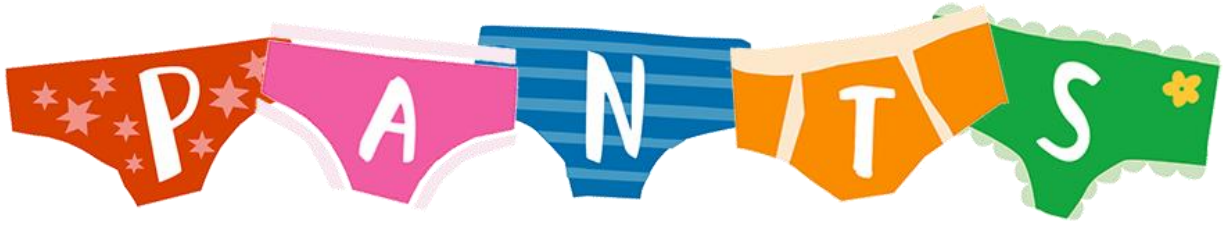


Talk PANTS



Tips and advice to help keep your children safe

From a very early age, we need to teach our children about how to stay safe in an age appropriate way. At school, we are equipping children with the tools they need to keep them safe, including talking about CONSENT.

From Nursery, staff talk PANTS with the children. Talk PANTS helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.

The PANTS Rules:

- **Privates are private**
 - Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family member might have to. But they should always explain why, and ask you if it is OK first
- **Always remember your body belongs to you**
 - Your body belongs to you. No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see, or tries to touch you, underneath your underwear, say 'NO' – and tell someone you trust and like to speak to
- **No means no**
 - No means no and you always have the right to say 'no' – even to a family member or someone you love. You are in control of your body and the most important thing is how YOU feel. If you want to say 'no', it is your choice
- **Talk about secrets that upset you**
 - There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should tell an adult you trust about a bad secret straight away
- **Speak up, someone can help**

- Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened, you should talk to an adult you trust. This does not have to be a family member. It can be a teacher or a friend's parent – or even Childline.



When is the right time to talk PANTS?

- Bath time – applying cream or when getting your child dressed
- Car journeys
- Swimming – and saying that what is covered by swimwear is private
- TV shows that feature a sensitive storyline
- Singing along to the [NSPCC PANTS song](#) with Pantosaurus
- Reading the PANTS storybook together

Apparently, you can also ask Alexa to help your child with learning about PANTS by saying 'Alexa ask NSPCC to play the PANTS song'; 'Alexa ask NSPCC to start the PANTS game' – an interactive game that helps children learn the PANTS rules and stay safe.

PANTS guides and resources

Get the pants guides and resources that are right for you: Makaton, PANTS for deaf children, PANTS for a parent with a learning disability, PANTS in other languages by [clicking here](#).

Support from the NSPCC Helpline

If you're worried about a child, we're here to provide support and advice to help you. Whatever your concern, you can call the NSPCC Helpline on **0808 800 5000** Monday to Friday 8am – 10pm or 9am – 6pm at the weekends, or email us at any time at help@nspcc.org.uk.



Working together to keep our children safe and happy.