

Love.Life. activities

PANTS

This activity is part of Love.Life. – a set of films and supporting resources which help young people with learning disabilities explore topics such as emotions, relationships and identity. Find out more at nspcc.org.uk/lovelife

Learning objectives

Young people will be learning about:

- that private parts are private with Talk PANTS
- personal boundaries
- being able to say no and how that makes us feel.

The activities

Materials you will need:

- coloured pens and pencils
- printouts of the 'PANTS problems' and 'PANTS' worksheets available at nspcc.org.uk/lovelife

PANTS problems

After watching the film, explore the tricky situations included in the PANTS problems worksheet and see which rules are best suited to tackle each problem. You could cut them out and put them in a hat or bowl for people to pick out. See if people can answer or if the group can help them. This can begin discussions about who a safe person might be and what to do when you get warning feelings.

PANTS poster

Either as a whole group, or in small groups, cut out, colour and decorate the PANTS worksheet. Use them to make your own PANTS poster as a group explaining how to talk PANTS.

No means no

In pairs, choose one person to make requests. You could give examples like, 'Will you share your lunch with me please?' or 'Will you lend me a pound?' The other person finds ways to say no, clearly and firmly. After everyone has had a few goes, the pair swaps round and the other person practices saying no. Check in with everyone about how it felt. Did anyone find it tricky? Did anyone feel bad or mean for saying no? Finish by reminding that you can always say no.

More activities

There are more ideas in the lesson plan about talking PANTS available at:

nspcc.org.uk/pants-teaching

Many of the activities are adaptable to work with different groups.

Sources of support

Some of the topics discussed during the film and activities may have been difficult for some young people to deal with. It's important that before the end of the session, the young people are directed to where they could go to get further information and support. This may be relevant people in school such as the designated safeguarding lead or other professionals supporting the young person. Please also make sure that they are made aware of Childline, which can be contacted on **0800 1111** or at **childline.org.uk**