

# Safeguarding

NSPCC's Pantosaurus has helped 1.5 million parents Talk PANTS and keep their children safe. Developed in consultation with children, parents, carers and teachers, Talk PANTS is here to help children understand their body belongs to them, and they should tell a safe adult if anything makes them feel upset or worried.

Talk PANTS is here to help children understand that they have a right to say no and if they need to speak out about something, someone will listen. We know that a simple conversation can make a BIG difference, and that's what Talk PANTS is all about.



Parents and carers can sign up to receive helpful tips and advice via email: Sign up [here](#).

## What are the PANTS rules?

- ❖ Privates are private
- ❖ Always remember your body belongs to you
- ❖ No means no
- ❖ Talk about secrets that upset you
- ❖ Speak up, someone can help

## When's right time to talk PANTS?

Every family is different, and when and where you have these conversations may depend on your child's age, or how grown up they are - it's all about whatever feels natural for you and them.

- ❖ After school if there's been a lesson that day about personal relationships or PSHE
- ❖ Bathtime to talk about body parts and what's to be kept private
- ❖ Car journeys are a great time to have a chat or ask your child if they have any questions
- ❖ Reading the NSPCC's PANTS storybook together
- ❖ Singing the NSPCC's PANTS song with Pantosaurus
- ❖ Swimming is a great time to talk about what's covered by swimwear
- ❖ Walking to/from school when you both feel at ease and relaxed
- ❖ Watching TV if the programme features a sensitive storyline – encourage your child to talk about anything that upsets them

**Watch the Pantosaurus video & access more resources here:**

[Let's talk PANTS | NSPCC](#)

**Together we can!**