LEARN THE UNDERWEAR RULE

TALK PANTS

AND YOU'VE GOT IT COVERED!

PRIVATE ARE PRIVATE
ALWAYS REMEMBER YOUR BODY BELONGS TO YOU
NO MEANS NO
TALK ABOUT SECRETS THAT UPSET YOU
SPEAK UP, SOMEONE CAN HELP

ChildLine is a service provided by the NSPCC. 2013391. Registered charity numbers 216401 and SC037717
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**TALK PANTS AND YOU’VE GOT IT COVERED!**

**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. No one should ask you to touch or look at parts of their body that are covered by underwear.

**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 embarrassed or uncomfortable. If anyone tries, tell an adult you trust.

**No means no**
You have the right to say ‘no’ – even to a family member or someone you love. Remember, you’re in control of your body and your feelings are important.

**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.

**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. It doesn’t have to be a family member. It can be a teacher or a friend’s parent – or even ChildLine.