**Keeping your child safe from abuse (suitable for 5-11)**

**Teach your child and help protect them from abuse.**

Teach your child the Underwear Rule and help protect them from abuse. It's a simple way that parents can help keep children (age from 5-11) safe from sexual abuse – without using scary words or even mentioning sex.

The Underwear Rule is a simple way to help keep children safe from abuse. It teaches children that their body belongs to them, they have a right to say no, and that they should tell an adult if they’re upset or worried. The messages are appropriate for 5-11 year olds.

Each line of PANTS covers a different part of the Underwear Rule and provides a simple but valuable lesson that can keep a child safe.

How and when you talk PANTS to your child is your choice. You’ll know when they’re ready and how much detail you need to go into.

**PANTS is a really easy way for you to explain the Underwear Rule to your child:**

* **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