

Talk PANTS!

Professionals'
Information Session

Talk PANTS Cymru Week
January 27th-31st 2025



AND HELP KEEP
CHILDREN SAFE

NSPCC

Overview of Session



- Overview of Talk PANTS
- Evidence behind Talk PANTS
- Talk PANTS in action
- Overview of Talk PANTS resources
- Next steps

Before we Start



Housekeeping



Safeguarding



Self-care

Before we Start



If you are concerned about a child, please call the helpline number: **0808 800 5000**



Email the helpline: **help@NSPCC.org.uk**



Or visit the [NSPCC](#) and [Childline](#) websites for more information and guidance

Aim of the Talk PANTS Campaign



The Talk PANTS campaign supports professionals and those with caring responsibilities of children aged 3-11, to have simple and age-appropriate conversations, that can help them keep children safe from sexual abuse.

We know that simple conversations can make a big difference, and that's what our campaign is all about.



Five rules to help
keep children safe
from sexual abuse,
using age-
appropriate
and child-friendly
language



History of Talk PANTS



- Talk PANTS was created in response to growing concerns around child abuse
- At the time, child sexual abuse stories had been prominent in the media
- This led to 63% of the public saying that the media had made them think more about sexual abuse
- Talk PANTS is a preventative campaign developed from the European Council Underwear Rule

10 Years of Talk PANTS



Over 1.4 million parents and carers had a conversation with a child about Talk PANTS in 2023



Since we launched Talk PANTS in 2013, parents and carers have had over 6 million conversations with their children about sexual abuse. (2022)



Why Talk PANTS?



Parents, carers and those working with children have an important role in facilitating disclosures

1 IN 3

CHILDREN SEXUALLY ABUSED BY AN ADULT, DID NOT TELL ANYONE ELSE AT THE TIME*

Parents and carers can play an important role in keeping their children safe from sexual abuse by talking to them

Why Talk PANTS?



"Don't go off
with strangers"

90%
OF SEXUALLY
ABUSED CHILDREN
WERE ABUSED BY
SOMEONE THEY
KNEW*

"Stranger
Danger"

What we know



A meta-analysis by Walsh et al. (2015) identified seven key components of programmes that had efficacy in child sexual abuse prevention:

- Always tell a trusted adult
- How to identify a trusted adult
- Children's bodies belong to them
- Distinguishing appropriate and inappropriate touch
- Types of secrets / surprises
- Children are not to blame
- Correct anatomical names for private parts

P RIVATES ARE PRIVATE

A LWAYS REMEMBER YOUR
BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS
THAT UPSET YOU

S PEAK UP, SOMEONE
CAN HELP

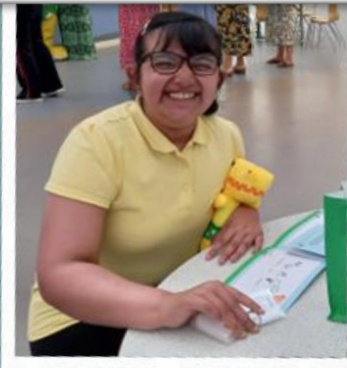
What we know



- PANTS is addressing the right issues.
- The 7 components have been shown to be effective in increasing knowledge of CSA and protective behaviours and increasing rates of disclosure.
- Programmes are more effective when they involve both parents and teachers, several sessions, active involvement of children and are tailored to the needs of the local community.
- The use of 'edutainment' is an effective strategy for conveying sensitive information



Talk PANTS in Action





- Today, our year three

Talk PANTS Resources



Overview of PANTS Resources



- Teaching Guidance
- New Early Years content for ages 3-4 and 4-5
- New content for ages 5-7, 7-9 and 9-11
- New SEND, ASN, ASL content sits alongside the Makaton resources
- New webpage NSPCC Learning

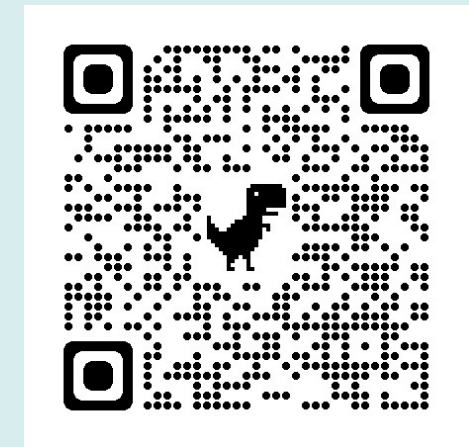


Teaching Guidance Overview



16-page document for teaching Talk PANTS in early years settings and primary schools.

- Campaign overview
- Lesson structure
- Safeguarding
- Reporting concerns/Disclosures
- Trauma-informed practice
- Protective interrupting
- Ensuring a safe learning environment (distancing, handling , questions, signposting support)
- Appendices:
 - Template parent/carer letter
 - Curriculum references
 - 'I have a question' cards



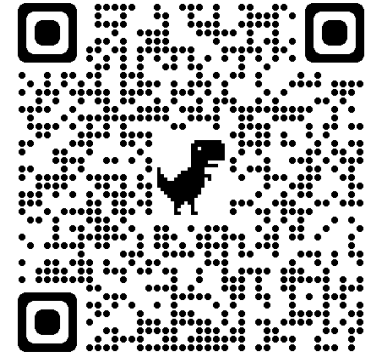
 'NSPCC Learning PANTS'

Talk PANTS Early Years



Talk PANTS:

Activity Plans for Age 3-4 and 4-5



Learning opportunities in the childcare setting

Age 3-4

This is the first in a series of six lesson and activity plans developed by the NSPCC on the importance of the Talk PANTS rules. These learning opportunities and activities support children aged 3-4 in their early development, using the NSPCC's Talk PANTS rules. These opportunities are intended as a light touch introduction to the Talk PANTS rules, before more formal teacher-led learning in the first year of school.

Learning opportunities

Children will experience opportunities to:

- say yes or no
- show acceptance or refusal in various situations
- ask questions; ask and check for permission
- talk or interact with a key person about their own lives
- put on some of their own clothes
- demonstrate aspects of self-care such as handwashing
- demonstrate some aspects of cooperative play.

As well as the suggestions offered, practitioners will notice many other opportunities for introducing and practicing the Talk PANTS message throughout the setting. To support the integration of the Talk PANTS rules, review the materials and see which of your existing themes and activities currently reinforce the messages. Repetition of activities and learning opportunities will help very young children to begin to recognize the key messages. Incorporate language and ideas that children in your setting are familiar with and adapt content according to age and group development.



PSHE Association
Quality Assured
Resource
PSHE



Learning plan for Reception Foundation Stage

Age 4-5

This is the second in a series of six lesson and activity plans developed by the NSPCC on the importance of the Talk PANTS rules. This activity plan is written for children aged 4-5 in Reception classes or the first year of school. This plan introduces the NSPCC's Talk PANTS rules through a blend of child-led, and more formal teacher-led learning.

Aims

To introduce children to the Talk PANTS rules and how they can be used to help keep children safe.

Learning opportunities

Children have the opportunity to:

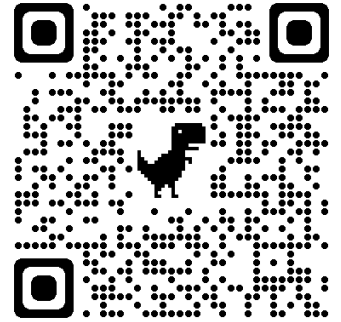
- recognise and repeat the Talk PANTS rules
- talk about some everyday rules that help to keep children safe
- demonstrate some strategies for seeking support
- apply the Talk PANTS rules to real-life scenarios.

Resources Required

- Talk PANTS song video
- Talk PANTS poster
- Pantosaurus and the Power of PANTS story book (optional)
- A selection of underwear in the role-play area/home corner



PSHE Association
Quality Assured
Resource
PSHE



Early Years 3-4



- Provides learning opportunities: Say Yes and No, Ask questions, Show acceptance or refusal
- Meant to be a light touch approach to introduce Talk PANTS
- Example activities: Group reading, My special people, Exploring rules
- Using edutainment: videos, songs, plays and picture books

3 | **Learning opportunities in the childcare setting**

	germs away. Older children could be encouraged to 'guess' what the rules might be in new situations. Give children opportunities to practise some of the Talk PANTS rules they know from the song. Reinforce that 'privates are private' and 'anything underneath your pants is private'.	
Crafting	Children decorate or colour in a pair of pants. The Talk PANTS pants template or a pair of pants from the spare clothes box could be used. Alternatively children could bring in a pair of pants from home. Give children art materials such as glue, colouring pens/pencils, fabric scraps, glitter, pom poms and pipe cleaners to help them decorate the pants! Dress dolls and teddies in the pants, and use these to support conversations that reinforce the messages e.g. anything under teddy's pants belongs to her/his teddy's pants are covering her private parts.	Fine motor skills Art and design

Everyday opportunities for covering the Talk PANTS rules

Simple conversations	Incorporate simple conversations about staying safe into daily routines. Include talk on secrets and surprises. Some children may be familiar with the vocabulary around this theme, although some further exploration may be needed. For example, thinking about surprise as being a happy event that everyone will find out about, such as a party or trip, and secrets that make someone feel upset or worried should be shared with a safe adult.	Communication: to talk about their ideas
Getting dressed and putting on clothing	Talking about underwear and its purpose can be introduced when children are changing or putting on clothing. For example, when children are putting their coats on for outdoor play, discuss why we wear them. Similarly, when children put on aprons for messy play, talk about the purpose of the apron.	Managing personal needs/self Building relationships

NSPCC EVERY CHILDHOOD IS WORTH FIGHTING FOR

Activities summary

Activity	Description	Skills and concepts
The Talk PANTS song	Give children opportunities throughout the day to listen to the Talk PANTS song. You can use this link: https://www.youtube.com/watch?v=IL07JOGU5o Encourage children to sing-along or join in with the song, verbally as well as by dancing or moving to the sounds they hear. Practise singing 'no' and 'yes'.	Listening, remembering Vocabulary building
Group Reading	Share stories which support the Talk PANTS messages and pants theme. <i>Pantosaurus and the Power of PANTS</i> Gerling and Galloway <i>Dinosaurs/ Aliens/ Monsters Love Underpants</i> Claire Freedman <i>Pants/ More Pants</i> Nick Sharratt <i>The Queens Knickers</i> Nicolas Allen	Listening Interest in books Vocabulary building
Questioning	Ask children 'here and now' questions about the Talk PANTS song and video. <ul style="list-style-type: none"> • Who is this? • Can you describe what Pantosaurs is wearing? • Why is he wearing pants? • Who is looking after Pantosaurs? 	Communication Vocabulary building Expressing point of view

Early Years 4-5



Children will have the opportunity to learn skills:

- Recognise and repeat the Talk PANTS rules
- Talk about some everyday rules that help to keep children safe
- Demonstrate some strategies for seeking support
- Apply the Talk PANTS rules to real-life scenarios.

Learning plan for Reception Foundation Stage AND HELP KEEP CHILDREN SAFE

Assessment
Prior to delivering the suggested activities below, it would be useful for you to observe and talk to children while they dress a doll or choose clothing for a doll to wear, which includes a selection of pants and other underwear.

Ask questions such as: I see you have chosen some pants/ a vest, why? Why is doll wearing underwear? What does the underwear cover? Who can help doll to put their underwear on?

These observations and responses can give to an understanding of where the children are in making sense of wearing underwear for privacy, and can offer insights into their previous knowledge of the PANTS rules. This can support you to plan experiences and learning opportunities that embed the Talk PANTS messages.

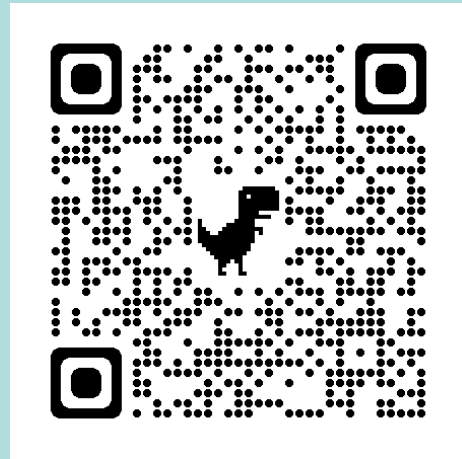
Skills	Child-led learning activity suggestions
Communication	Set up the role play area or home corner with a selection of dolls and resources that replicate a home environment. Observe children while they play and interact with the dolls. Look out for examples of children looking after or caring for the dolls. Where appropriate, pose questions such as:
Vocabulary building,	
Applying knowledge of the world	<ul style="list-style-type: none"> • Who looks after children? • Why do children need to be looked after? • Tell me some ways to look after children • Who changes a baby's nappy? • What could a child do if something was upsetting them?
Help seeking	
Building relationships	Look for responses that replicate, or give consideration to, any of the Talk PANTS rules.
Self-care	Highlight and praise examples of children following routines and rules around the school and classroom, in the toilet area, when getting changed and when respecting others' personal boundaries.

For example: 'Well done X, you followed our rules for shutting the toilet door'. I've noticed that you practised our routine for getting changed. That's great. I really like the way that you respected X's wishes and didn't hold their hand.'

Talk Pants Rule	Scenarios to support embedding the Talk PANTS rules
Privates are private	<p>Privates are private:</p> <p>Pantosaurus likes to go to the swimming pool but doesn't like to wear the swimming clothes that Dinomummy makes him wear. They feel tight and itchy. Pantosaurus wants to take them off. "But you have to wear them," Dinomummy says.</p> <ul style="list-style-type: none"> • Why do you think that Pantosaurus has to wear them? <i>To keep warm/to cover his private parts</i> • What would happen if he didn't wear them? <i>People would see his private parts/he could get cold/someone might try to touch his private part</i> <p>Pantosaurus decides that it is a good idea for him to wear his swimming clothes as he knows his private parts are private, and happily puts them on.</p>
Always remember your body belongs to you	<p>Steggy likes to hold hands and touch his friend Pantosaurus. But Pantosaurus does not like to be touched.</p>

Schools Resources

5-11



What's Included



The lessons for each age group 5-11 has a set of:

Lesson Plan

Pants Power
Age 5-7

This is the third in a series of six lesson and activity plans developed by the NSPCC on the importance of the Talk PANTS rules. This lesson, the first of two written for children aged 5-7, raises awareness of the Talk PANTS rules, as well as the naming of body parts and understanding adults' responsibility to care for children and keep them safe.

Learning objective
To learn the Talk PANTS rules and that they help keep children safe.

Learning outcomes
Children will be able to:

- recognise that adults care for children and help them to stay healthy and safe
- identify safe adults and how to ask for help if something is upsetting or worrying
- recognise that some parts of the body are private; and be able to name private parts
- rehearse and recall the PANTS rules.

Resources required

- Box or envelope for questions
- Flipchart paper and pens, sticky tac
- Talk PANTS rules poster
- Pantosaurus and the Power of PANTS book (optional)
- Resource 1: Body parts (one per group, cut up)
- Resources 2: Body outline (one per group, printed on A3 paper)
- Resource 3: Safe adults (one per child or use the prompts in books for children to add responses)

NSPCC

PSHE Association Quality Assured Resource

Powerpoint

Pants Power
Age 5-7

NSPCC

PSHE Association Quality Assured Resource

Resources/Activities

1 | Resources - PANTS Power

Talk PANTS Resources: PANTS Power, ages 5-7

Resource 1: Body parts

Hand	Arm	Leg	Foot
Head	Chest	Bottom/Buttocks	Vulva
Penis	Hair	Knee	Neck
Nipple	Foot	Testicle	Vagina

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Age 5-7 – PANTS Power & More PANTS Power



- Lesson one PANTS Power is to learn the Talk PANTS rule and that they help keep children safe

- Lesson two More PANTS Power: The Talk PANTS rules are built on to include recognising safe touch and having an awareness of body autonomy

Pants Power
Age 5-7

This is the third in a series of six lesson and activity plans developed by the NSPCC on the importance of the Talk PANTS rules. This lesson, the first of two written for children aged 5-7, raises awareness of the Talk PANTS rules, as well as the naming of body parts and understanding adults' responsibility to care for children and keep them safe.

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To learn the Talk PANTS rules and that they help keep children safe.

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Children will be able to:

- recognise that adults care for children and help them to stay healthy and safe
- identify safe adults and how to ask for help if something is upsetting or worrying
- recognise that some parts of the body are private and be able to name private parts
- rehearse and recall the PANTS rules.

Resources required

- Box or envelope for questions
- Flippchart paper and pens, sticky tac
- Talk PANTS rules poster
- Pantosaurus and the Power of PANTS book (optional)
- Resource 1: Body parts (one per group, cut up)
- Resources 2: Body outline (one per group, printed on A3 paper)
- Resource 3: Safe adults (one per child or use the prompts in books for children to add responses)

NSPCC Association Quality Assured Resource

Safe Adults

- Complete the sheet or write the headings and your responses in your book.
- You can draw your responses too.

Safe adults I can talk to at school...

Safe adults I can talk to at home...

2 | Resources - More PANTS Power

Resource 2: Happy surprises or secrets?

Pops is planning a surprise party for Nanny. It must be kept secret for now.	Flo and Mia accidentally break something and keep it secret.	Che gets some good news which they aren't allowed to share just yet.
The twins make Mum a card. They keep it secret until her birthday.	Rami and Lexi knocked a lunch box off the trolley. Rami told Lexi that they must not tell anyone. Lexi feels worried.	Steggy asks Pantosaurus to see under his pants. He tells Pantosaurus it is a secret between them. Pantosaurus doesn't think he should keep it secret.

Age 7-9 – Building Confidence



Learning objective

- To revisit the PANTS rules, and build confidence in seeking help

Learning outcomes

- Explain the Talk PANTS rules
- Identify examples of appropriate and inappropriate touch
- Recognise no means no
- Ways to tell an adult

Building confidence
Age 7-9

This is the fifth of six lessons developed by the NSPCC, about the importance of the Talk PANTS rules. This lesson is designed for children aged 7-9 years and supports them to identify different types of touch, build their confidence in different ways to respond to unwanted touch, and know who to talk to if they need help or support.

Learning objective
To revisit the PANTS rules, and build confidence in seeking help.

Learning outcomes
Children will be able to:

- explain the Talk PANTS rules and that children's bodies belong to them
- identify examples of appropriate and inappropriate touch
- recognise that no means no and different ways to express this
- demonstrate ways to tell an adult and seek support if they feel worried or uncomfortable.

Resources required

- Box or envelope for questions
- Resource 1: Different types of touch (1 per pair)
- Resource 2: Feelings cards – support (1 per child, pair or group requiring support)
- Resource 3: Character scenarios (1 per group)

NSPCC Accredited Quality Standard Approved Resource

Resource 1: Different types of touch

Friendly or loving touch	Someone is hurt by being pushed/bitten/kicked/hit
Care touch	Someone sits or stands very close to another person
Accidental touch	Someone grabs or touches another person's private parts such as their penis or vulva
Personal space touch	A child runs into another child when playing a game
Hurtful touch	Someone changes a baby's nappy, or cleans a cut on a child's knee
Inappropriate touch	A hug from a friend or safe adult

Different types of touch:
Draw lines on your sheet to match the different types of touch with the examples.

Friendly or loving touch	Care touch	Personal space touch
Inappropriate touch	Accidental touch	Hurtful touch

Age 9-11 – How Can the PANTS Rules Help Us



Learning Objective

- To learn about the importance of treating others respectfully, and how the PANTS rules can help

Learning outcomes

- Recognise that other people's bodies belong to them
- Learn how to challenge
- Identify when it is right to break a confidence or share a secret
- Explain how to get help for themselves or a friend

How can the PANTS rules help us?
Age 9-11

This is the last of six lessons developed by the NSPCC about the importance of the Talk PANTS rules. This lesson is designed for children aged 9 – 11 years and reinforces, revisits and extends children's learning from previous years. This lesson explores types of disrespectful behaviour, how to challenge this and where children can go to get help and support for themselves and others.

Learning objective
To learn about the importance of treating others respectfully, and how the PANTS rules can help.

Resources required

- Box or envelope for questions
- Flipchart paper – 5 sheets prepared with one of the PANTS rules written on each
- Resource 1. Respectful and disrespectful behaviour card sort (1 set per pair)
- Resource 2. Behaviour scenarios (1 scenario per group)
- Resource 3. Say and do – support (1 scenario per group)

Learning outcomes
Children will be able to:

- Recognise that other people's bodies belong to them and should be respected.
- Describe how to challenge language and behaviours that are unacceptable.
- Identify when it is right to break a confidence or share a secret.
- Explain how to get help for themselves or a friend.

NSPCC Association Quality Assured Resource

1 | Resources – How can the PANTS rules help us?

Talk PANTS Resources:
How can the PANTS rules help us, ages 9-11

Resource 1: Respectful and disrespectful behaviour

Hugging someone in the class	Asking to link arms with a friend
Playing a game of 'kiss chase'	Giving high fives
Shaking hands	Touching someone's body, hair or clothes without consent
Hurting someone in a game or as a joke	Giving someone a shoulder massage

Respectful

Disrespectful

It depends

S E N D / A S N / A L S

Resources





Lesson for children with SEND

Age 4-11

This lesson is designed by the NSPCC for children with Special Education Needs or Disabilities (SEND) to help them understand the Talk PANTS rules for keeping children safe from sexual abuse. We are using the term special educational needs and disabilities (SEND) to refer to children who have disabilities or additional needs. Other terms may be used in your region, nation, or organisation, including additional needs, additional support for learning (ASL) or additional learning needs (ALN). The lesson is designed for children with:

The lesson plan draws on many of the activities and experiences in the mainstream lessons, but is tailored for use with children who have SEND, specifically moderate learning difficulties, additional learning needs and/or autism. It is designed to be used flexibly, and you are encouraged to adapt it as you see fit. For children with more severe learning needs, the content may be taken and further adapted to provide sensory experiences or interactions which best meet their needs.

The age range provided for this lesson is broader to allow you to choose the most appropriate time in children's education for this learning, or to allow for the messages to be revisited multiple times across the age range. If you need additional support for covering this learning at the younger age range, please also see the sessions for childcare and early years settings, some of which may also be appropriate for children with SEND.

Learning objective

To learn about the PANTS rules

Learning outcomes

Children will be able to:

- Remember and rehearse the PANTS rules.
- Name parts of the body which are private and know that their body belongs to them.
- Identify different types of touch and when touch feels unsafe and/or uncomfortable. Rehearse strategies for seeking help and telling trusted adults.

Resources required

- Box or envelope for questions
- Blu-tac or sticky tape to help children stick labels
- Talk PANTS poster (displayed in the classroom)
- Pantosaurus book (optional)
- Resource 1: Body parts (one copy, cut up)
- Resource 2: Magic pants (one copy for teacher)
- Resource 3: Touch card sort (one per pair, cut up)
- Resource 4: My safe adults (one per person)



SEND/ASL/ALN Resources

SEND/ASN/ALS



One lesson plan with accompanying PowerPoint and resources:

- Song video and introduce PANTS rules
- Labelling body parts and identifying which parts are private
- Comfortable / uncomfortable touch
- Practising saying 'no'
- Is this a secret?
- Safe adults



Talk PANTS with Makaton



- 6 films
- Children's booklet
- Parent/carer guide
- Printable prompt card pack



Makaton Children's Booklet



TALK PANTS LIKE PANTOSAURUS!

YOUR NAME _____'S

Talk PANTS with Makaton book

NSPCC
EVERY CHILDHOOD IS WORTH FIGHTING FOR

Makaton

1

Private parts are private

2

Your body is yours

3

It's ok to say no

4

Talk about bad secrets

5

Adults can help

Makaton Prompt Card Pack



Makaton Prompt Cards
PANTS Rules

The following Makaton symbols and signs have been selected to use as a prompt. The symbol and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.

Pantosaurus	Private parts
Private	Your (1)
Body	Yours (1)

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Makaton 3

Makaton Prompt Cards
PANTS Rules

The following Makaton symbols and signs have been selected to use as a prompt. The symbol and sign can be printed back to back; they can then be laminated and then attached to a ring for quick reference.

Private parts	Pantosaurus
Your (1)	Private
Yours (1)	Body

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Makaton 4



Check In

- What are your thoughts so far?
- How would you use Talk PANTS in practice?



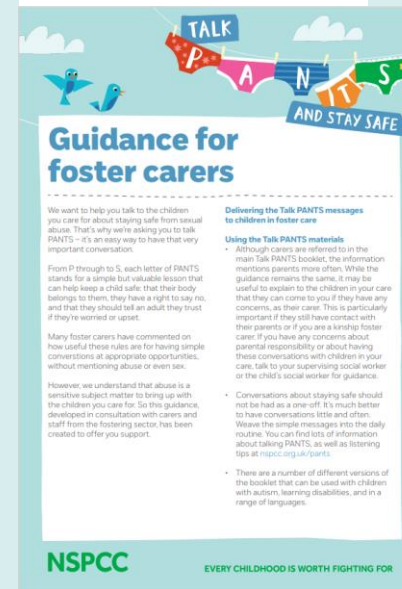
Supporting Families to Talk PANTS



- Translated guides available
- Guide for parents and carers with a learning disability
- Guide for parents/carers of children with autism
- Guide for Foster Carers
- ReciteMe Accessibility tool bar on NSPCC website
- Insight sessions for Parents/Carers



ReciteMe accessibility toolbar



Additional Resources



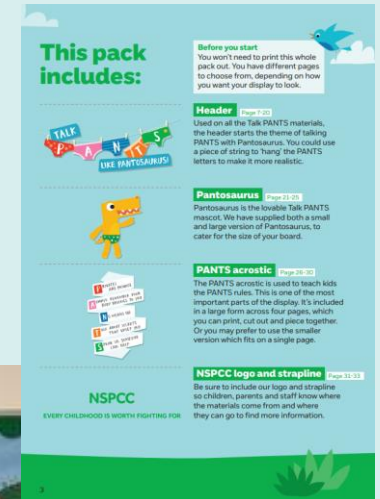
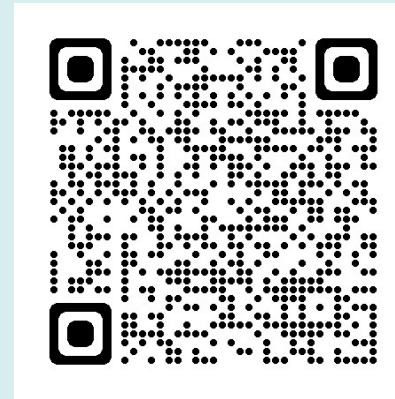
- Talk PANTS story book
- NSPCC Shop
- Colouring pages
- Free Pantosaurus game
- Pantosaurus Song
- BSL Talk PANTS video



Display Pack



- Free Downloadable Display packs
- Can be used in a diverse range of services
- Talk PANTS posters



**Talk PANTS Cymru
Week!**

27th – 31st January 2025



Supporter's Pack



- The Supporter's Pack has been created for those taking part in Talk PANTS Cymru Week.
- It contains links to all the resources in both Welsh and English.
- It also contains helpful tips on how to continue engagement outside of the lesson plans.



Talk PANTS Cymru Week Supporter Pack

Contents

• Talk PANTS Information Session Dates/Registration Links.....	2
• Quick Look Timeline for Schools.....	3
• Talk PANTS Activity Ideas.....	4
• Talk PANTS Week Cymru School Competition!.....	4
• Support for Parents	5
• Promoting Talk PANTS Week Cymru.....	5
• Evaluation.....	5
• Any Questions.....	5
• Appendix.....	6
o Useful Links.....	6
o Bilingual Resources.....	6
o Template letter/email to parents.....	7

The Talk PANTS campaign supports professionals, parents and carers of children aged 3-11, to have simple and age-appropriate conversations, that can help them keep children safe from sexual abuse.

From P through to S, by sharing the Talk PANTS rules with a child, you can help them understand and remember some simple but vital messages: that their body belongs to them, they have a right to say no, and that they can speak to a trusted adult if they are worried or upset. Since we launched Talk PANTS in 2013, parents have had over 6 million conversations with their children about sexual abuse, but we know that many more still are not. We need to keep raising awareness to ensure more of these important conversations are happening...that



Talk PANTS Activity Ideas

After completing the lesson at the beginning of the week you can then to make the most of Talk PANTS Week Cymru by taking part in other activities.

- Dance and sing along to Pantosaurus
- Read some roarsome books at story time
 - o Find the book in our shop or you can use the YouTube reading
 - o Kidpower: Children's Safety Comics by Irene van der Zande and Amadnda Goler
 - o Some Parts are NOT for Sharing by Julie K. Federico
 - o Ask first, monkey! By Juliet Clare Bell and Abigail Tompkins
 - o My body! What I say Goes! By Jayneen Sanders
 - o It's my Body by Louise Spilsbury
 - o Captain Underpants by Dav Pilkey
- Create a washing line full of pants (sheets found in the display pack)
- Playing the Pantosaurus game on a laptop or device (English only)
- Create your own Pantosaurus out of recyclables
- Have the children create Talk PANTS resources (leaflets, posters, guides for parents)
- A PANTS teddy bear picnic – bring your favourite teddy but make sure it has its PANTS on!
- A Pantosaurus scavenger hunt
- Putting pants on teddy bears
- Going over PANTS rules
- *Although we have recommended activities, we really encourage getting creative and making your own Talk PANTS activities too!*

Talk PANTS Week Cymru School Competition!

This year we are giving schools the opportunity to win a visit from Pantosaurus and a Talk PANTS bag! Inside the bag you will find a Pantosaurus plush, two copies of Pantosaurus and the Power of PANTS (Welsh and English), along with copies of all the PANTS resources.

To be in with a chance of winning a visit and bag, you and your young people will need to create an eye catching and informative display board for your school/venue, progression step or classroom. The display pack is available as a support to create the board but please use everyone's creative skills to make your display board stand out from the rest while also sharing the Talk PANTS message.

Additional Support



NSPCC Website

The screenshot shows the NSPCC website homepage. At the top, the NSPCC logo is on the left, the tagline 'EVERY CHILDHOOD IS WORTH FIGHTING FOR' is in the center, and a green 'Donate' button is on the right. A navigation bar below contains links for 'What is child abuse?', 'Keeping children safe', 'Support us', 'About us', 'Events', 'Helpline', and 'Search'. The main content area features a large banner for 'Talk PANTS' with a photo of a woman and two children. The banner text reads: 'Talk PANTS. With the help of our friendly dinosaur Pantosaurus, Talk PANTS is a simple conversation to help keep your child safe from sexual abuse.' Below the banner, it says 'Celebrating 10 years of Talk PANTS!' and 'Pantosaurus has helped 1.5 million parents Talk PANTS and keep their children safe from sexual abuse.' At the bottom, it states: 'Developed in consultation with children, parents, carers and teachers, Talk PANTS is here to help children understand their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried.'

NSPCC Learning

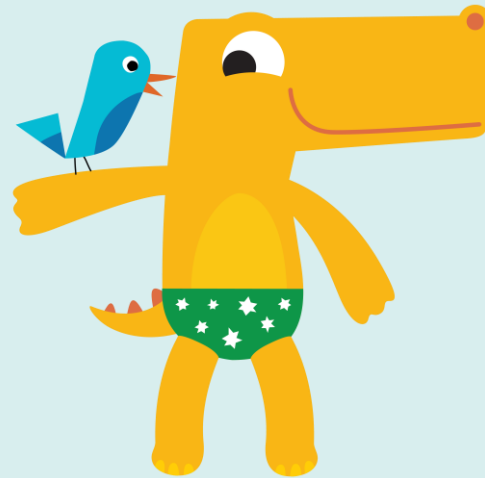
The screenshot shows the 'NSPCC Learning' website page for 'PANTS resources for schools and teachers'. The page has a green header with the 'NSPCC Learning' logo and navigation links for 'News', 'Key topics', 'Research and resources', 'Training', and 'Services'. A search bar and 'Sign in' button are also present. The main content area is titled 'PANTS resources for schools and teachers' and 'Lesson plans, classroom activities and more to help you talk PANTS'. It includes a sub-section 'Download our free Talk PANTS resources, teaching children the Underwear Rule to help keep them safe from abuse.' and a list of resources: 'lesson plans', 'slide presentations, and', and 'classroom activities'. A photo of a teacher and two children is shown. Below this, it mentions 'with the PSHE Association to help schools and nurseries talk PANTS with children, without ever using scary words or even mentioning sex.' and 'The Quality Mark is awarded exclusively to resources that meet the PSHE Association's best practice principles for safe and effective PSHE education.' At the bottom, it says 'You will also find resources for children with SEND, early years settings, working with diverse groups and links to the relevant curriculum areas in each of the four nations.' A final section is titled 'Download teaching resources for your classroom' and 'Teaching guidance', with a link to 'Download PANTS teaching guidance (PDF)'.

Additional Support



If you are concerned or worried about a child or need any further support

Call the NSPCC Helpline:
0800 800 5000
Email:
help@NSPCC.org.uk



If your child or a child you know is worried and would like further support

Call Childline:
0800 1111
Visit the **Childline website**
Look at the **Childline message board**

Any Questions?



Next Steps

- Join our Talk PANTS Cymru Week (27th-31st January 2025)
- Request a free support pack by emailing:
Walescampaigns@nspcc.org.uk
- Share with schools, early years provisions and professionals



Other Campaigns and Programmes



Cofia ddweud

Cadwa'n ddiogel

Mae *Cofia ddweud. Cadwa'n ddiogel.* yn rhaglen ddiogelu ar gyfer plant 5 i 11 oed. Mae ar gael i bob ysgol gynradd yn y Deyrnas Unedig ac Ynysoedd y Sianel. Mae'r rhaglen yn helpu plant i ddeall camdriniaeth yn ei holl agweddau ac adnabod arwyddion camdriniaeth; i ddeall nad yw camdriniaethfyth yn fai ar y plentyn, a bod ganddyn nhw'r hawl i fod yn ddiogel; gwybod sut i gael h elp, a'r ffynonellau cymorth sydd ar gael iddynt, gan gynnwys ein gwasanaeth Childline.



Speak out

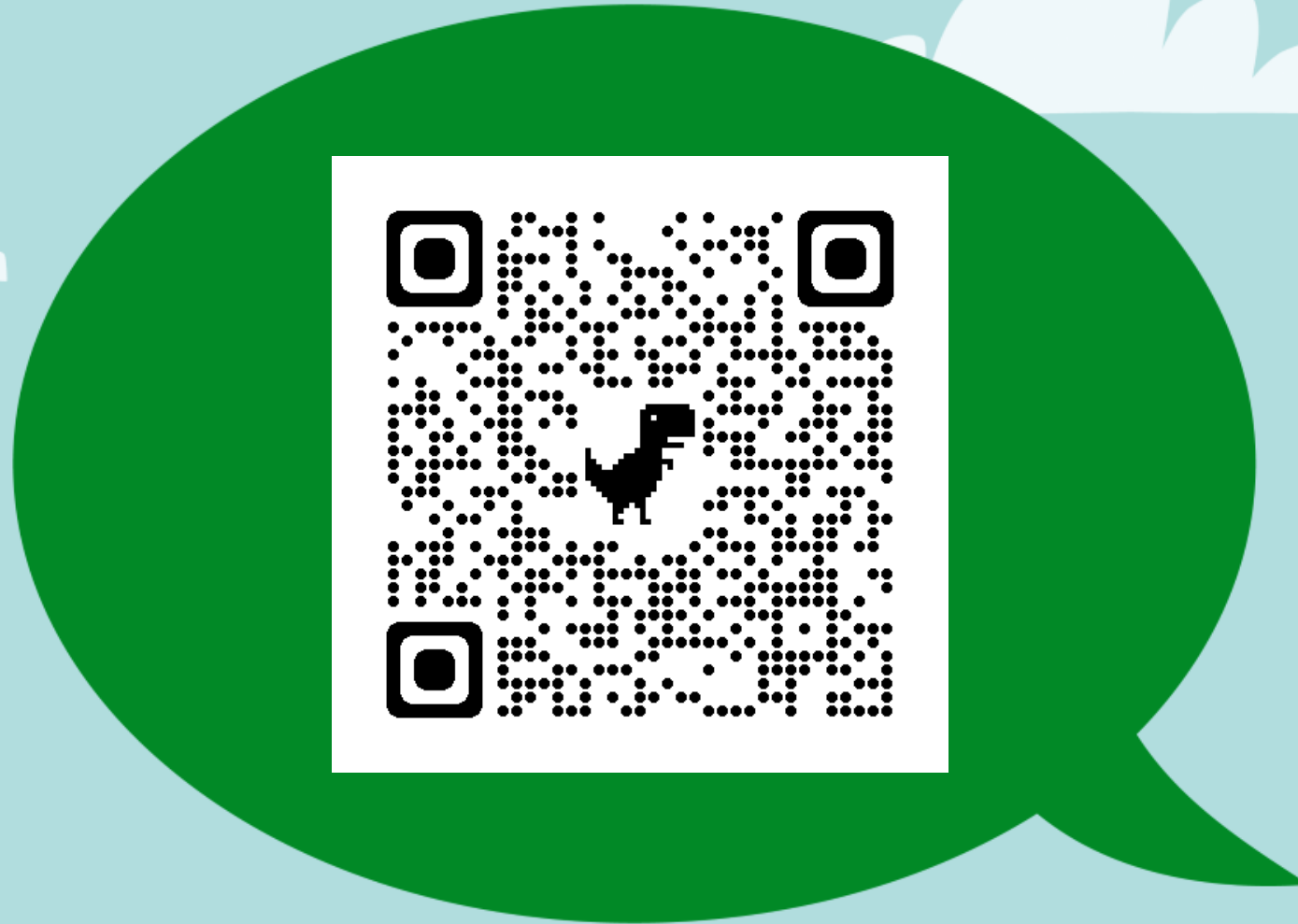
Stay safe

Speak out Stay safe is our safeguarding programme for 5-11-year-olds. It's available to all primary schools in the UK and Channel Islands.

It helps children understand: abuse in all its forms and how to recognise the signs of abuse; that abuse is never a child's fault and they have the right to be safe; where to get help and the sources of help available to them, including our Childline service.

nspcc.org.uk/SOSS





QR Code to NSPCC Learning webpage – Talk PANTS