

## 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.*

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# Talking PANTS

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**P**rivates and Private

**A**lways remember your body belongs to you

**N**O means NO

**T**alk about secrets that upset you

**S**peak up, someone can help