

# Keeping Children Safe

## From Sexual Abuse

The West London NHS Trust is keen on ensuring every child feels safe, relaxed and is able to do things that make them happy, including speaking out for themselves. We know that a simple conversation can make a BIG difference in helping children find their voice or giving them a voice. That's why promoting 'Talk PANTS' is important.



### Promoting the 'Talk PANTS'!

Developed by the NSPCC in consultation with children, parents, carers and teachers, the **Talk PANTS** is a Pan-London campaign 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.

That they have a **right to say no** and if they need to **speak out** about something, someone will listen and help.

The simple and clever acronym '**PANTS**' teaches children the underwear rule.

**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	+

The Talk PANTS campaign also supports professionals and those with caring responsibilities of children aged 3-11, to have simple and age-appropriate conversations in the process of keeping them safe from sexual abuse. To help staff get started with these conversations, the Trust's Safeguarding Children Team are sharing the resources below.

### Resources:

- [Let's talk PANTS with Pantosaurus! | NSPCC](#)
- [NSPCC PANTOSAURUS 2017 SUBTITLED \(youtube.com\)](#)
- [The Pantosaurus Song! | #TalkPANTS | NSPCC \(youtube.com\)](#)
- [PANTS: How to answer questions from your child | NSPCC](#)
- [talk-pants-for-children-with-autism.pdf \(nspcc.org.uk\)](#)
- [pants makaton prompt cards.pdf \(nspcc.org.uk\)](#)
- [pants-parents-guide-online.pdf \(nspcc.org.uk\)](#)
- [pants makaton guide children.pdf \(nspcc.org.uk\)](#)

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