



Title: Privacy: Private and PANTS rule

Level: FIRST

Code: 1.2.2

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
I am learning what I can do to look after my body and who can help me. HWB1-48a I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this. HWB 1-49a	<ul style="list-style-type: none"> • Explains about own and others’ needs for privacy. • Articulates the right to respond to inappropriate behaviours, for example, using the 3-step model: say no, go away, talk to someone you trust. • Identifies who to talk to if worried or concerned.

About this activity

The NSPCC resource *Let’s Talk Pants* is a successful approach to teach children about privacy, private parts and to seek help from a trusted adult if they ever have any concerns. The song is a great hit with children, be prepared to listen to it and hear it sung with great enthusiasm. Some children may have heard of the PANTS rule and seen or heard the Pantosaurus song – that’s okay, encourage them to help others learn it too.

One aspect of this activity is to remind children to speak to a trusted adult if they have a question or a worry. Of course, you will want to encourage children to speak to a parent or carer, but it is also important to encourage them to think of other trusted adults, including you. This idea of finding and seeking help from a trusted adult is also covered in other activities at First and Second Level.

Resources to support this activity

- Slides
- My body belongs to me animated film (4 minutes 16 seconds) <https://youtu.be/a-5mdt9YN6I>
- NCPCC Let’s Talk Pants information and film available here: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>
- Paper, pens and scissors to make pants.

Activity

1. Review what the children have been talking about so far – about their bodies, things that make them special and unique, things that they like about how their bodies look and what they can do, that their bodies belong to them. Explain that today you will be talking about some important things about how every child can keep safe.
2. Introduce the slide: **What does private mean? When something is private it belongs to you.** Ask the children if they can think of things that are private. If necessary you could make a couple of suggestions of things that you wouldn’t want other people to know apart from someone you trust.

Or things about you or your family could be private, so important things that you don't want other people to know. A child may mention their 'private parts' acknowledge this with yes and use the slide/or tell the children that there are parts of their body that are private:

Your private parts are the parts of your body that people don't see. They are covered by your pants. For a boy, your private parts are your penis and testes and bottom. For a girl, your private parts are your vulva and your bottom.

Your parent or carer may ask you about your private parts or see them, to help you learn or keep clean or if you are not well. A doctor or nurse might ask about them or see them if you are not well. No-one else should ask to see or touch your private parts.

(Note: The children may have already been learning about names for parts of their body. If they haven't or you feel it is important to refresh the words you use in class, ask the children if there are other words they might use for penis or vulva etc, acknowledge these words and explain that in the class it is important to learn and try to use the proper names for our private parts).

- 3. My body belongs to Me:** Clarify understanding or take any questions. Explain that you have a short film to share, about a boy who has to tell because someone touches his private parts. Watch My body belongs to me animated film (4 minutes 16 seconds. You can stop at 2 minutes 10 seconds at the end of the story or watch to the end and hear the additional stressing of key things to remember) <https://youtu.be/a-5mdt9YN6I> After viewing reinforce that the boy did the right thing by talking to his parents. And it was great that he also remembered that his teacher is someone he can also talk to if he has a worry. Ask the children to think for a moment about who they might speak to if they had a worry? Pause, than remind the children that sometimes an adult can be busy or maybe isn't listening properly. So, can they think to themselves of a second person they could go to? End with a reminder again that you are there to talk to.
- 3. P.A.N.T.S:** Explain to the children that they are going to learn how to use the word PANTS to help them be safe. To explain what each letter stands for, show the children the PANTS acrostic <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>. Scroll across each animated letter one by one, reading out and checking understanding. (Some children may know this already, acknowledge that as good, and we can all learn more together).
- 4. My PANTS!** Have the children draw and design their own PANTS, they can use whatever designs or the letters PANTS if they want to. Share a possible line drawing of your own to show what you might expect from their drawings, emphasise that they are to design their own pants and that they will cut them out and make a display of pants. Once completed, bring the children back together to share their drawings. Did anybody use the letters PANTS? Go over the PANTS acrostic again.
- 5. Pantosaurus Song:** Tell the children that there is a song that they can learn that will help remind them about being safe. Show them Pantosaurus and watch the song together, encourage some singing along and dancing (scroll down from the earlier PANTS letters: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/> (N.B. The children might want to watch it a couple of times!))

Additional ideas

- The *Let's Talk PANTS* site has more information and resources to support you to extend your use of the PANTS approach.
- Have a sing-a-long using the song over the next few days, perhaps at the end of the each day.

- Having used the animation *My body belongs to me* by Jill Starishevsky: the book is available for purchase for class or school libraries. For 3 to 10-year olds, it tells the story of a child who is touched by an uncle's friend and tells a parent. The book uses little text, easy rhyme and pictures.

Connecting with home

Information for parents and carers is suggested in activity 1.2.1.

After displaying their PANTS drawings for a few days in class, the children could then take them home.

Further learning activities are available that connect to this RSHP curriculum content

- 1.2.1 Privacy: My body belongs to me

Practitioner Notes