



## Talk PANTS

**Talk PANTS and keep children safe from sexual abuse.**

### 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.
- Bath time - 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.

By starting to talk PANTS with your child you're taking really important steps to help keep them safe. You should feel proud for doing something amazing.

But remember this isn't a one-off conversation. It's better to have these chats little and often and adapt as your child gets older – it will help to reinforce the messages and make sure they remember them. Just pick the moments that feel natural for you.

[https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/?gclid=aw.ds&gad\\_source=1&gclid=EAlaIQo bChMI5fX1hu-](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/?gclid=aw.ds&gad_source=1&gclid=EAlaIQo bChMI5fX1hu-)

Watch the video here:  
[https://youtu.be/\\_SzbMEVYiyg](https://youtu.be/_SzbMEVYiyg)

