



Teaching resource guidance

The Talk PANTS campaign helps parents of 4-11 year-olds keep their children safe from abuse. Like the Green Cross Code, it takes a potentially tricky subject and gives parents the tools to talk about it in an engaging and age-appropriate way.

The messages of PANTS are:



And you can help get those messages across to children by using the following resources on our [website](#):

- a lesson plan that's easy to use
- a presentation that's age-appropriate for young children
- activities for the lesson
- a film featuring our friendly dinosaur mascot Pantosaurus who introduces the core messages and helps make talking PANTS easier
- a letter to send parents beforehand and some suggested text for a newsletter
- guidance regarding curriculum links in England, Wales, Scotland and Northern Ireland
- a list of books you can read to the children
- support for parents
- guides for children with autism or learning disabilities and a video for deaf children.

By using this resource schools:

- give children support to seek help and safety
- challenge myths surrounding sexual abuse.

The lesson has been written to meet the requirements for personal and social curricula in England, Scotland, Wales and Northern Ireland and is PSHE accredited.

Introduction to the lesson plan



The Talk PANTS teaching resources consists of one core lesson that is suitable for Early Years/Foundation/PS1-4 and Key Stage 1. It is written in an easy-to-follow format, giving the learning objectives, resources and methodology.

For teachers who feel they would like, or need, to devote more time to PANTS, we've provided a range of activities, which you can find at nspcc.org.uk/pants

Further information can be found on the sexual abuse pages of [the NSPCC website](https://nspcc.org.uk).

Preparation

Before carrying out the lesson, teachers should take the time to understand sexual abuse, their professional duties, and the resources available to them. For example:

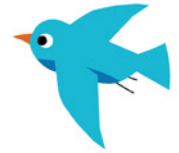
- Senior staff should let parents and carers know that the school will be teaching the PANTS rules – a template letter can be viewed [here](#).
- You may want to provide leaflets for parents to help them consolidate the Talk PANTS lesson at home. Leaflets can be downloaded from [here](#). You can also order posters from the same place. Leaflets are available in different languages or for children and parents with learning difficulties and those with autism.
- Senior staff should address any staff concerns and highlight sources of support and information, such as those about child protection procedures or listening to disclosures.
- Attend a short training course – a one hour slot during planning sessions, or specialised training, delivered locally or from national providers.
- A video to explain the messages of PANTS to deaf children is available [here](#).
- [Pantosaurus film](#).

Classroom practice

The topic covers some sensitive issues and can be challenging for both children and staff. It's important to remember that some children in your group may have experienced abuse, or might know someone who has.

It's important to remind children of who they can talk to or where they can get help if they need it. Remind the children of who, in the school, they can talk to. It is important that staff are both available to talk and prepared for any disclosures that might be made.

Abuse in schools



Most sexual abuse isn't reported, detected or prosecuted. Most children don't tell anyone that they're being sexually abused. It's a crime usually only witnessed by the abuser and the victim.

Recognising the signs that indicate a child might be suffering from abuse is challenging. Working out what's going on – especially if the child won't talk or is too young to communicate what's happening – can be very difficult.

What signs might I see?

All children are different, and the signs could appear in different ways. You may notice:

- changes in the child's behaviour
- changes to achievement and progress
- talking about sexual acts or using sexually explicit language
- sexual contact with other children or showing adult-like sexual behaviour or knowledge
- becoming withdrawn or clingy
- changes in personality
- becoming more insecure than previously observed
- using toys or objects in a sexual way
- changes in eating habits
- inexplicable fear of particular places or people
- regression to younger behaviours
- becoming secretive or reluctant to share things with you.

In isolation, each of these might be part of a child's normal development. But if you see a child behaving in one of these ways, it may be a sign of something more serious and you should raise a concern with your designated senior child protection lead.

The preventative curriculum in schools

Ongoing NSPCC research demonstrates that child abuse, bullying and domestic violence have a pervasive and detrimental impact on children and young people.

Schools are seen as having an important role in the delivery of the preventative curriculum, teaching children the knowledge and skills they need to help protect themselves from all forms of abuse.

It is suggested that abuse is still under-reported by children. This is a problem that is often compounded by barriers to seeking help, such as not being listened to or believed by adults.

The Talk PANTS teaching resources aims to help schools, teachers and children to address some of these issues. This supports the preventative curriculum and a school's legal obligation to safeguard and promote the welfare of its pupils.

Duty to report

Schools have a duty to report concerns about abuse to their Designated Senior Child Protection lead, and to follow guidance in their child protection policies. Further sources of help can be found by accessing social services, the police or the NSPCC.

If you think a child is in immediate danger, don't delay – call the police on 999, or call the NSPCC on 0808 800 5000, straight away.

If you're worried about a child, but unsure how severe the problem might be, you should still talk to us.

Our counsellors are trained to help, and can spot the possible signs of abuse or neglect.

Abuse in schools



What can schools do?

Schools can provide children with the skills to recognise abusive behaviour, helping them understand that abusive relationships are never acceptable or right.

Schools can support children by:

- demonstrating that abuse in all its different forms is unacceptable
- responding to disclosures and child protection concerns quickly and efficiently
- promoting the value of listening
- offering appropriate support for children and staff dealing with abuse
- offering children opportunities to build self esteem, confidence, and respectful relationships
- working with outside providers to develop a broad range of curriculum enhancement activities
- participating in high quality child protection training for children and staff
- highlighting children's rights.

Reporting concerns

While the Talk PANTS teaching resources do not talk explicitly about abuse, the activities and topics covered might raise issues or provide opportunities for children to talk about concerns or worries they have.

Each school will have its own policy and procedures for dealing with child protection issues, but it is important that each member of staff understands the responsibility to report concerns and the procedures they will need to follow if they are told about or suspect abuse.

Abuse is one of the very worst things that can ever happen to a child, but it's not always easy to pick up the signs, and often a child might not even know that what's happening is wrong.

Additional information on how to report abuse can be found [here](#) on our website.

Responding to disclosures

As a result of the issues raised, a child might disclose that they're suffering from abuse, or they're aware of it happening to others. Any disclosure of abuse should be treated as a potential child protection concern, and reported to the designated child protection lead in line with the school's procedures.

Points to remember when listening to and dealing with disclosure:

- Actively listen, do not look shocked or disbelieving.
- Stay calm.
- Take what the child is saying seriously.
- Do not ask for detail.
- Reassure the child that they are doing the right thing.
- Do not promise to keep secrets.
- Tell the child that you'll have to share this information.
- Explain what will happen next.
- Record the information as quickly as possible – facts not opinion.
- Sign and date everything you record.

If you're unsure of the procedures speak to your designated child protection lead, social services or the NSPCC.

For further information about sexual abuse, such as what the signs and symptoms are, or what to do if you suspect it, please visit [the NSPCC website](#).

Template letter to parents/carers (to copy and paste)

Dear Parent/Carer

This term [XXX] class will be discussing the **NSPCC's PANTS rules** in our PSHE lessons.

During these discussions we will aim to teach our pupils the following important safety skills without giving explicit information or telling scary stories. We will be teaching our pupils how to stay safe by learning the PANTS rules, which the NSPCC have developed to be like a Green Cross Code for staying safe from sexual abuse. PANTS stands for:

- **Privates are private.**
- **Always remember your body belongs to you.**
- **No means no.**
- **Talk about secrets that upset you.**
- **Speak up, someone can help.**

The lessons will introduce a range of ideas, all delivered in a way that's fully age-appropriate, empowering pupils without using any frightening words. These include:

- **good and bad touching**
- **your child's right to say no to things that make them feel upset or uncomfortable**
- **naming parts of the body**
- **who your child can turn to if they ever feel upset or worried.**

If you would like to know more about the NSPCC's campaign and learn how you can help keep your children safe in partnership with [child's school], more information can be found at nspcc.org.uk/pants

If you have any questions or concerns please don't hesitate to get in touch.

Template newsletter text

(to copy and paste)

In our PSHE lessons this term, we will be discussing the NSPCC's PANTS rules. These are designed to teach pupils how to stay safe from sexual abuse, without giving explicit information or telling scary stories or even using the term "sexual abuse". In the lesson, children will learn about the 'PANTS' acrostic, which stands for:

- **Privates are private.**
- **Always remember your body belongs to you.**
- **No means no**
- **Talk about secrets that upset you**
- **Speak up, someone can help.**

The lesson will be fully age-appropriate.

More information about talking PANTS, including a short film and a parent guide can be found at [nspcc.org.uk/pants](https://www.nspcc.org.uk/pants)

