



Talk PANTS Resources: Building confidence, ages 7-9

Resource 1: Different types of touch

Friendly or loving touch

Someone is hurt by being pushed/bitten/kicked/hit

Care touch

Someone sits or stands very close to another person.

Accidental touch

Someone grabs or touches another person's private parts such as their penis or vulva.

Personal space touch

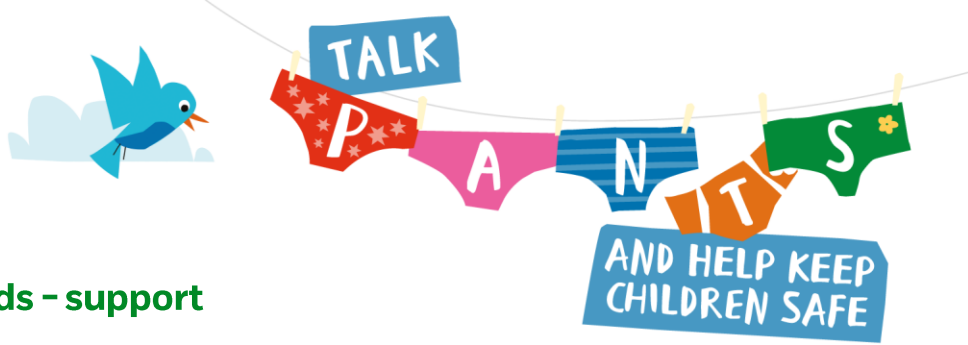
A child runs into another child when playing a game.

Hurtful touch

Someone changes a baby's nappy, or cleans a cut on a child's knee.

Inappropriate touch

A hug from a friend or safe adult.



Resource 2: Feelings cards - support

happy	comforted
loved	safe
shocked	angry
embarrassed	scared
confused	anxious
uncomfortable	sad
flattered	hurt



Resource 3: Character scenarios

Scenario 1:

Ali's friends are playing chase in the playground, he wants to play too but the game has become rough. Ali's friend Tia tells him he should stop worrying and join in, but Ali doesn't want to be pushed or bumped into.



Scenario 2:

There is a family party at Merve's house. Her aunt, who Merve has only met once and doesn't know very well, comes over to give her a hug and a kiss. Everyone else is hugging each other and Merve doesn't want to make a fuss.



Scenario 3:

Josie is playing a game on her tablet. Someone messages her on an app and asks her to play a game of ‘secret photos’ with them online. Josie isn’t sure what it means.



Scenario 4:

Dan is at his friend Ajay’s house for a sleepover. At bedtime, Ajay’s Dad comes into Dan’s room and touches Dan whilst he is getting changed. Ajay’s Dad tells him it’s OK and there is no need to tell anyone. The next morning Dan feels strange and has a sick feeling in his tummy.