

- Don't view conversations about staying safe as a 'one-off'. It's much better to have conversations little and often. This will help you to reinforce the key points, and to adapt the message as your child gets older.
- Once you're ready to talk, you might find your child isn't. That's OK. The most important thing is to not force the issue. The last thing you want is for your child to feel it's a big deal.
- Weaving simple conversations about staying safe into the daily routine is a great way to stop it feeling like a lecture. If it feels less weird for your child, it will be easier for you.

Be clear with your child that your underwear covers up your private parts and that private means private. Explain to them that no one should ask to see or touch their private parts covered by their underwear, or ask them to look at or touch anyone else's. Sometimes doctors, nurses or family members might have to. Explain that this is OK, but that those people should always explain why, and should ask your child if it's OK first. Most importantly, tell them 'what's in your pants belongs only to you'.



NSPCC

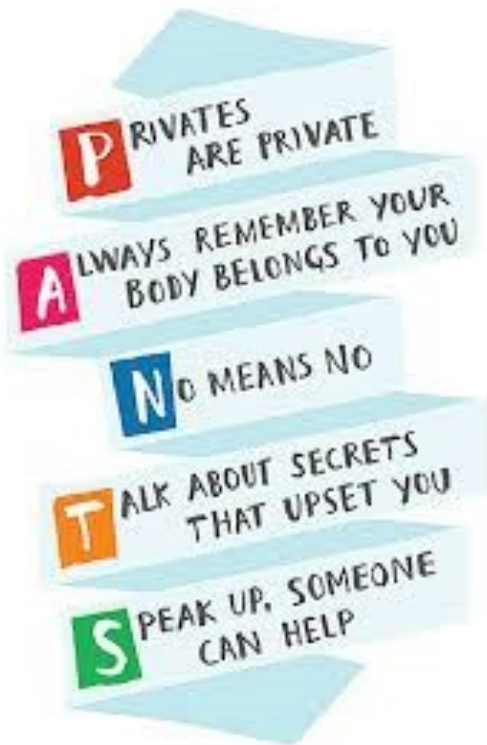
PANTS



Article 17: every child has the right to reliable information from a variety of sources

Having a simple conversation

From P through to S, each letter of PANTS provides a simple but valuable lesson that can help keep a child safe: that their body belongs to them, they have a right to say no, and that they should tell an adult they trust if they're worried or upset.



Meet Pantasaurus!

Pantasaurus is the NSPCC mascot to get the PANTS conversation started and memorable. Your children will love his catchy song, which acts as a fun introduction to the key messages and reminds children of the rules of staying safe. There is also a quiz, which you can do with your child.

You can find them both at:

nspcc.org.uk/pants



Why is it so important to talk PANTS?

It's so important your child understands these rules and knows how to stay safe. We understand that conversations like this can be difficult for both you as a parent and for your child. You don't want to scare or upset your children, and you may feel it's too soon – but PANTS has been created specifically to make sure these conversations are as easy and appropriate as possible for children between the ages of 4-11 (though we also know that the earlier you have these simple conversations about staying safe, the better).

