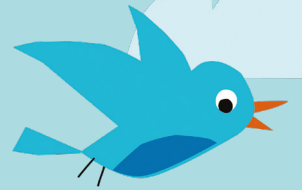


NSPCC



Signalong prompt cards

Printable prompt cards
using Signalong drawings
and signs to help keep
your child safe from abuse.



Developed in partnership with
Signalong the Communication Charity

This pack contains Signalong drawings and signs to help you Talk PANTS.

There are 35 symbols and signs across 12 pages which can be printed back to back and laminated to make prompt cards.

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Page 3–8 Drawings and signs for the PANTS rules

Page 9–10 Drawings and signs for emotions

Page 11–14 Additional Drawings and signs to support with talking PANTS



For more information about talking PANTS with Signalong visit [nspcc.org.uk/pantsguides](https://www.nspcc.org.uk/pantsguides)

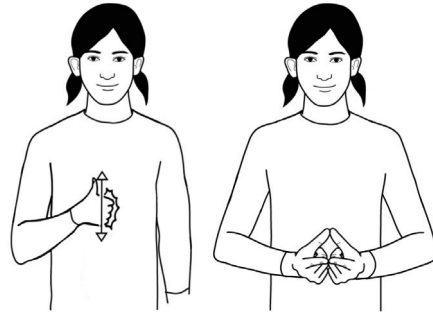
Signalong Prompt Cards

PANTS Rules

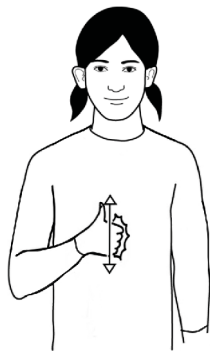
The following Signalong drawings and signs have been selected to use as a prompt. The drawing and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.



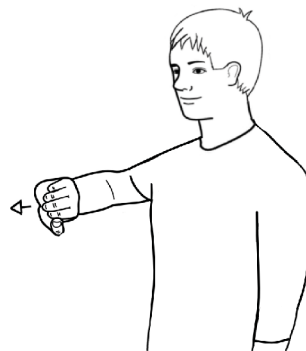
Pantosaurus



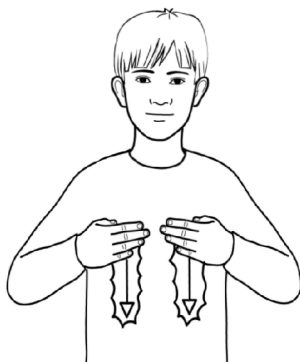
Private parts



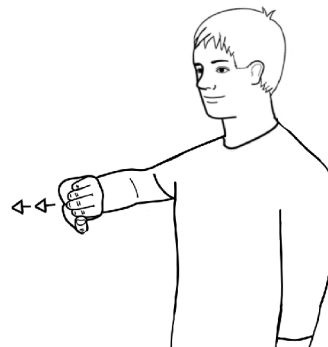
Private



Your (1)



Body



Yours (1)

Signalong Prompt Cards

PANTS Rules

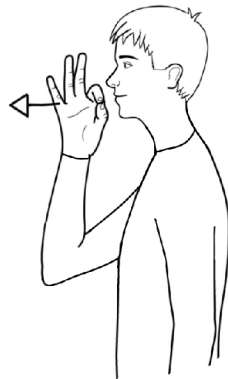
The following Signalong drawings and signs have been selected to use as a prompt. The drawing and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.

<p>Working thumb hand (palm back, pointing in) moves up and down against chest; then "L" hands (palms in/up, pointing in/down) with fingertips touching are held at waist level.</p>	<p>Make letter shape "P"; then clawed hands (palms forward, pointing up) held at shoulder height move sharply forwards.</p>
<p>Private parts</p>	<p>Pantosaurus</p>
<p>Working fist (palm forward, pointing in) moves towards person concerned. Directional sign.</p>	<p>Working thumb hand (palm back, pointing in) moves up and down against chest.</p>
<p>Your (1)</p>	<p>Private</p>
<p>Working fist (palm forward, pointing in) moves towards person concerned twice. Directional sign.</p>	<p>Flat hands (palms back, pointing in) brush down chest.</p>
<p>Yours (1)</p>	<p>Body</p>

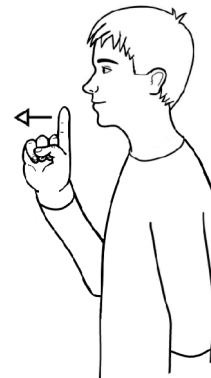
Signalong Prompt Cards

PANTS Rules

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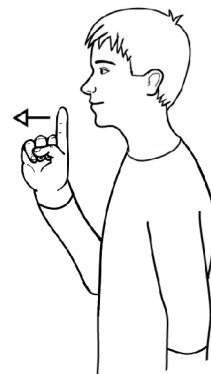
Okay



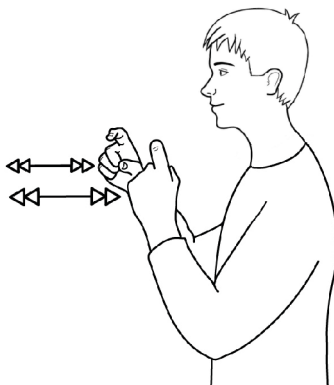
Say/ Tell (To Talk/ To Speak)



No



Talk about



**Communication/
To Communicate**



About

Signalong Prompt Cards

PANTS Rules

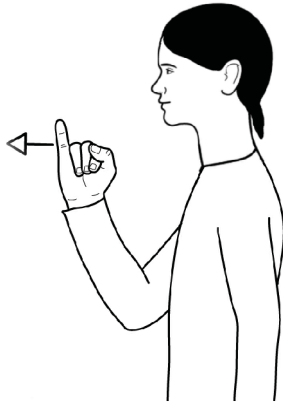
The following Signalong drawings and signs have been selected to use as a prompt. The drawing and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.

<p>Working index hand (palm in, pointing up) moves forwards from side of lips.</p>	<p>Working "O" hand (palm in, pointing up) moves forward.</p>
<p>Say/ Tell (To Talk/ To Speak)</p>	<p>Okay (1)</p>
<p>Working index hand (palm in, pointing up) moves forwards from lips. Repeat several times</p>	<p>Working flat hand (palm forward, pointing up) moves sharply to working side.</p>
<p>Talk about</p>	<p>No</p>
<p>Working open hand (palm down, pointing forward) waggles.</p>	<p>"C" hands (palms in, pointing up) move backwards and forwards alternately several times.</p>
<p>About</p>	<p>Communication/ To Communicate</p>

Signalong Prompt Cards

PANTS Rules

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Bad



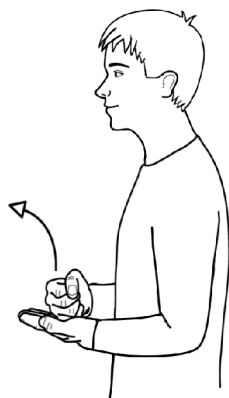
Secrets



Adult



Can/ To Be Able



To Help (1)

Signalong Prompt Cards

PANTS Rules

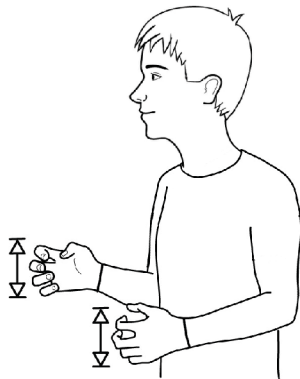
The following Signalong drawings and signs have been selected to use as a prompt. The drawing and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.

<p>Working flat hand (palm in, pointing up) touches bottom lip twice.</p> <p>Secrets</p>	<p>Working little finger hand (palm in, pointing up) held up, moves forwards slightly.</p> <p>Directional sign.</p> <p>Bad</p>
<p>Working "C" hand (palm back, pointing up) pulls away from face while index and thumb touch at fingertips.</p> <p>Can/ To Be Able</p>	<p>Flat hand (palm down, pointing forward) at head height flicks up once to finish palm forward, pointing up. Sign above head if child making the sign.</p> <p>Adult</p>
	<p>Blade of working fist rests on supporting palm; formation moves up/ forwards.</p> <p>"Help Me"; move formation up/back. Directional sign.</p> <p>To Help (1)</p>

Signalong Prompt Cards

Emotions

The following Signalong drawings and signs have been selected to use as a prompt. The drawing and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.



Angry



Frightened/ Scared



Happy/ Pleased



Sad/ Miserable



To Be Upset



Worried

Signalong Prompt Cards

Emotions

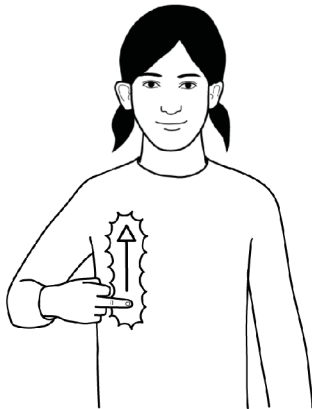
The following Signalong drawings and signs have been selected to use as a prompt. The drawing and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.

<p>Working clawed hand (palm back, pointing in/ up) quivers over heart. Shoulders hunch, body shrinks back.</p>	<p>Clawed hands (palms in, pointing forward) at waist height, move up and down alternately with emphasis.</p>
<p>Frightened/ Scared</p>	<p>Angry</p>
<p>Index hands (palms back, pointing in/up) at sides of lips make a short downward movement.</p>	<p>Working cupped hand strikes twice across supporting palm moving towards heel of hand.</p>
<p>Sad/ Miserable</p>	<p>Happy/ Pleased</p>
<p>Index hands (palms back, pointing up) at either side of forehead, make short alternate movements backwards and forwards.</p>	<p>Working bent hand (palm back, pointing in) fingertips against chest, twists to palm up while maintaining contact.</p>
<p>Worried</p>	<p>To Be Upset</p>

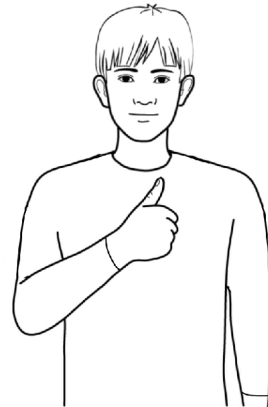
Signalong Prompt Cards

Additional support with talking PANTS

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To Feel (emotions)



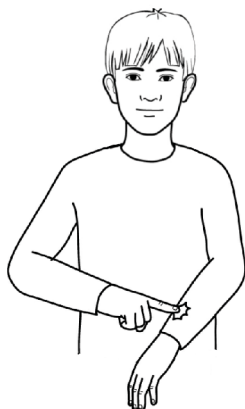
Good (1)



To Look



Safe/ Protect



To Touch/ To Feel



Yes

Signalong Prompt Cards

Additional support with talking PANTS

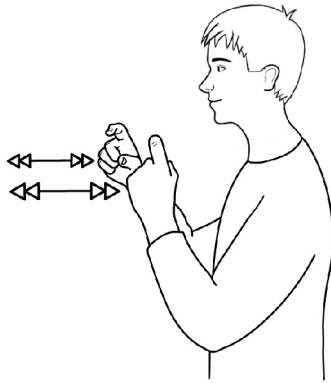
The following Signalong drawings and signs have been selected to use as a prompt. The drawing and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.

<p>Working open pinched hand holds supporting wrist.</p> <p>Good (1)</p>	<p>Working extended middle finger (palm back, pointing in) brushes up against side of chest.</p> <p>To Feel (emotions)</p>
<p>"V" hands (palms in/ back, pointing forward/ in) crossed at wrists with working hand on top; formation makes vertical circle to working side.</p> <p>Safe/ Protect</p>	<p>Working index (palm in, pointing up) moves from side of eye towards object.</p> <p>Directional sign.</p> <p>To Look</p>
<p>Working closed hand (palm forward, pointing up) by side of head, bends down and up in nodding action.</p> <p>Yes</p>	<p>Working index finger touches supporting forearm.</p> <p>To Touch/ To Feel</p>

Signalong Prompt Cards

Additional support with talking PANTS

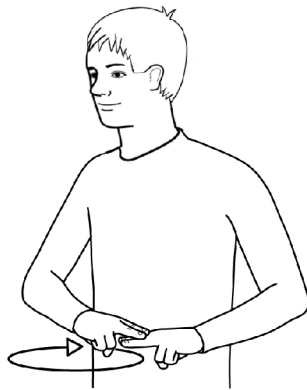
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**Communication/
To Communicate**



Doctor



Family



Nurse



Person



Trust

Signalong Prompt Cards

Additional support with talking PANTS

The following Signalong drawings and signs have been selected to use as a prompt. The drawing and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.

<p>Working open pinched hand holds supporting wrist.</p> <p>Doctor</p>	<p>"C" hands (palms in, pointing up) move backwards and forwards alternately several times.</p> <p>Communication/ To Communicate</p>
<p>Working thumb hand draws a cross on supporting upper arm.</p> <p>Nurse</p>	<p>Working "N" hand rests on supporting "N" hand (palms down, pointing forward/in); formation circles out to working side.</p> <p>Family</p>
<p>Working thumb hand (palm back, pointing in) makes small forwards circles at side of temple.</p> <p>Trust</p>	<p>Working "C" hand (palm forward, pointing out) moves down at side of body.</p> <p>Person</p>

NSPCC

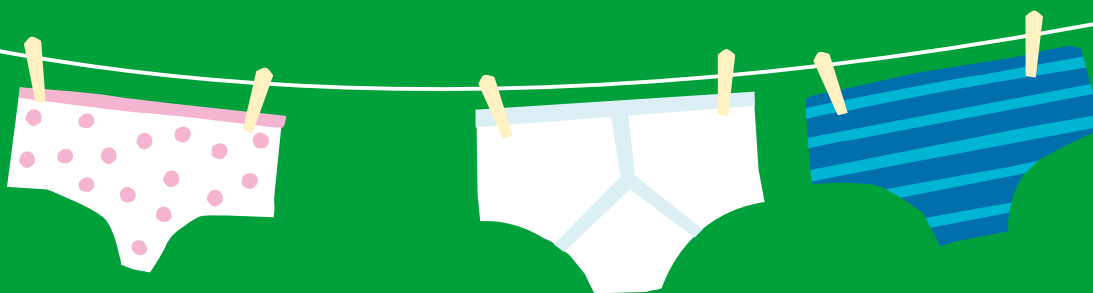
Together, we can stop child abuse and neglect – by working with people and communities to prevent it, transforming the online world to make it safer for children, and making sure every child has a place to turn for support when they need it.

We campaign for change. We work with schools to help children understand what abuse is and support them to speak out. Childline is here, whenever young people need us. And the NSPCC Helpline is ready to respond to adults with any worry about a child. We develop services in local communities to stop abuse before it starts and help children recover, so it doesn't shape their future.

And, above all, we work together – because everyone has a part to play in keeping children safe. Every pound you raise, every petition you sign, every minute of your time, will make a difference.

Together, we can change children's lives.

[nspcc.org.uk](https://www.nspcc.org.uk)



EVERY CHILDHOOD IS WORTH FIGHTING FOR