THE PANTS RULE

NO. **GO.** **TELL.**

Printable Safety Flash Cards for Kids | 12 Cards



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A Note for Parents & Caregivers

What is the Pants Rule?

It is a simple way to teach young children that the parts of the body covered by underwear or a swimsuit are private, that their body belongs to them, and that they can always speak up and tell a trusted adult. The cards use three easy action words children can remember under stress: **No. Go. Tell.**

How to use these cards

- Print on letter-size cardstock, cut along the colored borders, and read one or two cards together each day.
- Practice saying **NO** in a big, strong voice. Practice makes the words easier to say when it matters.
- Use role-play: ask *"What would you do if...?"* and let your child answer in their own words.
- Fill in **Card 10 (My Trusted Adults)** together. Choose five adults, including at least one outside the home.

Talking tips

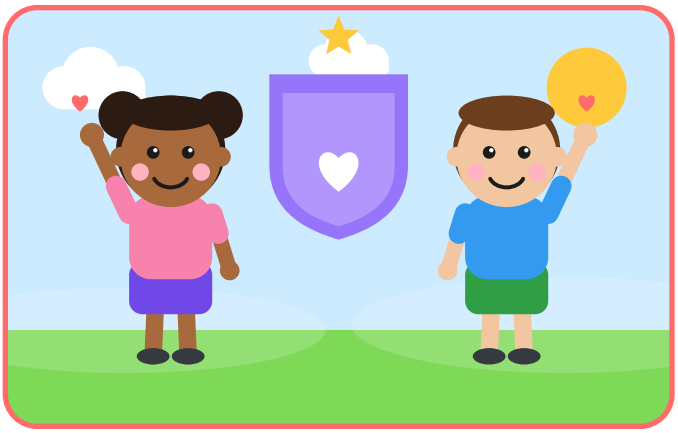
- Stay calm and keep your tone warm. Short, regular chats work better than one big talk.
- Use the correct names for body parts so your child can be clear if they ever need to tell you something.
- Explain that surprises (like presents) are fun, but secrets about touching are never okay.
- Remind your child often: **they will never be in trouble for telling.**

If your child tells you something worrying

- **Stay calm and listen.** Let your child talk at their own pace. Do not press for details.
- **Believe them** and say: "Thank you for telling me. It is not your fault. I am glad you told me."
- **Do not blame or promise secrecy.** Explain that you will keep them safe, which may mean telling people who can help.
- **Get help.** If a child is in immediate danger, call **911**. In the U.S., the Childhelp National Child Abuse Hotline (**1-800-422-4453**) offers free, confidential support to parents and caregivers, 24 hours a day.

These cards are an educational tool and are not a substitute for professional guidance. They are designed for children about 4 to 9 years old, with a trusted adult.

1 Meet the Pants Rule

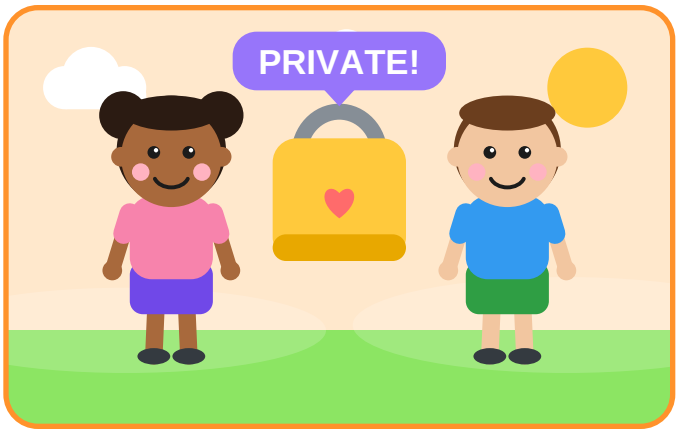


The Pants Rule helps keep your body safe!

Learn it. Say it. Use it.

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2 Private Means Private



The parts covered by your underwear or swimsuit are private.

They are just for you.

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3 My Body Is Mine



Your body belongs to YOU. You are the boss of it!

No one gets to change that.

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4 Safe Touches



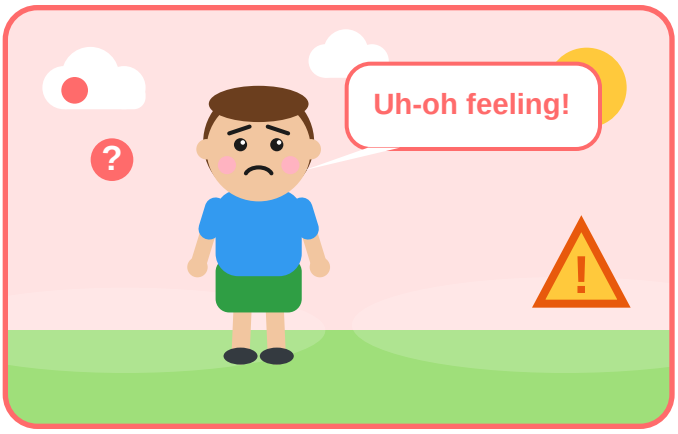
A safe touch feels good and okay, like a high-five.

You can always say no to a hug.

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Cut along the colored borders

5 Not-Okay Touches

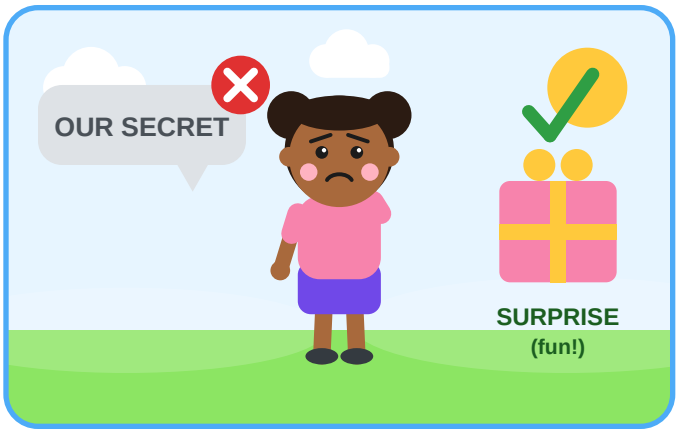


If a touch feels scary, yucky, or confusing, it is not okay.

Your feelings are a clue. Listen to them!

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6 Tricky Secrets



Presents and surprises are fun. A secret about touching is NOT okay.

Never keep that secret.

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7 Step 1: NO!

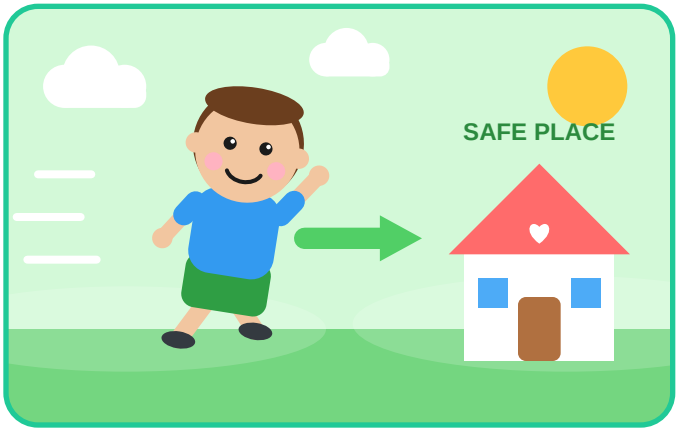


Say NO loudly. Use your big, strong voice!

You are allowed to say it, even to a grown-up.

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8 Step 2: GO!



GO away fast. Move to a safe place.

Look for a grown-up you trust.

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9 Step 3: TELL!

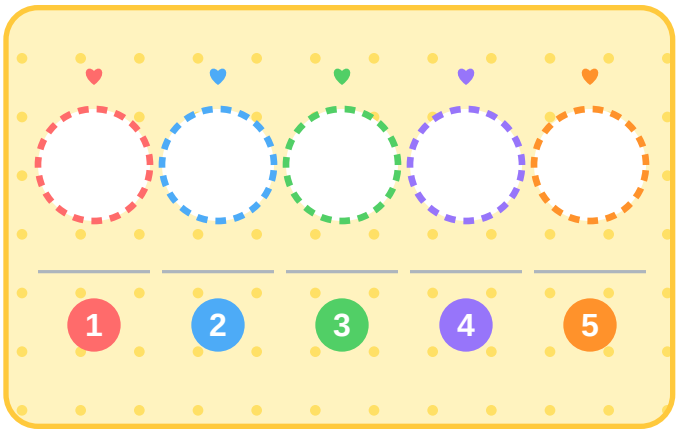


TELL a trusted adult right away.

Tell, even if you feel scared.

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10 My Trusted Adults

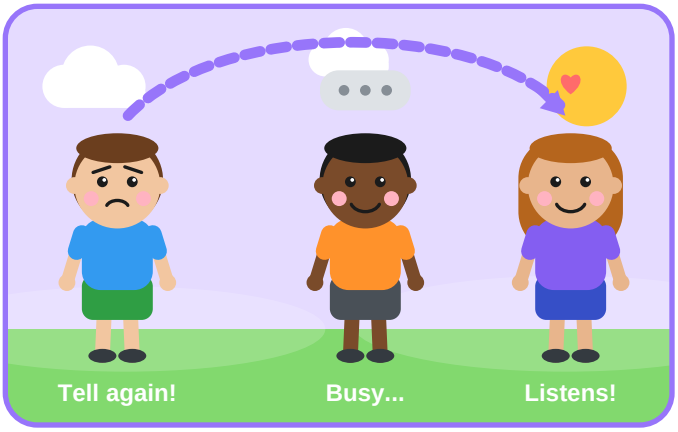


Who can I tell? Think of 5 grown-ups I trust.

Draw a face or write a name in each circle.

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11 Keep Telling!

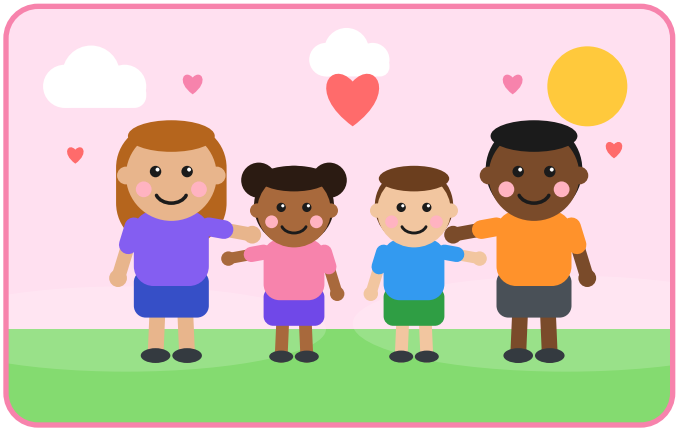


If one adult does not listen, tell another one.

Keep telling until someone helps.

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12 It Is Never Your Fault



You did nothing wrong. We will always listen and believe you.

We love you!

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Cut along the colored borders

SUPER KID CERTIFICATE

This certifies that

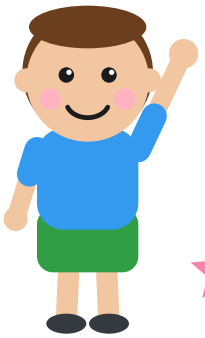
_____

knows the Pants Rule!

NO! **GO!** **TELL!**

My body is mine. I can say NO. I can GO. I can always TELL.





_____

Grown-up signature / Date

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