



NSPCC



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As a school we are very aware that part of our role is to ensure that we enable our children to develop their knowledge and understanding of healthy relationships. This permeates the whole of our curriculum and is fundamental to our PSHE curriculum.

We are using the highly respected NSPCC Talk PANTS resources. This teaches children that their private parts are private, their body belongs to them and that they should always tell an adult if they are upset or worried.

Talk PANTS, which you may have seen on a T.V advertisement, encourages children to have simple conversations which help to keep them safe, teaching children five key messages:

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

This may be seen as a sensitive area to discuss with your children but the NSPCC have provided guidance for early years settings which we will carefully follow to ensure that your children receive these important messages in a fun and age appropriate way. Your children will learn these key messages with the help of a friendly dinosaur called 'Pantosaurus'.

We understand the importance of sharing these messages with your children at a very early age as this can be extremely beneficial in helping to protect them. Research from the NSPCC also suggests that the messages are most valuable when taught at a young age and children can start to be taught them from the age of around three therefore we will start this with our three year old Nursery children.

It is important to note that PANTS uses simple, child-friendly language to give your child the confidence and knowledge to feel safe.

We will always use the correct anatomical terms.



Privates are private



Always remember your body belongs to you



No means no



Talk about secrets that make you sad



Speak up, someone can help



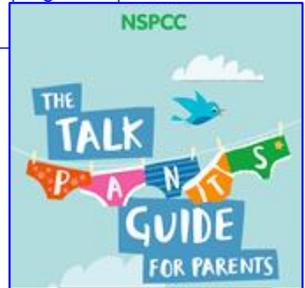
We understand that children may wish to continue these discussions with you at home and PANTS has been created specifically, with the help of parents and professionals, to make sure that these conversations are as easy and appropriate for children as young as three years old.

How do I find the right words?

How and when you talk PANTS with your child is your choice. There are resources on the NSPCC website which you may find useful.
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

Time to talk PANTS...

When may be a good time to have these conversations?



WHY TALK PANTS?

P Privates are private
 Be clear with your child that underwear covers up your private parts and what 'private' means.
 Explain to them that no one should ask to see or touch their private parts or ask them to look at or touch anyone else's.
 Sometimes doctors, nurses or family members might have to. Explain this is ok but people should always explain why and should ask them if it is ok first.

A Always remember your body belongs to you.
 Let your child know their body belongs to them and no one else.

N No means no
 Make sure your child understands that they have the right to say 'no'.

T Talk about secrets that upset you
 Explain to your child that they should always talk about things that make them worried and sharing it won't get them into trouble.
 Talk to them about the difference between good secrets and bad secrets.

S Speak up, someone can help
 Tell your child it's always good to speak to an adult they can trust about anything that is making them feel worried or sad.

Every family is different and when and where you have these conversations can depend on the age of your child.

Looking for good times to start the conversations? Here are a few examples:

-  When you are running your child's bath, or helping them with things like getting dressed or applying cream.
-  Car journeys are a great time to talk.
-  Going swimming is a great time to talk about the idea that what's covered by your pants and swimwear is private.

