

PSHE
Safety and the Changing
Body

My private parts are private

Our PSHE rules:

- ✓ Respect other people's ideas
- ✓ There are no silly questions
- ✓ We don't share stories or information that is shared- unless someone is unsafe.
- ✓ That we're all different and that's fine

Vocabulary

- surprise
- safe touch
- unsafe touch
- PANTS rule
- private parts
- vulva
- vagina
- Penis
- Testicles
- Secret
- report

Key questions

- What is the PANTS rule?
- What are the private parts of our bodies called?
- Who does your body belong to?
- What is a safe touch?
- What might be an unsafe touch?
- What can we do if someone is touching us in a way we do not like?

I will know...

- I can explain the PANTS rule.
- I know how to tell someone to stop if I feel uncomfortable or upset about their behaviour.
- I can name someone I can talk to if I am worried or uncomfortable.

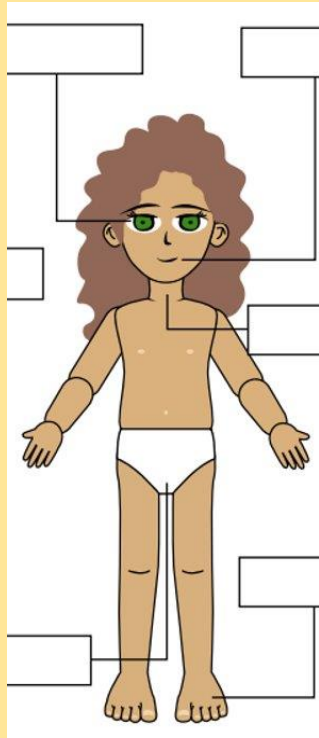
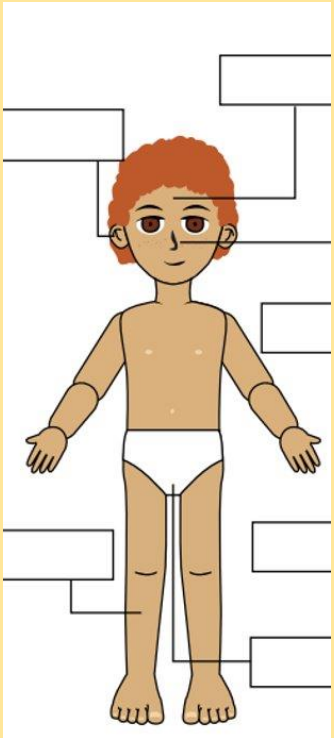
Let's watch!

[NSPCC PANTOSAURUS 2017 SUBTITLED... - VideoLink.](#)



PANTS

Can you remember the names of the private parts of the body?



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

Safe touches

Safe touches can be:

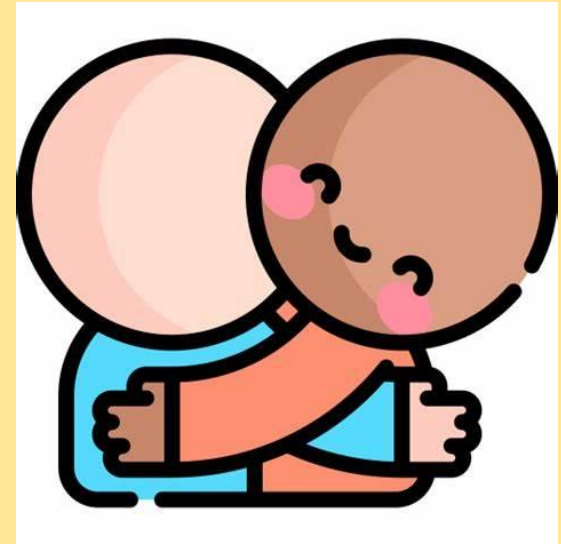
- Cuddles and kisses from people we love and trust.
- A hug
- A high five
- A handshake

Sometimes someone might have to touch you in a way you don't like but it might be for a good reason. If you had fallen over and hurt your knee someone will have to clean it and put on a plaster.

It can hurt but we know it is for the best!

An adult might say 'I know this might hurt but we need to get your knee clean'

What do you think an unsafe touch means?



Secrets and surprises

What is a 'surprise'?

How do surprises make you feel?

What is a secret?

How do secrets make you feel?

If anyone touches you or does something that you don't like and tells you to keep it a secret, you shouldn't and should tell someone that you trust straight away. This applies to any part of your body but especially your private parts.

Let's role play!

- What will you say and do if you don't want someone to touch you?
- Can you show someone you've changed your mind about a touch?
- What will you do and say when someone says 'no' to you?

What are the PANTS rules?

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If you are ever worried you must talk to an adult, you trust and keep on telling until they listen.

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We can talk to:

- *Our grown ups at home*
- *Mrs Knight*
- *Miss Cragg*
- *Any of the adults at school*
- *Anyone who you feel is safe*