

The Underwear Rule

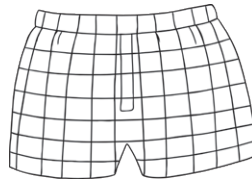
Read through the text with your partner and see if you can work out the missing words. Write them in the gaps and read it again to check it makes sense.

1. My body belongs to _____.
2. The parts of my body covered by underwear are _____.



3. If we do not want to be touched, we say _____.

4. We do not have to keep _____ that upset us.



5. We can tell a trusted _____ if we are worried.

6. I know that there are trusted adults at _____ that I can speak to.



school
private

me
no

secrets
adult

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



PSHE and Citizenship | KS1 | Health and Wellbeing |
Safety First | Safe Secrets and Surprises | Lesson 5

visit [twinkl.com](https://www.twinkl.com)



The Underwear Rule

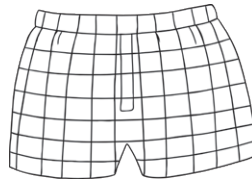
Read through the text with your partner and see if you can work out the missing words. Write them in the gaps and read it again to check it makes sense.

1. My body belongs to _____.
2. The parts of my body covered by underwear are _____.



3. If we do not want to be touched, we say _____.

4. We do not have to keep _____ that upset us.



5. We can tell a trusted _____ if we are worried.

6. I know that there are trusted adults at _____ that I can speak to.



school
private

me
no

secrets
adult

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



PSHE and Citizenship | KS1 | Health and Wellbeing |
Safety First | Safe Secrets and Surprises | Lesson 5

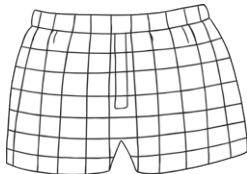
visit [twinkl.com](https://www.twinkl.com)



The Underwear Rule

Read through the text with your partner and see if you can work out the missing words. Write them in the gaps and read it again to check it makes sense.

1. My body belongs to _____.
2. The parts of my body covered by underwear are _____.
3. If we do not want to be touched, we say _____.
4. We do not have to keep _____ that upset us.
5. We can tell a trusted _____ if we are worried.
6. I know that there are trusted adults at _____ that I can speak to.

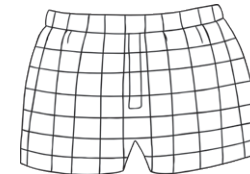


This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

The Underwear Rule

Read through the text with your partner and see if you can work out the missing words. Write them in the gaps and read it again to check it makes sense.

1. My body belongs to _____.
2. The parts of my body covered by underwear are _____.
3. If we do not want to be touched, we say _____.
4. We do not have to keep _____ that upset us.
5. We can tell a trusted _____ if we are worried.
6. I know that there are trusted adults at _____ that I can speak to.

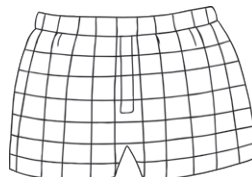


This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

The Underwear Rule **Answers**

Read through the text with your partner and see if you can work out the missing words. Write them in the gaps and read it again to check it makes sense.

1. My body belongs to **me**.
2. The parts of my body covered by underwear are **private**.
3. If we do not want to be touched, we say **no**.
4. We do not have to keep **secrets** that upset us.
5. We can tell a trusted **adult** if we are worried.
6. I know that there are trusted adults at **school** that I can speak to.



school
private

me
no

secrets
adult

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



PSHE and Citizenship | KS1 | Health and Wellbeing |
Safety First | Safe Secrets and Surprises | Lesson 5

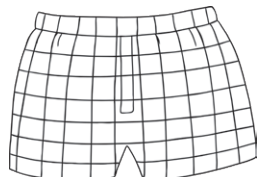
visit [twinkl.com](https://www.twinkl.com)



The Underwear Rule **Answers**

Read through the text with your partner and see if you can work out the missing words. Write them in the gaps and read it again to check it makes sense.

1. My body belongs to **me**.
2. The parts of my body covered by underwear are **private**.
3. If we do not want to be touched, we say **no**.
4. We do not have to keep **secrets** that upset us.
5. We can tell a trusted **adult** if we are worried.
6. I know that there are trusted adults at **school** that I can speak to.



school
private

me
no

secrets
adult

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



PSHE and Citizenship | KS1 | Health and Wellbeing |
Safety First | Safe Secrets and Surprises | Lesson 5

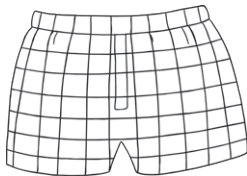
visit [twinkl.com](https://www.twinkl.com)



The Underwear Rule **Answers**

Read through the text with your partner and see if you can work out the missing words. Write them in the gaps and read it again to check it makes sense.

1. My body belongs to **me**.
2. The parts of my body covered by underwear are **private**.
3. If we do not want to be touched, we say **no**.
4. We do not have to keep **secrets** that upset us.
5. We can tell a trusted **adult** if we are worried.
6. I know that there are trusted adults at **school** that I can speak to.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



PSHE and Citizenship | KS1 | Health and Wellbeing |
Safety First | Safe Secrets and Surprises | Lesson 5

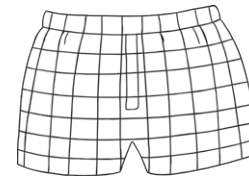
visit [twinkl.com](https://www.twinkl.com)



The Underwear Rule **Answers**

Read through the text with your partner and see if you can work out the missing words. Write them in the gaps and read it again to check it makes sense.

1. My body belongs to **me**.
2. The parts of my body covered by underwear are **private**.
3. If we do not want to be touched, we say **no**.
4. We do not have to keep **secrets** that upset us.
5. We can tell a trusted **adult** if we are worried.
6. I know that there are trusted adults at **school** that I can speak to.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



PSHE and Citizenship | KS1 | Health and Wellbeing |
Safety First | Safe Secrets and Surprises | Lesson 5

visit [twinkl.com](https://www.twinkl.com)

