TALK PANTS AND STAY SAFE, LIKE PANTOSAURUS

PRIVATE 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
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.

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say ‘NO’ – and tell someone you trust and like to speak to.

It’s always good to talk about stuff that makes you upset. If you’re worried, go and tell a grown up you trust – like a family member, teacher or one of your friend’s parents. They’ll say well done for speaking out and help make everything OK. You can also call Childline on 0800 1111 and someone will always be there to listen.

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.