

# NSPCC

presents



What is the message of this video?  
What is it trying to teach people  
watching it?

# Lesson Title: Understand the underwear rule and Talk PANTS

## Lesson Outcome:

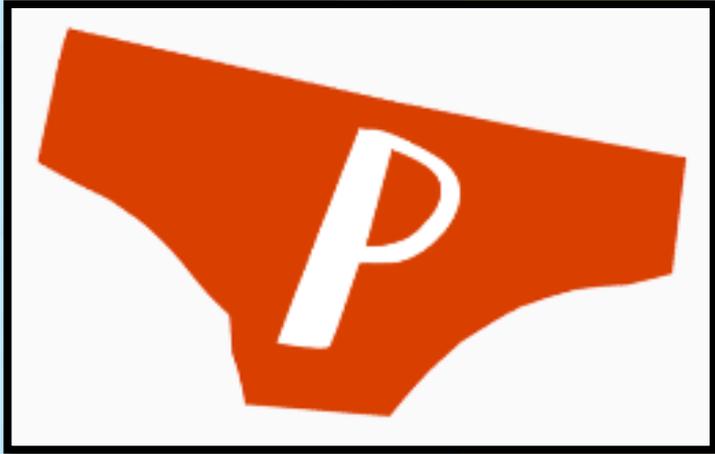
I can understand the difference between appropriate and inappropriate touch so that I know my right to say "no" to unwanted touch



PANTS rules teach children not to touch others in areas usually covered by underwear. The underpants rule reveals the impropriety of touching kids around their private parts. The rules on children's underpants explains about good touches and bad touches.

**Can you guess what PANTS stands for on your mini whiteboard?**





Pants are

P  
rivate

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.



**A**lways remember  
your body belongs to  
you.

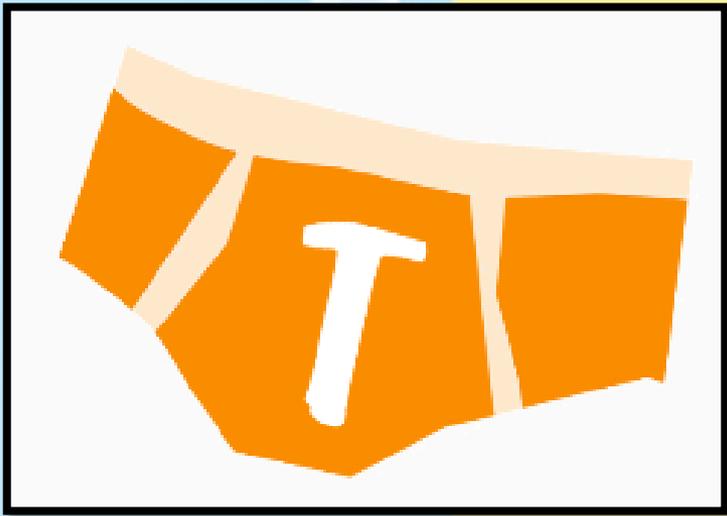
Your body belongs to you. No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO'- and tell someone you trust and like to speak to.



# No

means no.

No means no and 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.



# Talk about secrets

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 tell an adult you trust about a bad secret straight away.



Speak 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 an adult you trust. This doesn't have to be a family member. It can be a teacher or a friend's parents- or even Childline.

Can you list examples of "good touch" and "bad touch". There is an example in each to start you off.

Examples of good touch

Hugging

Examples of bad touch.

Scratching

### Stretch & Challenge

Can you think of any of the examples in "good touch" that might move to the "bad touch" column depending on who is doing the touching? Who would those people be?

## Examples of good touch

Hugging  
Cuddling

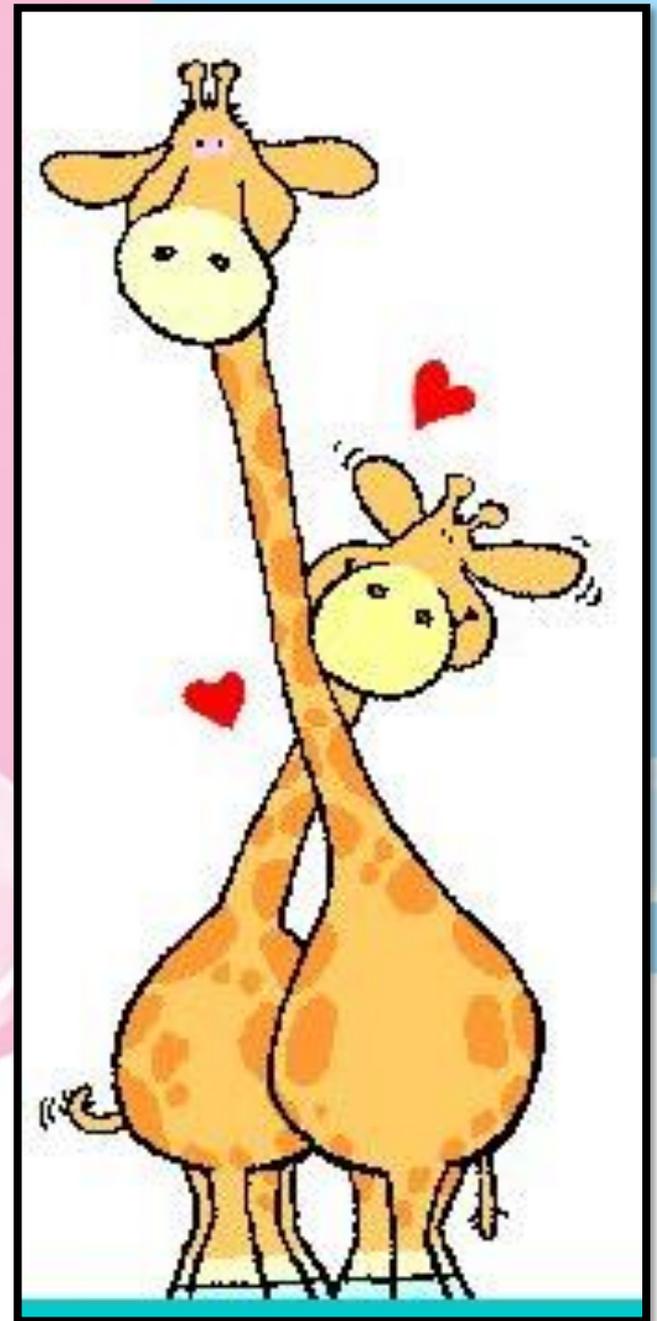
Holding your hand  
Patting/rubbing your  
back

Kiss on the cheek to say  
hello

## Examples of bad touch.

Scratching  
Nipping  
Squeezing  
Pinching  
Punching  
Biting  
Slapping

- Good touch should always make you feel positive- like hugs and kisses from your family.
  - ✓ People might touch you to: show affection (hugs, kisses, cuddles)
  - ✓ to keep you safe (holding your hand when you cross the road)
  - ✓ if you're ill or hurt (doctors and nurses)



- Sometimes to  
doe  
bu  
✓

If someone needs to break the Underwear rule, they will explain WHY to you first, and make sure you are comfortable e.g. a nurse.

sent.

Recap!  
What does PANTS stand  
for?



Each table will be given a letter from PANTS, and a blank pants template per person.

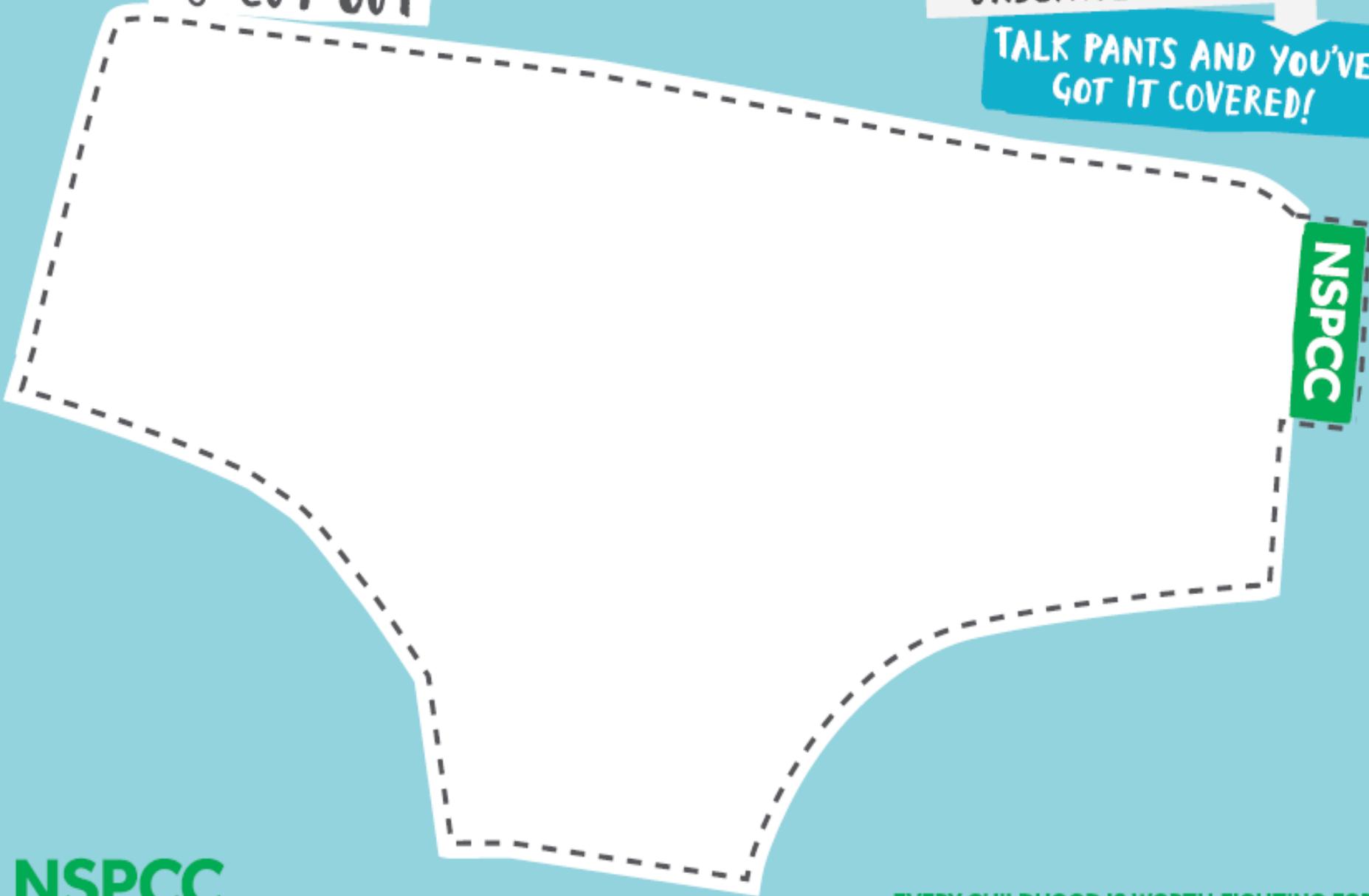
You must design and decorate your template to show your understanding. Can you make your pants look exciting? What pattern are you going to put on them? Will they be spotty, stripy or have a your favourite cartoon character on them?



 CUT OUT

TEACH YOUR CHILD THE UNDERWEAR RULE

TALK PANTS AND YOU'VE GOT IT COVERED!



**NSPCC**

EVERY CHILDHOOD IS WORTH FIGHTING FOR