

Introduction

With the help of the friendly dinosaur, Pantosaurus, the NSPCC website provides lots of advice and resources to teach your child how to stay safe from abuse in a simple way.

You've probably already talked to your child about things like crossing the road safely. Talking to them about staying safe from sexual abuse can be just as easy with the NSPCC activity packs. With fun tasks, word searches, games and stickers from the NSPCC, you can help them learn without using any scary words.

At Holy Cross Catholic Primary School, we also use some of the resources within lessons to help support the children's understanding of these concepts in an age appropriate way.

Finding the Right Time to

Talk

Talking PANTS is as simple as teaching your child how to cross the road. You know your child better than anyone. And you'll know when they're ready and how much detail to go into. Some parents found these moments helped them start the conversation:

- bath time, applying cream or when getting your child dressed
- car journeys
- going swimming and saying that what's covered by swimwear is private
- during a TV show that features a sensitive storyline
- singing along to the NSPCC's PANTS song with Pantosaurus.

PANTS (The Underwear Rule) – Learn about what each letter of PANTS stands for:



Pants 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 members might have to. They should always explain why and ask you if it's 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're in control of your body and the most important thing is how YOU feel. If you want to say 'NO', it's 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 things that make you worried or upset. If you ever feel sad, anxious or frightened, you should talk to an adult you can trust. This doesn't have to be a family member. It can also be a teacher or a friend's parent, or even Childline.

For further information, tips and advice and commonly answered questions from parents and children, see the following website: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

God, Help me to know that you are always with me.

You love me and protect me.

Keep me and those I love safe and in your peace. Amen.

