



**NSPCC**

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

# Meet Pantosaurus

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[https://www.youtube.com/watch?v=\\_SzbMEVYiyg](https://www.youtube.com/watch?v=_SzbMEVYiyg)

**NSPCC**

**presents**



**PANTOSAURUS**

# The PANTS rules

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Say each rule aloud after your teacher:

**P**RIVATES ARE PRIVATE

**A**LWAYS REMEMBER YOUR  
BODY BELONGS TO YOU

**N**O MEANS NO

**T**ALK ABOUT SECRETS  
THAT UPSET YOU

**S**PEAK UP, SOMEONE  
CAN HELP

What does each rule mean?

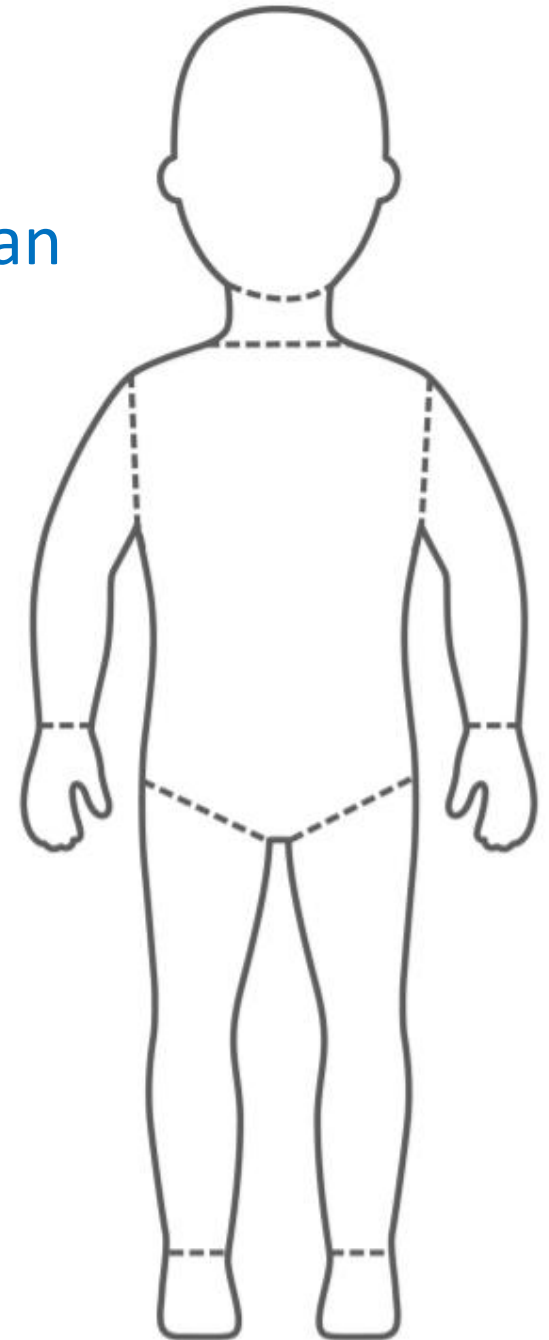
# Our bodies:

Can you name all of the parts of the human body? *Remember to use scientific terms*

Which parts are covered by our pants?

**Remember that your body belongs to YOU**

There are special circumstances when touching is OK, when might this be?



# Good and bad touch

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- Touch can be **good** or **bad**. Can you name times when touch can be good? What could bad touch be? There is also unwanted touch, what is this?
- People touch you for different reasons. Why might people touch you?
- Sometimes touch feels bad, but is necessary. Can you give any examples of this?
- You should never be asked to keep secrets about touch.

Remember that **good** touch should make you feel **positive** – like hugs and kisses from family members.

# People you can trust

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- Who do you trust most in the world?
- Trusted people are different for everyone.
- Write down a list of the people you trust.

# Remember the PANTS rules

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Can you remember what PANTS stands for?

**P** \_\_\_\_\_

**A** \_\_\_\_\_

**N** \_\_\_\_\_

**T** \_\_\_\_\_

**S** \_\_\_\_\_