For children with learning disabilities

TALK PANTS AND STAY SAFE



This booklet will give you some information about the PANTS rules.

These rules can help keep you safe.





NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

How to remember the PANTS rules.

There is an easy way to remember how to talk PANTS.



Just remember the word PANTS.

Each letter in the word PANTS gives you one of the safety rules.



Privates are private

Always remember your body belongs to you

No means no

Talk about secrets that upset you

Speak up, someone can help



The next few pages will tell you more about talking PANTS.





P is for
Privates are private

Parts of your body covered by underwear are private. No one should ask to see, or touch them.



Sometimes doctors, nurses or family members might have to. But they should always explain why, and ask if it's OK first.





A is for
Always remember your body belongs to you

It's your body, no one else's. No one should make you do things that make you feel unhappy or uncomfortable.



If anyone tries to touch you in a place that makes you feel uncomfortable, tell an adult you trust.



If you don't want to talk to someone you know you can call Childline on 0800 1111.





N is for
No means no

You are allowed to say no, even to a family member or someone you love.

Remember, you are in control of your body and your feelings are important.



T is for
Talk about secrets that upset you

Secrets shouldn't make you feel upset or worried.



If they do, tell an adult you trust.

You will never get into trouble for sharing a secret that upsets you.



S is for
Speak up, someone can help

Talk about stuff that makes you worried or upset.



An adult you trust will listen, and be able to help.



If you don't want to talk to someone you know you can call Childline on 0800 1111.

mencap
The voice of learning disability

This version was adapted from our original children's guide, with help from Mencap.

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