



Y2 Safety and the changing body > Year 2 >
Key stage 1 > RSE & PSHE > Lesson 5:
Appropriate contact: My private parts are private

Learning objective	Success criteria
<ul style="list-style-type: none">To understand safe and unsafe touches. <p>Make notes on SeeSaw in reference to discussions had throughout the session.</p>	<ul style="list-style-type: none">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.
Before the lesson	
<ul style="list-style-type: none"><i>Presentation: Presentation: Agree or disagree?</i>Link: NSPCC - Pantosaurus on VideoLink.*Link: NSPCC Pants rules guide.* <p>* These are external websites and we do not have control over their content – please check before showing them to the children.</p>	
Recap and recall	
<p>Display the <i>Presentation: Agree or disagree?</i></p> <p>Give the children some time to discuss the statement with their partner and explain why they agree/disagree with it.</p> <p>Presentation: Agree or disagree?</p> <p>Take feedback.</p>	

Answer:

- Disagree. Keeping some secrets might mean someone gets hurt or punished unfairly, so it is important to tell a trusted adult about secrets that make you feel uncomfortable.

Attention grabber

Play the video on link: NSPCC - Pantosaurus, which the children watched at the end of the previous lesson. Recap the correct names for the private parts of the body.

Questions

- **What is the song about?** (That your body belongs to you.)
- **What are the private parts of our bodies called?** (Penis for boys and vulva for girls.)
- **Who does your body belong to?** (You.)

Main event

Use the presentation on the link: NSPCC Pants Presentation (see the third subheading under 'Teaching resources') to explain the PANTS rule to the children. Look at each part of the rule to make sure it is clear to the children.

Once the children understand the PANTS rule, move on to discuss safe and unsafe touches. Remind the children what they have already learnt about appropriate and inappropriate physical contact. Talk about the touches we like such as cuddles and kisses from people we love and trust.

Explain that sometimes someone might have to touch them in a way they do not like but it might be for a good reason. For example, if they have fallen over and hurt their knee, someone will have to clean it up and put on a plaster. This can hurt but it is for the best. Talk about other examples. Explain what the adult touching us that might say, for example, "I know this might hurt but we need to get your knee clean".

Next, remind the children about secrets and surprises and ask if they can remember the difference. Explain that if anyone touches them or does something that they do not like and tells them to keep it a secret, that it might be unsafe for them to keep it a secret and they should tell someone they trust straight away. This applies to any part of their body but especially their private parts.

Remind the children that the whole of their body belongs to them and they can say 'no' or 'stop' if they don't want someone to touch them. Reiterate non-verbal hand gestures, such as a palm-up stop sign, and other body language, such as moving away, which will also reinforce this message.

Explain that they can also change their mind if they decide they do not like something anymore, for example, someone tickling or hugging them, and that it is important to communicate this clearly by saying 'stop'.

When someone says 'no' or 'stop' to them, emphasise that children must listen and act accordingly, stopping their behaviour. This is because that behaviour is upsetting the other person. Stopping when someone tells you to and listening to that person is part of showing respect to them.

Questions

- **What is a safe touch?** (A touch that helps us be happy or healthy, for example, hugging people we trust or a doctor tending to our injuries.)
- **What might be an unsafe touch?** (A touch that is uncomfortable or that we are asked to keep secret.)
- **What can we do if someone is touching us in a way we do not like?** (Tell them to stop, move away, tell an adult we trust.)

Wrapping up

Replay the video on link: NSPCC - Pantosaurus on VideoLink to reinforce the PANTS message. Stress again that if children are ever worried, they must talk to an adult they trust and keep on telling until an adult listens.

Question

- **What is the PANTS rule?** (Privates are private; always remember your body belongs to you; no means no; talk about secrets that upset you; speak up, someone can help.)

Vocabulary definitions

PANTS rule

The rule outlining that our bodies belong to us and nobody should touch it if we do not want to.

private parts

Private parts are parts of the body that we keep covered and nobody should touch them unless it is for health reasons.

report

Tell someone what is happening.

safe touch

A touch that we like and makes us happy or helps us be healthy.

unsafe touch

A touch that we do not like or make us feel upset and that we are told to keep a secret.

Assessing progress and understanding

Pupils with secure understanding indicated by: being able to explain the PANTS rule.

Pupils working at greater depth indicated by: explaining the difference between safe and unsafe touches.

Adaptive teaching**Pupils needing extra support**

Could form a small group to ensure they understand the PANTS rule.

Pupils working at greater depth

Could design posters to show the PANTS rule and explain why keeping private parts private is important; should describe how to cope when something inappropriate happens and how to report incidents at home and school.