

For children with learning disabilities

LEARN THE UNDERWEAR RULE



TALK PANTS AND YOU'VE GOT IT COVERED!



This booklet will give you some information about the Underwear Rule.

The Underwear Rule will help to keep you safe.



This version was adapted from our original children's guide, with help from Mencap.  
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## How to remember the Underwear Rule

There is an easy way to remember the Underwear Rule.



Remember the word PANTS.

The first letter from each of the rules makes up the word PANTS.



**Privates are private**

**Always remember your body belongs to you**

**No means no**

**Talk about secrets that upset you**

**Speak up, someone can help**



The next few pages will tell you more about the Underwear Rule.

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P is for  
**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.



A is for  
**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 unhappy or uncomfortable.

If anyone tries to touch you in a place that makes you feel uncomfortable, tell an adult you trust.

If you don't want to talk to someone you know you can call ChildLine on 0800 1111.



N is for  
**No means no**

You are allowed to say no, even to a family member or someone you love.

Remember, you are in control of your body and your feelings are important.



T is for  
**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.



S is for  
**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.

If you don't want to talk to someone you know you can call ChildLine on 0800 1111.