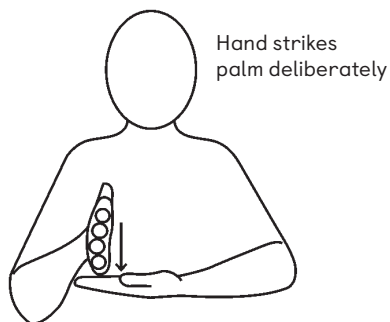
**Communication/  
To Communicate**



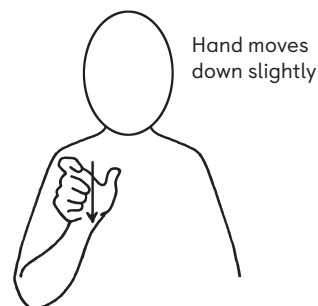
**Nurse**



**Family**



**Trust**



**Person**

## **Get the PANTS guide that's right for you**

We have a range of other PANTS guides for parents, carers and children, including guides in a number of different languages. We also have resources for people with various disabilities, such as:

- \* guide for parents with a learning disability
- \* guide for parents of children with autism
- \* a film for deaf children.

**You can find these at [nspcc.org.uk/pantsguides](https://www.nspcc.org.uk/pantsguides)**

For more information about Makaton, visit [makaton.org](https://www.makaton.org)

## **Your child may naturally have some questions**

But don't worry – we can help you answer them. You can find loads more information and support about talking PANTS at [nspcc.org.uk/pants](https://www.nspcc.org.uk/pants)

## **Talk to us**

If you ever need to talk, we're here. Call our Helpline on **0808 800 5000** or email us at [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

If a child you know is worried about anything, they can always talk to Childline. It's the UK's free 24-hour helpline and online service for children.

As well as talking to a counsellor, they can find information and support about a range of issues on the website.

**[childline.org.uk](https://www.childline.org.uk)**  
**0800 1111**

# NSPCC

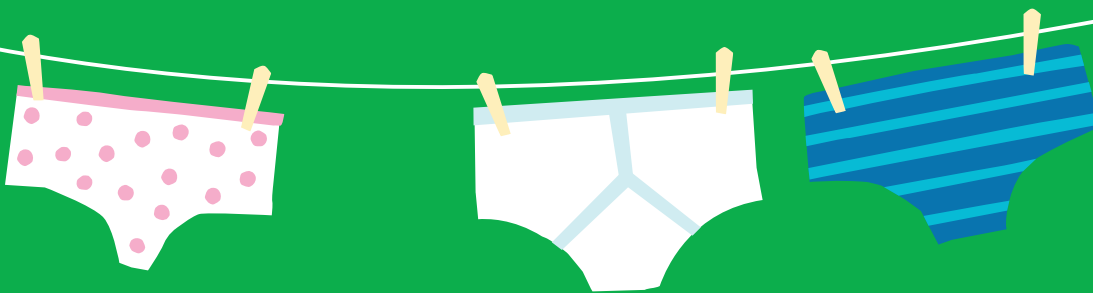
**Together, we can stop child abuse and neglect – by working with people and communities to prevent it, transforming the online world to make it safer for children, and making sure every child has a place to turn for support when they need it.**

We campaign for change. We work with schools to help children understand what abuse is and support them to speak out. Childline is here, whenever young people need us. And the NSPCC Helpline is ready to respond to adults with any worry about a child. We develop services in local communities to stop abuse before it starts and help children recover, so it doesn't shape their future.

And, above all, we work together – because everyone has a part to play in keeping children safe. Every pound you raise, every petition you sign, every minute of your time, will make a difference.

Together, we can change children's lives.

**[nspcc.org.uk](https://www.nspcc.org.uk)**



**EVERY CHILDHOOD IS WORTH FIGHTING FOR**