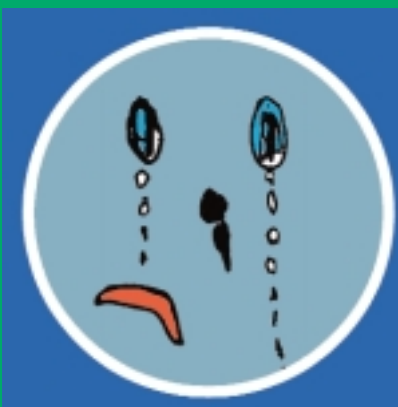
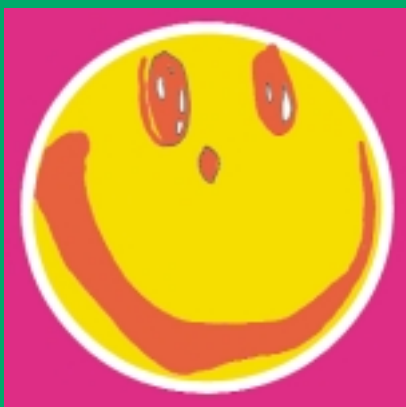




‘how it is’



An image vocabulary for children about:

feelings, rights and safety,  
personal care and sexuality

# **An image vocabulary for children about:**

## **feelings, rights and safety, personal care and sexuality**

### **Copyright**

The copyright of these materials is held jointly by Triangle and the NSPCC.

The images in this collection have been produced for the purpose of safeguarding and empowering children. We would like to see them widely used both in individual work and in the development of new materials.

All images may be freely used and adapted for use with individual children and young people and in the development of packs and materials for the purposes outlined above.

Packs that are to be distributed not for re-sale should include the following copyright statement:

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### Acknowledgements

This project could not have happened without the energy and commitment of a wide range of people. More than 100 disabled and non-disabled children and young people (ranging in age from 20 months to 20 years) have contributed to the project, as have many parents and professionals.

We would particularly like to thank:

- **the children who completed questionnaires at home:**

Amelia, Amy H, Amy J, Amy HG, Belma, Benedict, Benjamin, Billy, David, Ellie, Frazer, Grace, Hana, James, Jamie, Joel, Leah, Miere, Millie, Oscar, Phoebe, Ruby, Ruth, Sara, Subira, Tegan and Wandia.

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Omar Dadi, Harry Fairchild, Emily Field, Andrew Field, Scott Greenlaw, Louisa Makolski, Giles Martin, Lewis Pickering, David Sage, Victoria Sielger, James Thomas, Adam Walker, Jordan Weber and Holly Williams.

- **the 58 children in the different group settings involved at pilot and trial stages:**

Addington School, Alfred Sutton School, Crescent Under 5's Nursery, the ICAN Nursery and Carden Infants School, Little & Mini Digits at the Mackeith Centre, Tunmarsh Centre Nursery.

- **The Advisory Group:**

Kate Adams, Helen Cockerill, Merry Cross, Tom Cummiskey, Cate Detheridge, Tina Detheridge, Helen Edwards, Mike Kennard, Louisa Makolski, Ruth Marchant, Kay Meinertzhagen, David Miller, Claire Richardson, Nina Sethi, Margaret Walker, Holly Williams.

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We would like to thank the NSPCC for funding and supporting the project from its early beginnings through to its completion and to thank Widgit Software Ltd and Blackwell Publishing for giving us permission to use their images.

Ruth Marchant and Merry Cross, for Triangle  
April 2002

## **Introduction**

This image vocabulary was developed to support children to communicate about a range of important issues. It is designed to be used as a flexible, child-centered resource. These guidance notes introduce some key principles and ideas and help you find your way around the images.

## **Why the images were developed**

There are widely recognised gaps in existing symbol vocabularies. These gaps both reflect the social position of disabled children and contribute to their increased vulnerability to abuse. In Triangle we have worked with many children who have a wide symbol vocabulary but are missing some of the basics that we feel are essential, for example:

- Children who have more than 20 symbols for body parts but no symbol for bottom (or any other private body part).
- Children who can communicate about the national curriculum but cannot say 'leave me alone'.
- Children who have 15 different colours in their communication system but can't ask for a cuddle.

The vocabulary gap also means that adults working with disabled children face additional and unnecessary difficulties in respect of child protection. We know of experienced child protection investigators who resort to freehand drawing of new symbols for children when investigating concerns about possible abuse, which creates serious questions about the safety of the evidence.

These new images are designed:

- to support children to communicate about their feelings, their bodies, their rights and their basic needs
- to assist adults to work with children on these issues
- to enable children, when necessary, to communicate about abuse in evidentially safer ways
- to enable adults, when necessary, to investigate concerns about children's safety in more evidentially valid ways.

## **How the images were developed**

Children and young people from 20 months to 20 years were involved in a six-month project, working alongside a multi-disciplinary group of professionals and parents.

We put the vocabulary list together by looking at gaps in existing symbol systems, and drawing ideas from children's books, children's language, research literature and the knowledge of experienced practitioners. Twenty-four young children worked with their parents to build the vocabulary list and develop the images for some of the more sensitive areas.

An experienced symbol designer and members of the Triangle team then worked alongside children in various settings. This included disabled and

## Introduction

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non-disabled children and young people across a wide age range and from a variety of ethnic and cultural backgrounds. Some children were involved in the design stage, helping to think about images, and producing or commenting on initial drawings. Other children were involved in testing the images, they were asked to guess what different images might mean, and asked to draw or make suggestions for ways to represent the more challenging ideas.

## Who is this vocabulary for?

The images were designed primarily for children already using Augmentative and Alternative Communication Systems (AAC). We hope they may also be useful for other children.

Children with speech and hearing learn most of this vocabulary by the age of about seven (from their peers as well as from adults), though much of it is learnt earlier. For very young children, some of the personal care images (nappy, potty, wee, poo) or some of the feelings (hot, cold, cross, happy) may be most relevant.

The images allow children to be negative ('I hate you'), to assert themselves ('it's not fair', 'it's my turn') and to describe a range of touches (tickle, rub, squeeze, hug) including painful things that may have happened to them (hit, smack, kick). Much of this vocabulary has been previously unavailable to children using AAC.

## How to find images in the booklet

There are 383 images available in the set. They are divided into five sections:

- *Feelings*
- *Rights and safety*
- *General vocabulary*
- *Personal care*
- *Sexuality*

If you are searching for a specific image you can search in the Contents page under the relevant sections headings (as listed above) or in the index.

You will notice that some words have several images. This is because different images may be more or less meaningful for a particular child. You might like to offer different images to the child and see which they choose, or you may already have a clear idea which would suit them best. There are no absolute right or wrong meanings for any image.

Equally, you will see that some images have several words or phrases. This is to make it easier to find what you are looking for, and also to encourage you to use words familiar to each child, especially when first introducing the images.

The images are available to download from [www.nspcc.org.uk/inform/howitis](http://www.nspcc.org.uk/inform/howitis) and also at [www.howitis.org.uk](http://www.howitis.org.uk) and [www.triangle-services.co.uk](http://www.triangle-services.co.uk).

## **How should the images be used?**

For children already using AAC, these images can be included in their existing systems, adapted if necessary. They need to be taught and introduced in the same way as other new symbols or images.

For children not using AAC, we hope these images may be of value in:

- supporting the PSHE curriculum
- teaching about emotional literacy, rights and safety
- involving children in assessments, reviews and planning
- involving children in research processes
- ascertaining and representing children's wishes and feelings
- investigating concerns about children's welfare and safety
- working therapeutically with children in a range of contexts.

## **How should the images be introduced to children?**

If you are introducing new vocabulary to a child, it is essential that you know them well and are aware of the vocabulary they have already mastered as well as what they appear to understand but have no vocabulary for yet. Remember we all learn to recognise and understand vocabulary before we can use it ourselves, so it is quite likely that there is vocabulary in this set which your child is ready for.

Begin with teaching the simplest, most concrete ideas, not least to give the child encouragement. Make sure you give the child a chance to use the words in their own sentences before adding any more. It is vital they can USE the vocabulary, not just recognise it.

Children may need to be introduced to vocabulary in a context (that is within a few sentences or even a short story, or with physical examples) in order for them to grasp the context. Words like 'sting' and 'fluffy' might be examples. Also, some of the vocabulary represents quite complex ideas. Phrases like 'It's not fair' seem so common-place in the non-disabled world, that we can forget that there is much that needs to be understood in order to use them accurately.

If you are unsure about using any part of this vocabulary, we would encourage you to consult others: parents, speech and language therapists, teachers, whoever you trust most about communication.

Encouragement has been given to symbol producers to adapt these images to fit with their style. Rebus symbols for all these images have been developed in parallel and are included in the set. We are equally happy for anyone else to adapt them to suit a particular child's needs. For example, you might colour images in, or alter their size, or redraw them or combine different elements to make new images.

### **Please be aware that:**

- Children generally understand more than they can express.
- Children's ability to use a drawing as representative of themselves or others matures in line with other representation-of-self skills – ie usually emerges at around 3.5 to 4 years.
- Children often learn vocabulary through a process of play, in which they may be more interested for a while in the sound of the word, or things it rhymes with, or the fact that it is considered rude. Disabled children need this opportunity too, and should not be discouraged from learning in this way. We may need to remind ourselves that they do not have the advantage of 'naughty', giggly conversations, or practising 'rude' rhymes, out of the sight and hearing of adults.
- Non-disabled children make many mistakes with newly acquired words before being able to use them accurately. We tend to overlook this in the constant stream of their conversations, whereas mistakes are more obvious when a child must make a great effort and take a long time to produce a short sentence.
- In relation to the vocabulary about body parts and sexuality, it is particularly demanding of our wisdom to work out the boundary between appropriate experimentation and behaviour that should concern us. It is necessary to balance our sensitivities about sexual knowledge with the child's needs to have self-awareness and to be safe.
- Families differ across religious and cultural boundaries about what vocabulary is acceptable for children. The child's age, your gender and theirs, and other factors may also need to be taken into account.
- If you are not the child's parent, then there may be much you need to do before embarking on teaching some of the more sensitive vocabulary, and possibly some of the assertive vocabulary. This process may require you to talk to the child's parents or to community leaders.
- Within religions and cultures, families vary enormously as to how rigidly they interpret or adhere to norms. Some may require strict adherence by other family members, but may be willing to make allowances for a disabled child. Others may be generally more liberal or flexible about how they put their beliefs into practice.

Dialogue is vital, but our starting point is that every child has the right to learn to communicate about these ideas, not least to assist in keeping them safe.

### **Your feedback and comments**

We do not imagine that this is the final set of images. We would welcome your comments, suggestions and ideas.

Feedback through the website: [www.howitis.org.uk](http://www.howitis.org.uk)

**Ruth Marchant and Merry Cross, for Triangle April 2002**

## Guidance for explicit images

The images in this section (p62-65) may not be suitable for all children. We suggest you look through these before beginning to use them, and select with care for individual children and young people.

If you are using these images in child protection investigations, careful thought needs to be given to their introduction and towards ensuring questions are sufficiently open and offer alternatives. As part of the development process, we asked experienced interviewers about how young children and non-speaking children have communicated about abuse. We have included images for a range of words that children use when they don't know the 'right' word. For children being interviewed using AAC, it may be more appropriate to offer them non-specific images rather than explicit ones which could be perceived as leading or coaching the child. For example, although the image set includes 'erection' and 'ejaculation', for young children it may be more appropriate that they have access to the images for 'willy', 'hard' and 'squirt'. All are included in the set.

Reference must be made to the guidance outlined within *Achieving Best Evidence in Criminal Proceedings: Guidance for Vulnerable or Intimidated Witnesses, including Children* (Home Office, 2001). In particular we would draw your attention to Appendix G relating to disabled children. Care needs to be taken if images are to be introduced in the context of an investigation in order to avoid or minimise the possibility that they may lead or be considered to lead the child.



Page	Descriptive phrase
<b>Feelings p1-14</b>	
1	happy, cheerful, joyful
2	happy, cheerful, joyful
3	excited, very happy
3	content, comfortable, satisfied
3	comfortable, happy, content
3	confident, happy, proud
4	doesn't matter, lonely, left out
4	who cares, don't know, doesn't matter
4	so so, indifferent, all right
4	indifferent, don't care, so so
4	not fun, boring
4	not funny, boring
5	angry, cross, mad, furious
5	angry, cross, mad
6	angry, cross, mad
6	angry, cross, mad, fierce
6	hate, dislike, detest
6	irritated, mad, frazzled
6	frustrated, cross, angry, mad
7	sad, upset, unhappy, cry, miserable, hurt feelings, helpless, depressed
8	sad, upset, unhappy, cry, miserable, hurt feelings, helpless, depressed
8	cry, sad, upset, unhappy
8	sad, upset, unhappy, cry, lonely
8	sad, upset, cry, unhappy
8	sad, upset, unhappy, cry, miserable
9	hurt, sad, upset, hurt feelings
9	helpless, sad
9	depressed, sad
9	put down, pick on
9	picked on, put down, bully, mean, nasty, horrible
10	embarrassed, shy
10	ashamed, guilty, embarrassed
10	guilty, uncomfortable, ashamed
10	uncomfortable, worried
10	vulnerable, unsafe
10	in pain, sad, hurt, sore
11	shy, embarrassed
11	hurt, sad, upset, hurt feelings

## Contents

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11	mean, nasty, horrible, picked on, put down, bully
11	patronised
11	bitter, hostile, cross
11	jealous, envious
12	naughty, evil, wicked
12	naughty, cheeky
12	stupid, thick, dumb
12	silly, cheeky, pull faces
12	selfish
12	mean, nasty, horrible, bully, picked on, put down
13	confused, unsure, not sure, don't know, can't remember
13	scared, frightened, panic
13	shock, frightened, panic
13	panic, worried, scared
13	sick, poorly, ill, unwell
14	worry, panic, scared
14	tired, sleepy, exhausted, knackered
14	bored, boring, not fun

## Rights & Safety p15-46

15	no, stop, don't, not allowed
15	finished, stop, no more, never
15	get lost, go away, leave me alone
16	leave me alone, go away, get lost, get off
16	I don't feel like doing anything, sad, upset
16	get off, leave me alone, go away, get lost
17	wouldn't stop
17	I'll do it myself, me, independent
17	I'll do it myself, stop, don't
17	it's not fair, why
18	oh no, no, don't
18	ah no, oh no, no, stop, don't
18	lost, lonely, sad
19	I like being different, different, cool
19	odd one out, alone, different, lonely, left out
19	only one, me, alone, lonely, by myself
19	alone, lonely, by myself, I'm the only one
20	came up to, approach, come up to
20	run, run away, run off
20	away, walk away, go away
20	ran away, left alone
20	stay, sit still
21	make me
21	make you

21	my fault, I did it
21	your fault, you did it, I didn't do it
22	let me have a go, want, my turn
22	let me see, leave out
22	play, friends
22	my turn, my go, let me have ago
23	against the rules, foul, breaking the rules, trip, wrong, bad, naughty
23	against the rules, not allowed, shouldn't, wrong
23	rules, good, bad
23	rules, allowed, not allowed
23	always ask an adult, ask an adult
24	control, look after, restrain, hold
24	control, force, hold, restrain
24	control, force, hold down, sit on, restrain
25	important
25	must, make, force
25	force, make
25	don't be mean, tell off, important, must
25	allow, allowed, said it's ok
25	not allowed, no, stop
26	quiet, be quiet, secret, don't tell
26	don't tell, be quiet, secret
26	shut up, don't tell
26	tell
26	don't tell, secret
27	lie, fib
27	argue, shout at, argument, squabble, arguing
27	bully, physical abuse, abuse, threaten, pick on, put down, mean, nasty, horrible
28	pull faces, naughty
28	pull faces, naughty, stick out tongue, cheeky
28	stick out tongue, pull face
28	tongue, stick out tongue, pull face
29	stare, look at, see
29	itch, scratch
29	tickle, tickling, tickle me (not liked)
30	slap, smack, beat, whack
30	squeeze, hurt
31	hit, punch, thump, pain
31	hit, punch, thump, whack, pain
31	hit, punch, thump, whack, pain, hurt
31	hurt, pain, poke, pinch, kick, grab, squeeze

## Contents

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32	poke, hurt, pain
32	pinch, hurt, pain
32	kick, hurt, pain
33	grab, hurt, pain
33	hold, hug, cuddle
33	drag, pull
34	burn, set fire to, pain
34	burn, scald, hurt, pain
34	burn, scald, pain
34	pull hair, pain
34	push, shove
34	bite, bit, eat
35	sting, hurt, pain
35	ouch, that hurts, hurt, pain
36	accident, pain
36	pretend, brave face, hide feelings
36	secret, ssh
36	safe, protect, secure
37	hug, cuddle, hold, snug up to, love
37	hug, cuddle, hold, love
37	cuddle, hug, hold, comfort
37	hold hands, friends
37	kiss
38	gentle, nice, kind, love
38	look after, hold, cuddle, hug, comfort
38	proud, important
38	tickle, tickling, tickle me
39	fun, happy, laugh
39	funny, laugh, laugh at
39	laugh, funny, fun
39	laugh, giggle, funny
39	friend, pal, buddy, mate, best friend
40	cosy, comfortable, relaxed
40	comfortable, relax
40	sexy, flirty
40	in love, love
40	love
40	special
41	touch, good touch, bad touch, yukky touch
41	snatch, take, steal
41	pull, drag
41	pull
41	push

42	tear, rip
42	break, snap
42	rubbing
42	squirt, spit
42	grows bigger, bigger, get bigger
43	suck
43	spit
43	lick
44	big, large, bigger, larger
44	small, tiny
44	different, I am different, odd one out
44	shaking, scared
44	wobble, shake
44	wobble
45	fluffy, furry, hairy
45	hairy, fluffy
45	warm
45	cold, shiver, chilly, freezing
45	hot
46	beautiful, pretty, good looking
46	handsome, good looking
46	spotty
46	fat
46	smelly

### **General Vocabulary p47-54**

47	no, not, don't
47	not, no
47	wrong, against the rules
47	right
47	like, love
47	don't like, dislike
48	bad, naughty
48	bad
48	good
49	talk, speak
49	see, look, stare
49	hear, listen
49	think, imagine
49	clever, intelligent, brainy, smart
49	forget, don't remember
50	decide, pick
50	choice, pick
50	choose, pick
50	choice, pick, choose, decide

## Contents

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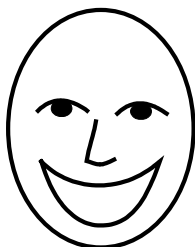
50	against, dislike
50	it, that
51	advocacy, rights, representation
51	advocate
51	self advocate
51	charter, rights, bill of rights
51	promise
52	overpower, force, bully
52	danger, beware
52	kill, murder
52	dead, death
53	feel, feelings
53	wish
53	want
54	help
54	think, imagine
54	treat, present, give
54	treat

### Personal Care p55-61

55	hungry, food
55	thirsty, drink
55	yummy, tastes good, nice
55	tube, pole
55	hole
55	places
56	glasses, specs
56	wheelchair
56	wash, clean, wipe
56	shower
56	bath
56	bed
57	man, male
57	woman, lady, female
57	boy, male
57	girl, female
57	I, me
57	me, I
58	child, younger kid, little
58	child, younger, kid
58	adult, grown-up, older, big
58	adult, grown-up, older
58	big kids, older kids
59	underwear, pants, knickers

59	tummy button, belly button, navel
59	hair, fluffy
59	underarm hair, fluffy
59	sweat, hot
59	smelly armpits
60	snot, bogey
60	burp, rude noises
60	wee, pee
61	bottom, bum, backside, butt
<b>Sexuality p62-65</b>	
62	breasts, boobs, tits, boobies
62	private parts, willy, vagina, dilly, foo foo, penis
63	penis, willy, privates
63	foreskin
63	testicles, balls
64	vagina, fanny, dilly, foo foo, front bottom, hole
64	vagina, fanny, dilly, foo foo
64	period, menstruation, bloody pants
65	erection, hard on, stiffy
65	semen, spunk, come, ejaculation
65	masturbate, play with yourself, fiddle

# Feelings



happy, cheerful, joyful



happy, cheerful, joyful



happy, cheerful, joyful



happy, cheerful, joyful



happy, cheerful, joyful



happy, cheerful, joyful



## Feelings



**happy, cheerful, joyful**



**happy, cheerful, joyful**



**happy, cheerful, joyful**



**happy, cheerful, joyful**

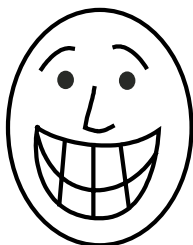


**happy, cheerful, joyful**



**happy, cheerful, joyful**

## Feelings



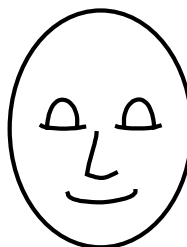
**excited, very happy**



**excited, very happy**



**excited, very happy**



**content, comfortable, satisfied**



**comfortable, happy, content**



**confident, happy, proud**

## Feelings



**doesn't matter, lonely, left out**



**who cares, don't know,  
doesn't matter**



**so so, indifferent, alright**



**indifferent, don't care, so so**



**not fun, boring**



**not funny, boring**

## Feelings



**angry, cross, mad, furious**



**angry, cross, mad**



**angry, cross, mad**



**angry, cross, mad**



**angry, cross, mad**



**angry, cross, mad**

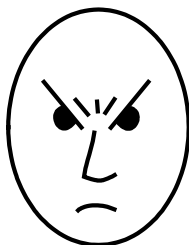
## Feelings



angry, cross, mad



angry, cross, mad, fierce



angry, cross, mad



hate, dislike, detest



irritated, mad, frazzled



frustrated, cross, angry, mad

# Feelings



**sad, upset, unhappy, cry,  
miserable, hurt feelings,  
helpless, depressed**



**sad, upset, unhappy, cry,  
miserable, hurt feelings,  
helpless, depressed**



**sad, upset, unhappy, cry,  
miserable, hurt feelings,  
helpless, depressed**



**sad, upset, unhappy, cry,  
miserable, hurt feelings,  
helpless, depressed**

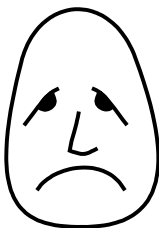


**sad, upset, unhappy, cry,  
miserable, hurt feelings,  
helpless, depressed**



**sad, upset, unhappy, cry,  
miserable, hurt feelings,  
helpless, depressed**

## Feelings



**sad, upset, unhappy, cry,  
miserable, hurt feelings,  
helpless, depressed**



**sad, upset, unhappy, cry,  
miserable, hurt feelings,  
helpless, depressed**



**cry, sad, upset, unhappy**



**sad, upset, unhappy, cry, lonely**

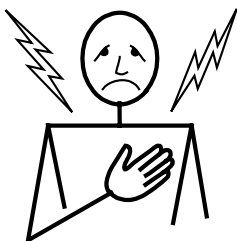


**sad, upset, cry, unhappy**



**sad, upset, unhappy, cry,  
miserable**

# Feelings



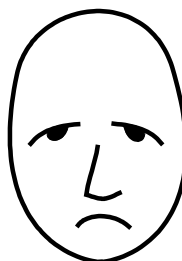
hurt, sad, upset, hurt feelings



helpless, sad



depressed, sad



depressed, sad



put down, pick on



picked on, put down, bully,  
mean, nasty, horrible



## Feelings



**embarrassed, shy**



**ashamed, guilty, embarrassed**



**guilty, uncomfortable ashamed**



**uncomfortable, worried**



**vulnerable, unsafe**



**in pain, sad, hurt, sore**

# Feelings



shy, embarrassed



hurt, sad, upset, hurt feelings



mean, nasty, horrible,  
picked on, put down, bully



patronised



bitter, hostile, cross

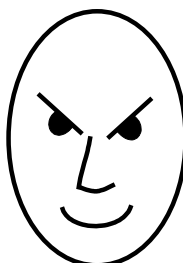


jealous, envious

## Feelings



naughty, evil, wicked



naughty, cheeky



stupid, thick, dumb



silly, cheeky, pull faces



selfish

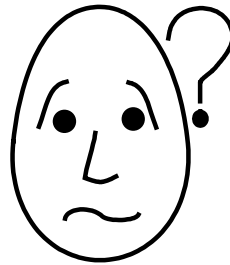


mean, nasty, horrible, bully,  
picked on, put down

## Feelings



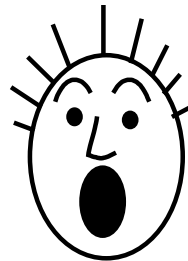
**confused, unsure, not sure,  
don't know, can't remember**



**confused, unsure, not sure,  
don't know, can't remember**



**scared, frightened, panic**



**shock, frightened, panic**

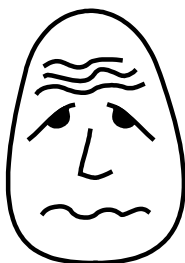


**panic, worried, scared**



**sick, poorly, ill, unwell**

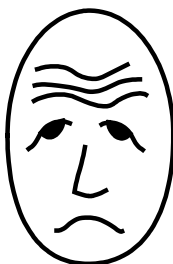
## Feelings



worry, panic, scared



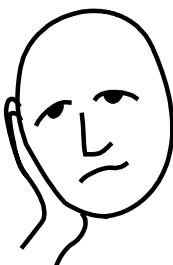
worry, panic, scared



tired, sleepy, exhausted,  
knackered



tired, sleepy, exhausted,  
knackered



bored, boring, not fun



bored, boring, not fun

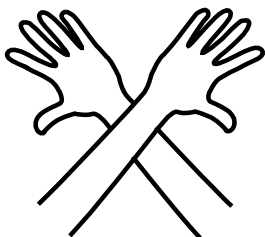
## Rights & Safety



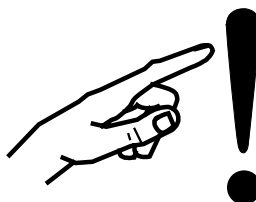
**no, stop, don't, not allowed**



**no, stop, don't, not allowed**



**finished, stop, no more, never**



**get lost, go away, leave me alone**



**get lost, go away, leave me alone**

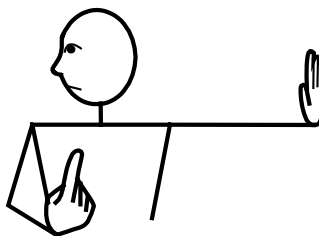


**go away, get lost, leave me alone**

## Rights & Safety



**leave me alone, go away,  
get lost, get off**



**leave me alone, go away,  
get lost, get off**



**leave me alone, go away,  
get lost, get off**



**leave me alone, go away,  
get lost, get off**



**I don't feel like doing anything,  
sad, upset**



**get off, leave me alone,  
go away, get lost**

## Rights & Safety



wouldn't stop



wouldn't stop



I'll do it myself, me,  
independent



I'll do it myself, stop, don't



it's not fair, why



it's not fair, why



## Rights & Safety



oh no, no, don't



oh no, no, don't



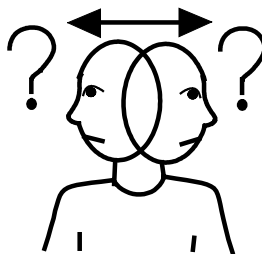
oh no, no, don't



oh no, no, don't



ah no, oh no, no, stop, don't

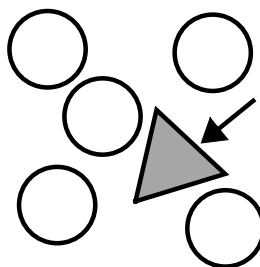


lost, lonely, sad

## Rights & Safety



**I like being different, different,  
cool**



**odd one out, alone, different,  
lonely, left out**



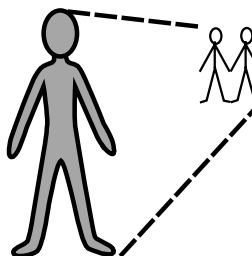
**odd one out, alone, different,  
lonely, left out**



**odd one out, alone, different,  
lonely, left out**



**only one, me, alone, lonely,  
by myself**

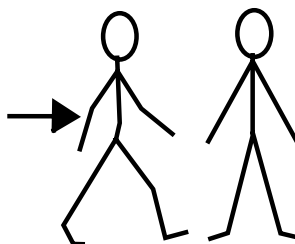


**alone, lonely, by myself,  
I'm the only one**

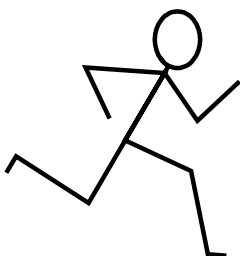
## Rights & Safety



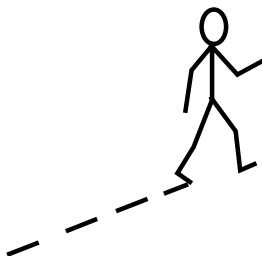
came up to, approach,  
come up to



came up to, approach,  
come up to



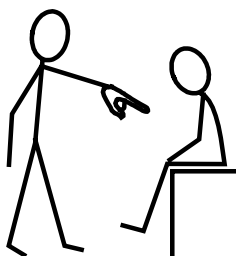
run, run away, run off



away, walk away, go away



ran away, left alone



stay, sit still

## Rights & Safety



**make me**



**make you**



**my fault, I did it**



**my fault, I did it**



**your fault, you did it,  
I didn't do it**



**your fault, you did it,  
I didn't do it**

## Rights & Safety



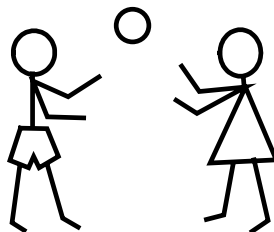
let me have a go, want, my turn



let me have a go, want, my turn



let me see, leave out



play, friends



my turn, my go,  
let me have a go



my turn, my go,  
let me have a go

# Rights & Safety



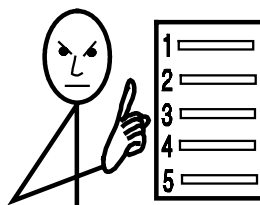
against the rules, foul,  
breaking the rules, trip,  
wrong, bad, naughty



against the rules, not allowed,  
shouldn't, wrong



against the rules, not allowed,  
shouldn't, wrong



rules, good, bad



rules, allowed, not allowed



always ask an adult,  
ask an adult

## Rights & Safety



**control, look after, restrain, hold**



**control, look after, restrain, hold**



**control, force, hold, restrain**



**control, force, hold, restrain**

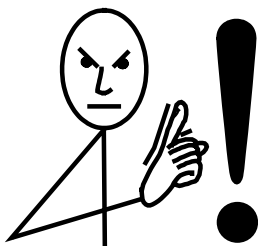


**control, force, hold down, sit on, restrain**

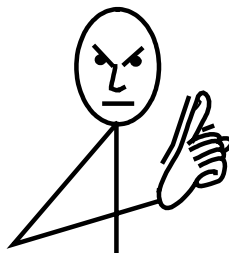


**control, force, hold down, sit on, restrain**

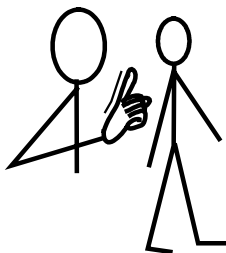
## Rights & Safety



important



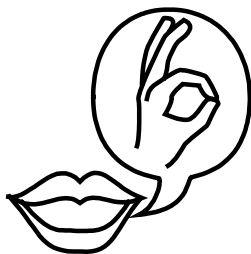
must, make, force



force, make



don't be mean, tell off,  
important, must



allow, allowed, said it's ok



not allowed, no, stop



## Rights & Safety



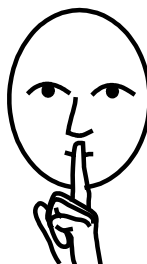
quiet, be quiet, secret, don't tell



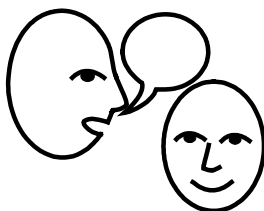
don't tell, be quiet, secret



shut up , don't tell



quiet, be quiet, secret, don't tell

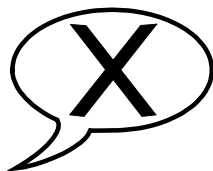


tell



don't tell, secret

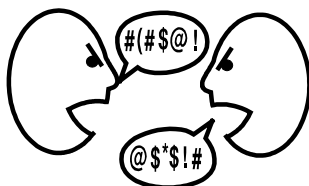
## Rights & Safety



lie, fib



lie, fib



argue, shout at, argument,  
squabble, arguing



argue, shout at, argument,  
squabble, arguing



bully, physical abuse, abuse,  
threaten, pick on, put down,  
mean, nasty, horrible



bully, physical abuse, abuse,  
threaten, pick on, put down,  
mean, nasty, horrible

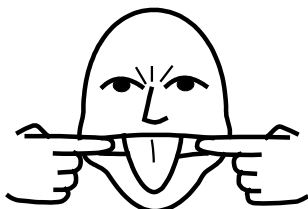
## Rights & Safety



**pull faces, naughty**



**pull faces, naughty, stick out  
tongue, cheeky**



**pull faces, naughty, stick out  
tongue, cheeky**

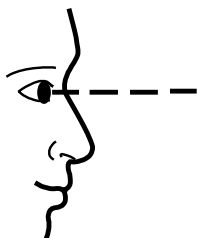


**stick out tongue, pull face**



**tongue, stick out tongue,  
pull face**

## Rights & Safety



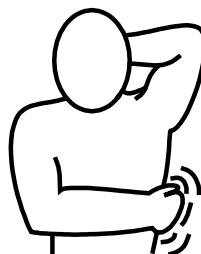
stare, look at, see



stare, look at, see



stare, look at, see



itch, scratch



tickle, tickling, tickle me  
(not liked)

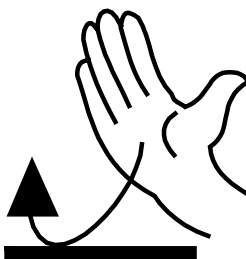


tickle, tickling, tickle me  
(not liked)

## Rights & Safety



**slap, smack, beat, whack**



**slap, smack, beat, whack**



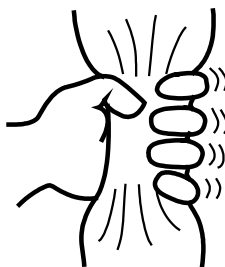
**slap, smack, beat, whack**



**slap, smack, beat, whack**



**slap, smack, beat, whack**



**squeeze, hurt**

## Rights & Safety



hit, punch, thump, pain



hit, punch, thump, whack, pain



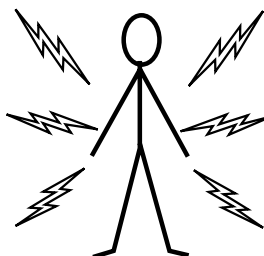
hit, punch, thump, pain



hit, punch, thump, pain

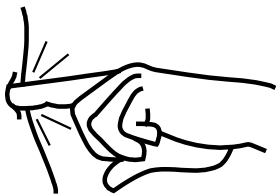


hit, punch, thump, pain, hurt

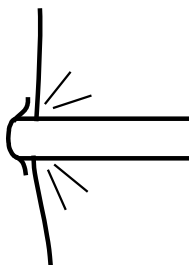


hurt, pain, poke, pinch, kick  
grab, squeeze

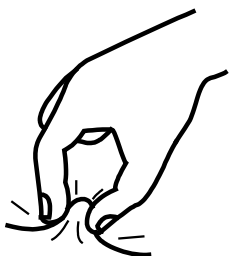
## Rights & Safety



poke, hurt, pain



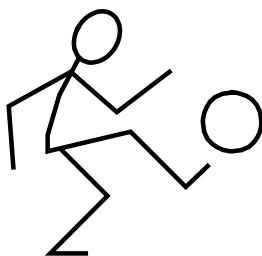
poke, hurt, pain



pinch, hurt, pain



pinch, hurt, pain

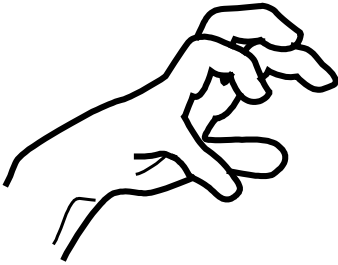


kick, hurt, pain



kick, hurt, pain

## Rights & Safety



grab, hurt, pain



grab, hurt, pain



grab, hurt, pain



hold, hug, cuddle



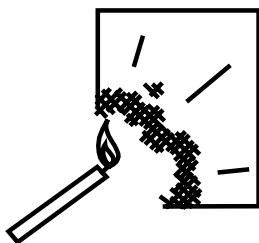
drag, pull



drag, pull



## Rights & Safety



burn, set fire to, pain



burn, scald, hurt, pain



burn, scald, pain



pull hair, pain

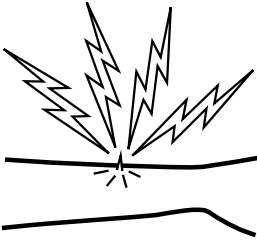


push, shove



bite, bit, eat

## Rights & Safety



sting, hurt, pain



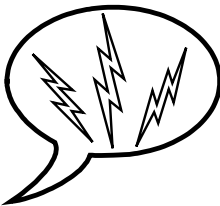
sting, hurt, pain



sting, hurt, pain



sting, hurt, pain



ouch, that hurts, hurt, pain



ouch, that hurts, hurt, pain

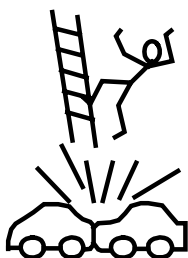
## Rights & Safety



accident, pain



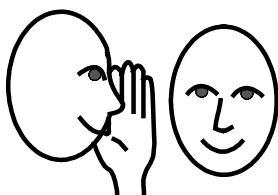
accident, pain



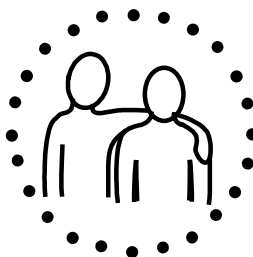
accident, pain



pretend, brave face, hide feelings



secret, ssh



safe, protect, secure

## Rights & Safety



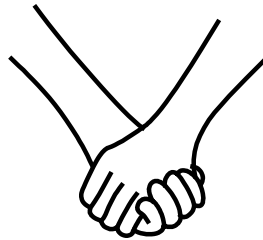
**hug, cuddle, hold,  
snuggle up to, love**



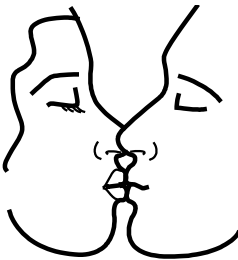
**hug, cuddle, hold, love**



**cuddle, hug, hold, comfort**



**hold hands, friends**



**kiss**



**kiss**

## Rights & Safety



gentle, nice, kind, love



look after, hold, cuddle, hug, comfort



proud, important



tickle, tickling, tickle me



tickle, tickling, tickle me



tickle, tickling, tickle me

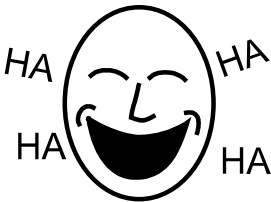
## Rights & Safety



fun, happy, laugh



funny, laugh, laugh at



laugh, funny, fun



laugh, giggle, funny



laugh, giggle, funny

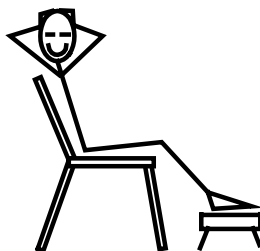


friend, pal, buddy, mate,  
best friend

## Rights & Safety



cosy, comfortable, relaxed



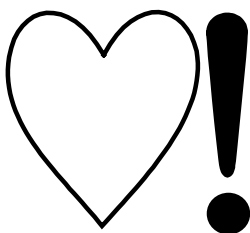
comfortable, relax



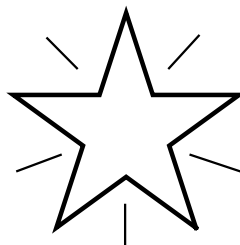
sexy, flirty



in love, love

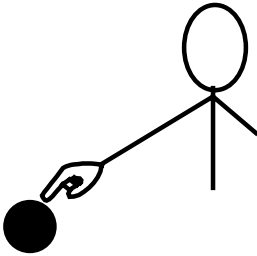


love

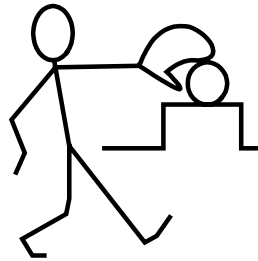


special

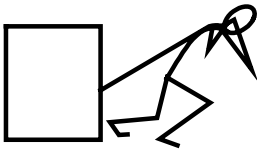
## Rights & Safety



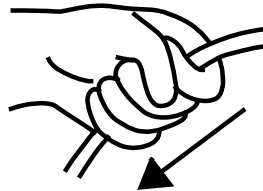
touch, good touch, bad touch,  
yukky touch



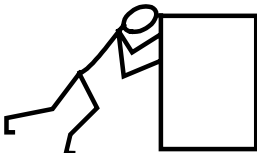
snatch, take, steal



pull, drag



pull



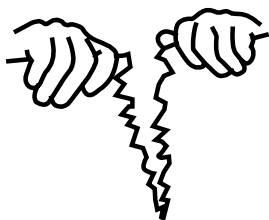
push



push



## Rights & Safety



tear, rip



tear, rip



break, snap



rubbing



squirt, spit



grows bigger, bigger, get bigger

## Rights & Safety



suck



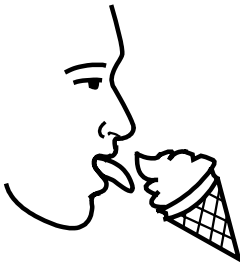
suck



suck



spit

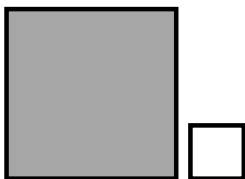


lick

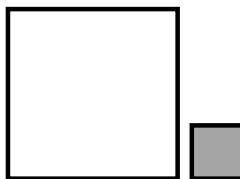


lick

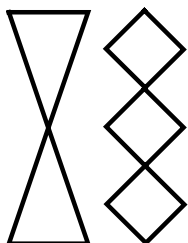
## Rights & Safety



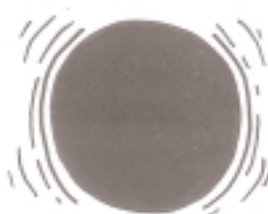
**big, large, bigger, larger**



**small, tiny**



**different, I am different,  
odd one out**



**shaking, scared**

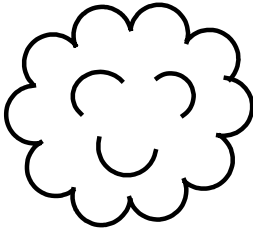


**wobble, shake**



**wobble**

## Rights & Safety



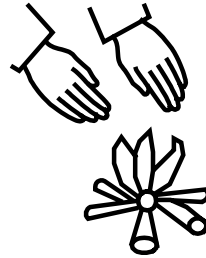
fluffy, furry, hairy



fluffy, furry, hairy



hairy, fluffy



warm



cold, shiver, chilly, freezing



hot

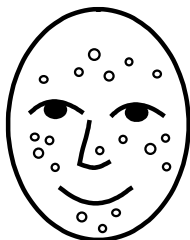
## Rights & Safety



beautiful, pretty, good looking



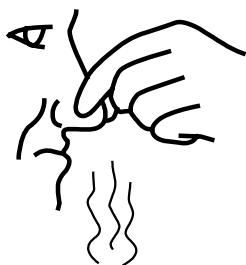
handsome, good looking



spotty

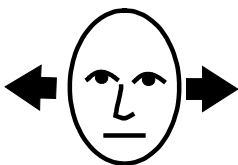


fat



smelly

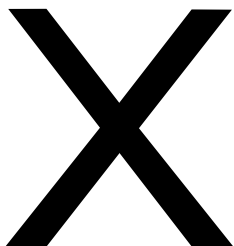
## General Vocabulary



no, not, don't



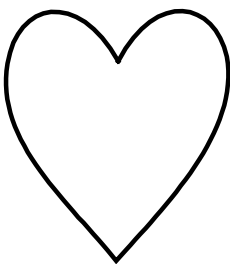
not, no



wrong, against the rules



right

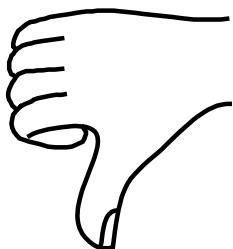


like, love



don't like, dislike

## General Vocabulary



**bad, naughty**



**bad, naughty**



**bad, naughty**



**bad**

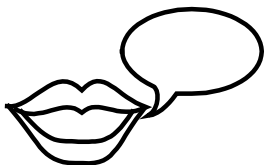


**good**



**good**

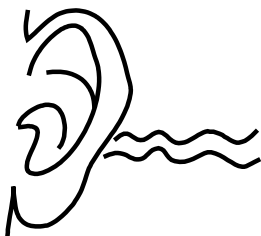
## General Vocabulary



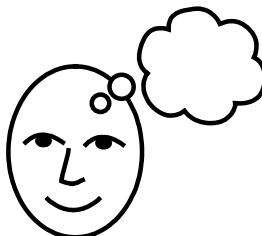
talk, speak



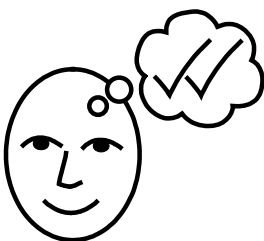
see, look, stare



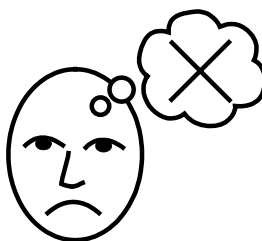
hear, listen



think, imagine



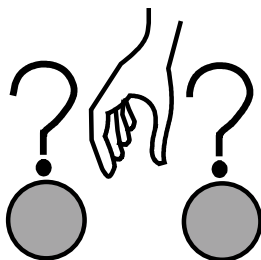
clever, intelligent, brainy, smart



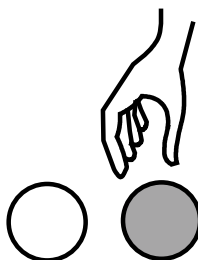
forget, don't remember



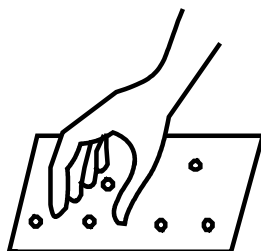
## General Vocabulary



decide, pick



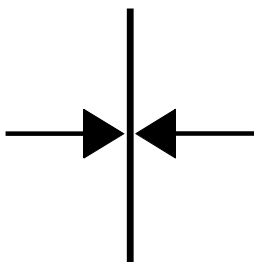
choice, pick



choose, pick



choice, pick, choose, decide

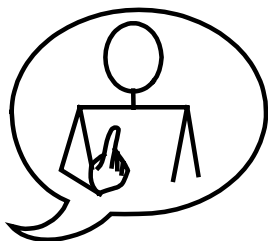


against, dislike

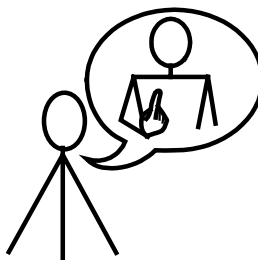


it, that

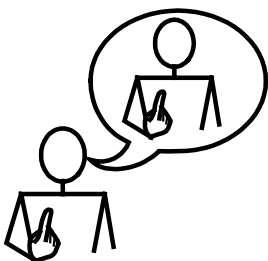
## General Vocabulary



advocacy, rights, representation



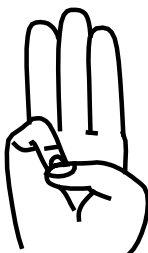
advocate



self advocate



charter, rights, bill of rights

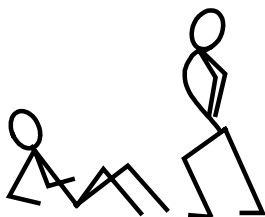


promise



promise

## General Vocabulary



overpower, force, bully



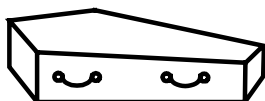
danger, beware



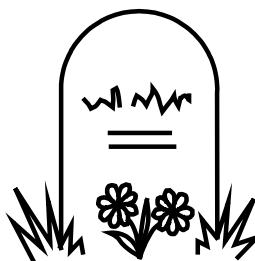
kill, murder



kill, murder

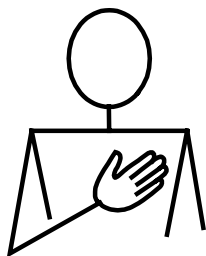


dead, death



dead, death

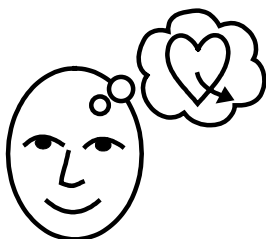
## General Vocabulary



feel, feelings



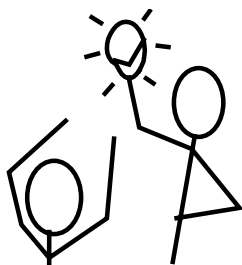
feel, feelings



wish



wish

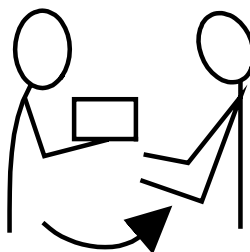


want

## General Vocabulary



help



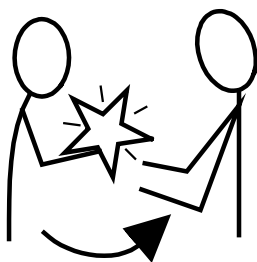
think, imagine



treat, present, give

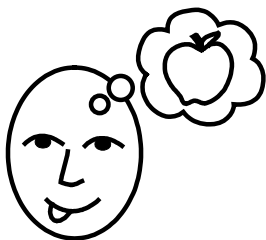


treat, present, give

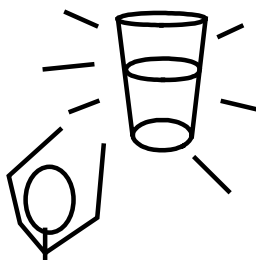


treat

## Personal care



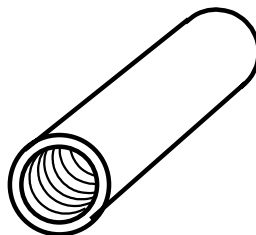
**hungry, food**



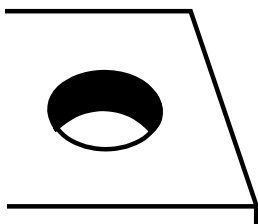
**thirsty, drink**



**yummy, tastes good, nice**



**tube, pole**



**hole**

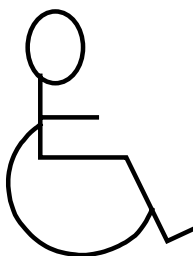


**places**

## Personal care



glasses, specs`



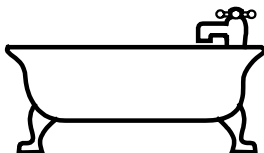
wheelchair



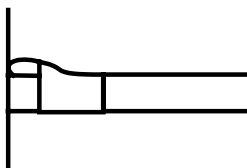
wash, clean, wipe



shower



bath



bed

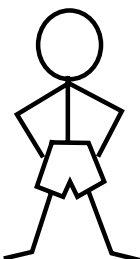
## Personal care



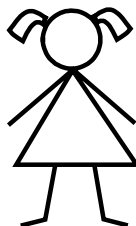
man, male



woman, lady, female



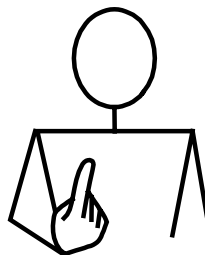
boy, male



girl, female



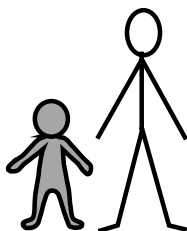
I, me



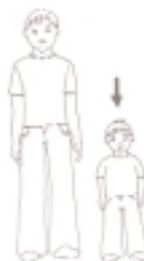
me, I



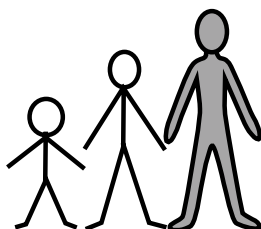
## Personal care



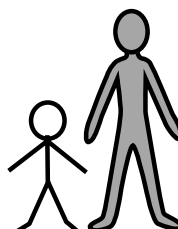
**child, younger kid, little**



**child, younger, kid**



**adult, grown-up, older, big**



**adult, grown-up, older**

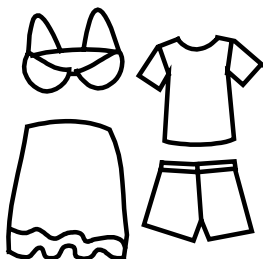


**adult, grown-up, older**



**big kids, older kids**

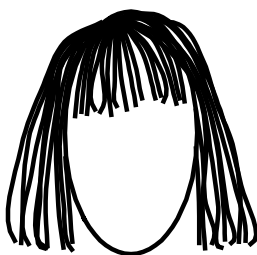
## Personal care



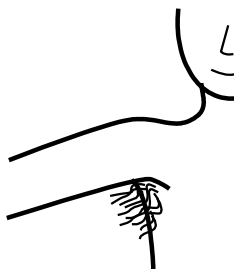
underwear, pants, knickers



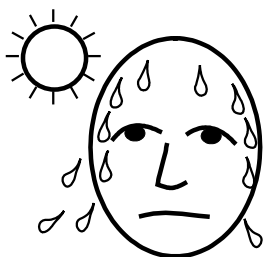
tummy button, belly button,  
navel



hair, fluffy



underarm hair, fluffy



sweat, hot



smelly armpits

## Personal care



**snot, bogey**



**snot, bogey**



**burp, rude noises**



**wee, pee**



**wee, pee**

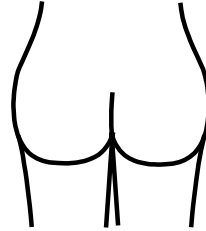


**wee, pee**

## Personal care



**bottom, bum, backside, butt**



**bottom, bum, backside, butt**



**bottom, bum, backside, butt**



**bottom, bum, backside, butt**



**bottom, bum, backside, butt**

## Sexuality \*please see guidance on the use of explicit images



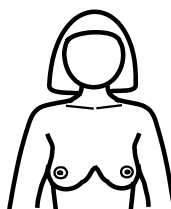
breasts, boobs, tits, boobies



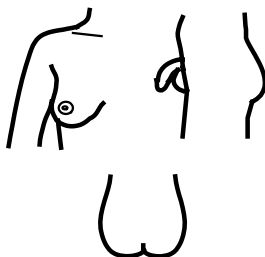
breasts, boobs, tits, boobies



breasts, boobs, tits, boobies



breasts, boobs, tits, boobies



private parts, willy, vagina, dilly,  
foo foo, penis

# Sexuality

\*please see guidance on the use of explicit images



penis, willy, privates



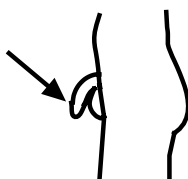
penis, willy, privates



penis, willy, privates



penis, willy, privates

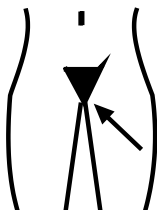


foreskin



testicles, balls

## Sexuality \*please see guidance on the use of explicit images



vagina, fanny, dilly, foo foo, front  
bottom, hole



vagina, fanny, dilly, foo foo



vagina, fanny, dilly, foo foo



vagina, fanny, dilly, foo foo



period, menstruation,  
bloody pants



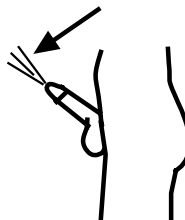
period, menstruation,  
bloody pants

# Sexuality

\*please see guidance on the use of explicit images



**erection, hard on, stiffy**



**semen, spunk, come, ejaculation**



**masturbate, play with yourself,  
fiddle**



**masturbate, play with yourself,  
fiddle**



**masturbate, play with yourself,  
fiddle**



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The **National Society for the Prevention of Cruelty to Children** (NSPCC) is the UK's leading charity specialising in child protection and the prevention of cruelty to children.

The NSPCC's mission is to end cruelty to children. The NSPCC FULL STOP Campaign is dedicated to ending cruelty to children, in partnership with individuals, organisations and government.

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Director and Chief Executive: Mary Marsh

**Triangle** is an independent organisation providing training and consultancy throughout the UK, and outreach support to children in Sussex. Everything we do relates to disabled children and young people.

Most of our work is around inclusion, children's rights, child protection and communication. Triangle is advised by a group of disabled children and young people.

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Website: [www.howitis.org.uk](http://www.howitis.org.uk)

This image vocabulary was developed to help children to communicate about their feelings, their bodies, their rights and their basic needs. More than 100 children and young people contributed by drawing or commenting on images. On the front cover are drawings by a four-year-old of happy and sad emotions. The image below is by a five-year-old.



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