The Underwear Rule

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.

Talking PANTS

P - Privates and Private
A - Always remember your body belongs to you
N - NO means NO
T - Talk about secrets that upset you
S - Speak up, someone can help

Reference: