



C

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

N

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

D

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

I

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

E

Everybody should learn about
the undies rule.

S

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

Andy