



**VAUGHAN**  
Primary School

# PANTS Workshop

THURSDAY 23<sup>RD</sup> MARCH 2023





# Who started the PANTS project?

# NSPCC

They provide:

- Lesson plans
- Resources
- Guidance
- Training

**This allows us all to deliver this important message to our children and keep them safe**





# Keeping you child safe

- These events do not happen everyday
- But we do all need to be aware of the dangers so that we can protect all children
- We also need to teach our children how to keep themselves safe





# What are the rules?

**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

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first.

Your body belongs to you. No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see, or tries to touch you, underneath your underwear, say 'NO' – and tell someone you trust and like to speak to.

No means no and you always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'no', it's your choice.

There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should tell an adult you trust about a bad secret straight away.

Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened you should talk to an adult you trust. This doesn't have to be a family member. It can also be a teacher or a friend's parent – or even [Childline - 0800 1111](https://www.childline.gov.uk).



# When is the right time to talk ?

- **bath time**, applying cream or when getting your child dressed
- **car journeys**
- when **swimming** and saying that what's covered by swimwear is private
- during a **TV show** that features a sensitive storyline
- **singing** along to our PANTS song with Pantosaurus
- **reading** our new PANTS storybook together.

[https://www.youtube.com/watch?v=\\_SzbMEVYiyg](https://www.youtube.com/watch?v=_SzbMEVYiyg) – PANTOSAURUS SONG





# lessons for children

**From the lesson taught at Vaughan, children will be able to:**

- Understand the Underwear Rule and Talk PANTS
- Name body parts and know which parts should be private
- Know the difference between appropriate and inappropriate
- Touch and understand that they have the right to say 'no' to unwanted touch – even to a family member or someone they know to love
- Start thinking about who they trust and who they can ask for help.



# lessons plans for children and resources

**Website:** [nspcc.org.uk/pants](https://www.nspcc.org.uk/pants)

The lesson plans and resources can be found on the website.

There are also leaflets on the website in different languages to give guidance to parents and provide information about PANTS



# What is Childline?



Childline is there to help anyone under the age of 19 in the UK with any issue they're going through.

Children can talk about anything. Whether it's something big or small, trained counsellors are here to support them.

Childline is free, confidential and available any time, day or night.

Children can talk to Childline:

-  by calling [0800 1111](tel:08001111)
-  by [email](#)
-  through [1-2-1 counsellor chat](#)

Whatever feels best for them 😊

<https://youtu.be/fCA6EhBhiC8>









# Question time

**Please ask  
any  
question  
you may  
have**







# Thank you for coming 😊



**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