

The UNDIES rule



Undies cover your private parts.
Your private parts are private.



No one should ask to look, touch
or feel the private parts of your body.



Don't forget your body belongs to you
it's always ok to say, 'NO'.



If a secret makes you feel upset or
sad talk about it.



Everybody should learn about
the undies rule.



Speak up! Talk to your five heroes
if you ever feel scared, worried or upset.



How do you stay safe?