

# PANTS

The NSPCC UNDERWEAR RULE

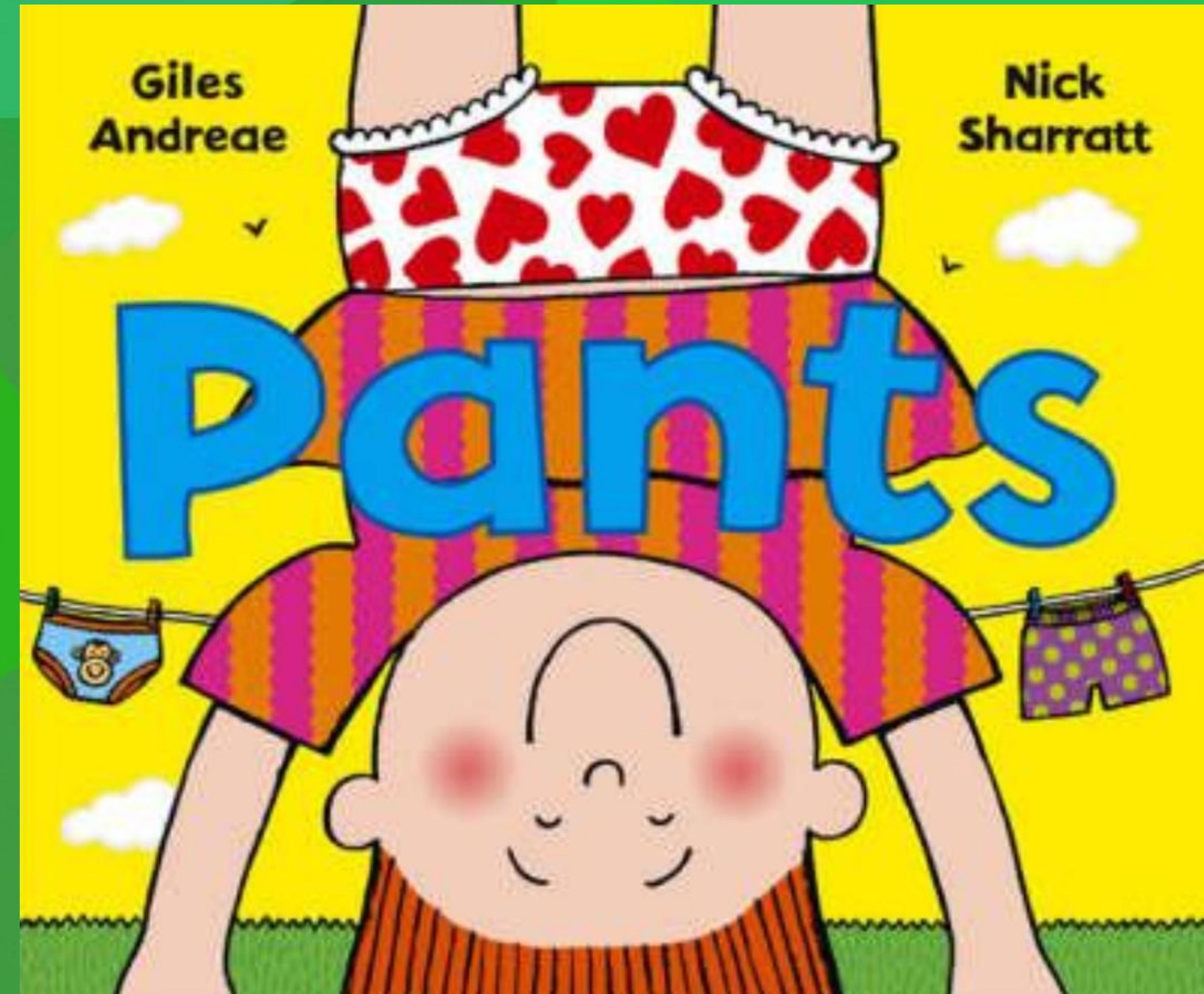
PANTS. January 2026



Along with many other schools across the country, we use the NSPCC Pantosaurus rule to help to teach children about keeping themselves safe.

With the help of the friendly Pantosaurus dinosaur we can teach children how to stay Safe from abuse.

At an appropriate level for their age, all children learn about how the parts of their bodies which are covered by underwear are private parts and not for other people to see or touch and how important it is to talk to someone about anything that worries or upsets them as someone can help.



<https://www.youtube.com/watch?v=Pchrn4a4V7c>

# PANTS

**Talk PANTS and you've got it covered**

- PANTS is a really easy way to explain the Underwear Rule:
- **P**rivates are private
- **A**lways remember your body belongs to you
- **N**o menas no
- **T**alk about secrets that upset you
- **S**peak up, someone can help

# P

## **Privates are private**

- The parts of your body covered by underwear are private
- No one should ask to see or touch your private parts or ask the to look at or touch anyone else's.
- Sometimes doctors, nurses or family members might have to. This is OK, but those people should explain why, and ask you if this is OK first (consent)



# A

## **Always remember your body belongs to you**

- Your body belongs to you, and no one else
- No one has the right to make you do anything that makes you feel uncomfortable. If anyone tries, you have the right to say no. (consent)
- You can always talk to someone about anything which worries or upsets you.



# N

## No means no

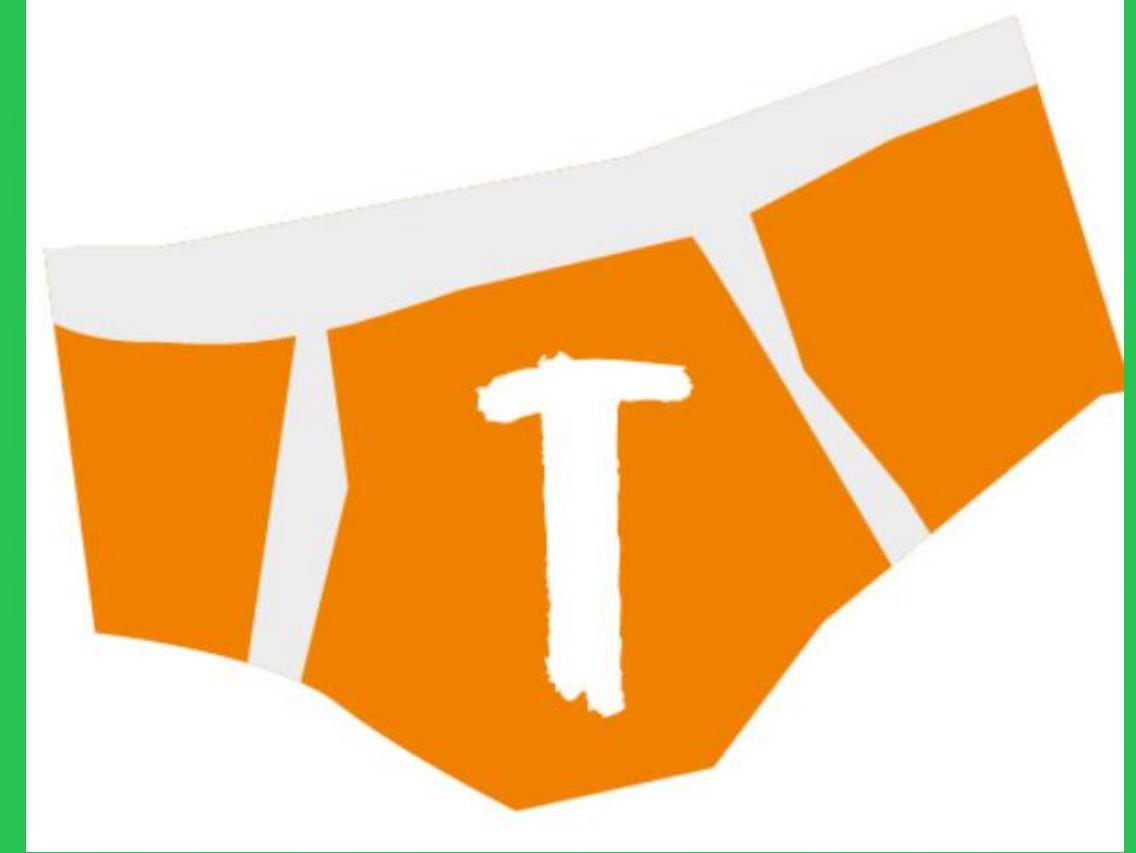
- You have the right to say 'no' to unwanted touch - even to a family member or someone you know or love
- You are in control of your body and your feelings should be respected



T

## **Talk about secrets that upset you**

- Good secrets can be things like surprise parties or presents for other people
- Bad secrets make you feel sad, worried or frightened
- Speak up about secrets that worry you - talking about something that worried you won't get you into trouble



# S

## **Speak up, someone can help**

- If you ever feel sad, anxious or frightened you must talk to an adult you trust
- This doesn't have to be a family member. It can be a teacher, a friend, a club leader or a parents friend.
- Remember whatever the problem, it is NOT your fault and you will never get in trouble for speaking up.



# PANTS

You've got it covered!



# Pantosaurus!

- <https://youtu.be/-IL07JOGU5o>



# PANTS Rules

P RIVATES  
ARE PRIVATE

A LWAYS REMEMBER YOUR  
BODY BELONGS TO YOU

N O MEANS NO

TALK ABOUT SECRETS  
THAT UPSET YOU

S PEAK UP, SOMEONE  
CAN HELP

**NSPCC**

[nspcc.org.uk/underwear](http://nspcc.org.uk/underwear)

# Remember the PANTS rule!

- Pants are private - Privates are private
- Always remember your body belongs to you
- No means no
- Talk to someone about secrets that upset or worry you
- Speak up - someone can help!