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Not sure how to talk to your child about PANTS?

This link to THE PANTS **RULE** on the NSPCC website will provide you with some helpful information and resources. Please talk about the PANTS rule at home with your children.

Talking PANTS teaches children important messages, like their body belongs to them and they should tell an adult if they are upset or worried. PANTS rule guide for children LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE **RIVATES ARE PRIVATE** Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members A LWAYS REMEMBER YOUR might have to. But they should always explain why, and ask you if it's OK first. Remember, BODY BELONGS TO YOU No one should ever make you do things that make you feel embarrassed or what's in your pants belongs only to you. uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to. • NO MEANS NO You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice ALK ABOUT SECRETS THAT UPSET YOU There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell S PEAK UP, SOMEONE an adult you trust about it straight away CAN HELP It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done Remember all of these rules and they'll help for speaking out and help make everything OK. you stay safe, just like You can also call Childline on **0800 1111** and Pantosaurus someone will always be there to listen M

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Never give out personal information to strangers on the internet. Personal information includes things like your home address and your birthday.



IS FOR MEET

Never ever meet up with a stranger you have met online unless a parent or guardian has said it is ok and is present. Never, never, never, never.



ISFIR ACCEPTING

Don't open emails from people you don't know, they could contain viruses. If you get a strange email from a friend and you think they might have a virus make sure you let them know!



ISFOR RELIABLE

Don't believe everything you read online, check your facts! Did you read it on a reliable website like the BBC? Are other websites saying the same thing? Does it tell you where they got the information from?



ISFIR TELL

If you have an online safety problem, make sure you tell someone. Tell a parent, guardian, or teacher as soon you can.



Instead of allowing children to access YouTube, why not download the YouTube Kids App? Safer and Simpler for children to use. A variety of Parental Controls so that you can tailor what your child can view. Available for free from Google Play or the App Store.

Know your age ratings!

Ensure that your children only play games that are suitable for their age range. For more information



about Game age ratings visit http://www.askaboutgames.com/pegi-rating/