



# SHEBBEAR COLLEGE

## Talk PANTS - Updated Webinar for Parents

I'm sure you have heard of the Talk PANTS resource from the NSPCC for younger children. They have just released an updated video to support parents.

### 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.

### Celebrating 10 years of Talk PANTS!

Pantosaurus has helped 1.5 million parents Talk PANTS and keep their children safe from sexual abuse. Developed in consultation with children, parents, carers, and teachers, Talk PANTS helps children understand their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried.

### Tips and advice to help keep your kids safe

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.

### 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 the 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.

Some examples of times you can talk PANTS are:

- **After school:** If they've had a lesson on personal relationships or Talk PANTS at school, ask them what they remember when they get home.
- **Bathtime:** You could start a conversation when you're running your child's bath or helping them get dressed.
- **Car journeys:** This can be a great time to talk, and your child will have plenty of time to ask questions if they need.
- **Reading the new PANTS storybook together.**
- **Singing:** Sing along to our PANTS song with Pantosaurus!
- **Swimming:** A great time to say that what's covered by swimwear is private.
- **Walking:** Walking home from school, or a weekend walk to the shops can help you both feel more at ease as you stroll and chat.

- **Watching TV:** If a TV show features a sensitive storyline, you can encourage them to talk about anything that upsets them.

**Shop the PANTS range**

You can buy the PANTS book from the NSPCC's online shop and at Matalan stores across the UK. All profits will support the work that the NSPCC does.

The NSPCC have a wide range of PANTS guides, videos, and resources to help you talk PANTS.