Let's talk PANTS! [(The Underwear Rule) | **NSPCC**](https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/)



The NSPCC Underwear Rule is taught in schools to deliver messages to pupils that help keep them safe from harm and abuse.

The resource is aimed primarily at pupils aged 5-9 and uses the acrostic message PANTS. The resource aims to deliver the key messages that:

* **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

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