

Tips and Advice to help keep your children safe

TALK PANTS – With the help of the friendly dinosaur Pantosaurus, talk PANTS is a simple conversation to help keep your child safe from sexual abuse. It can be difficult to speak to children about sexual abuse as this is a sensitive subject. It needs to be done in a way that will make children feel confident to talk about their worries or concerns. It is to reassure them that this information is not meant to scare or upset them and we definitely do not want children to feel that they cannot accept a kiss or hug from someone. By talking to them it will answer any questions that they have and dispel anything they are confused about. The NSPCC provide some great information about how to approach this topic with your children. For further advice go to the NSPCC website at: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/pants-how-to-answer-questions/>



Worried or need some advice?

Whatever your worry, our helpline is here to help. Call us on [0808 800 5000](tel:08088005000), email help@nspcc.org.uk or fill in our [online form](#) to get advice and support from safeguarding experts.

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 members might have to. But 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

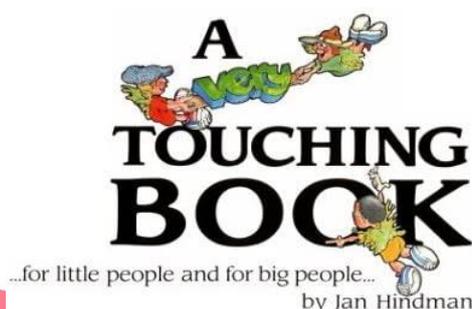
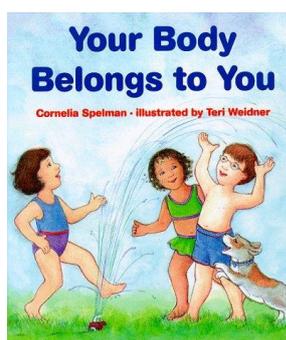
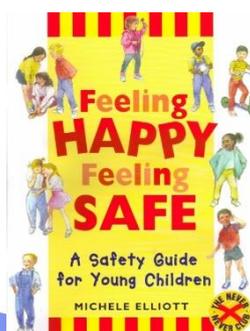
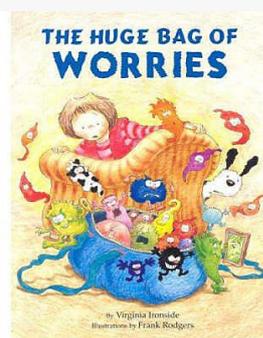
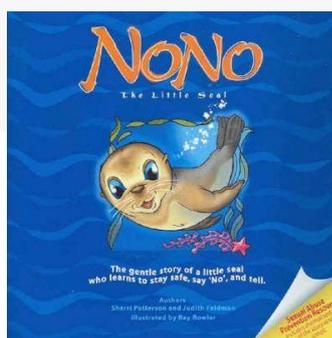
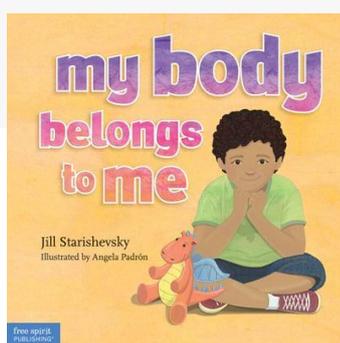
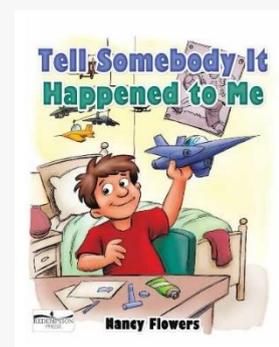
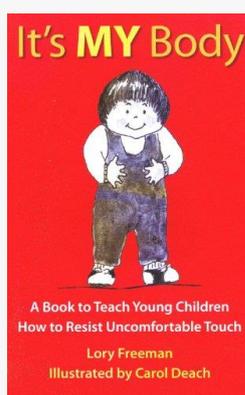
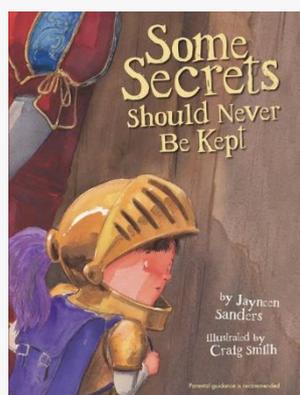
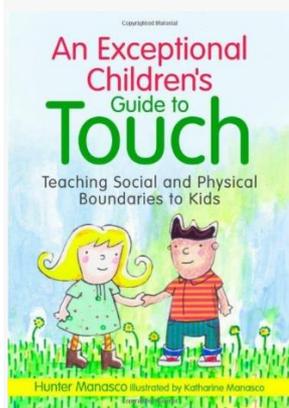
There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should tell an adult you trust about a bad secret straight away.

Speak up, someone can help

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

Below are some of the books you can use with your children. They are stories that are child friendly and can help in explaining how to stay away from harm. For further information on these texts please go to the Parents Protect website at:

<https://www.parentsprotect.co.uk/books-to-read-with-children-to-help-prevent-sexual-abuse.htm>



'Following Christ we reach our goals'