



Talk PANTS

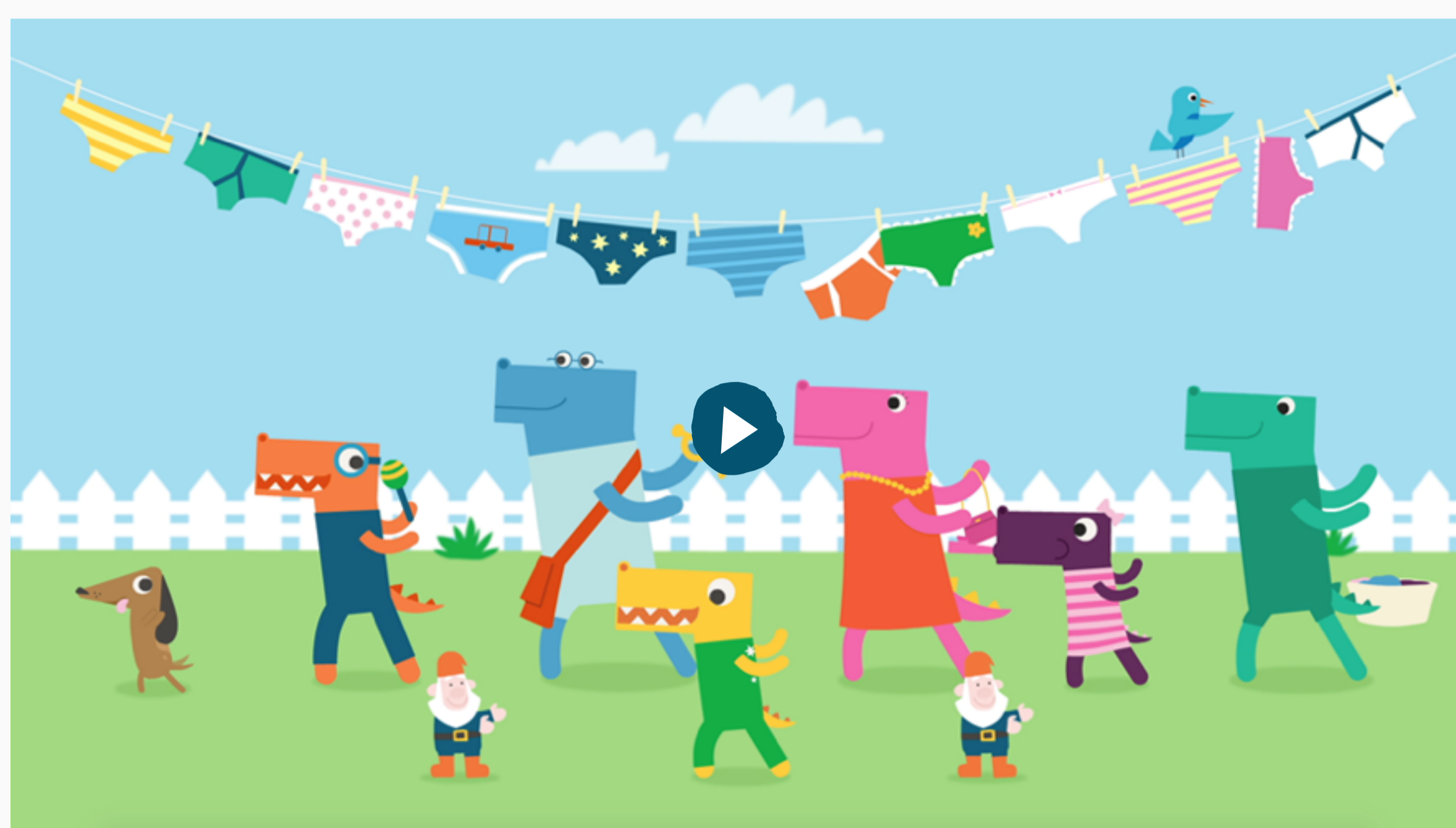
With the help of our friendly dinosaur Pantosaurus, Talk PANTS is a simple conversation to help keep your child safe from sexual abuse.

Tips and advice to help keep your kids safe

Talk PANTS helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.

To help you start the conversation with your child, we'll send you helpful tips, advice and materials by email.

Sing along with Pantosaurus!



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



When's the right time to talk PANTS?

- **bathtime**, 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.

Get more information

Shop our PANTS range

You can buy our PANTS book from our [online shop](#) and at [Matalan and SPAR stores](#) across the UK. All profits will support our vital work, fighting for every childhood.

We also have a [huge range of other PANTS products](#), including colourful back-to-school accessories, colouring books and a PANTS activity pack that helps children learn about staying safe.



Buy from our shop

Get the PANTS guide that's right for you

We have a wide range of PANTS guides, videos and resources to help you talk PANTS.

If you're looking for PANTS in another language, talk PANTS Makaton and BSL videos, or resources for parents and children, we can help.



Find your guide

Support from the NSPCC Helpline

If you're worried about a child, we're here to provide support and advice to help you. Whatever your concern, you can call the NSPCC Helpline on **0808 800 5000** Monday to Friday 8am – 10pm or 9am – 6pm at the weekends, or email us at any time at help@nspcc.org.uk

Advice and resources for you



Carol's story about talking PANTS

1.5 million parents have already talked PANTS. Carol tells us why she feels like a better parent since having the conversation with her daughter.

Read Carol's story



Talk PANTS with Amazon Alexa

Our Amazon Alexa skill is a fun, new way to help you teach your child about PANTS. Just say "Alexa, open NSPCC" on your Alexa app or Echo device and start talking PANTS today.

Get the skill



PANTS resources for schools and teachers

These resources include a lesson plan, teaching guidance, class activities, early years guidance and a "Talk PANTS" slide presentation. All are available on our NSPCC Learning website.

Get ready to talk PANTS

Helplines

Help for adults concerned about a child
Call us on 0808 800 5000

Help for children and young people
Call Childline on 0800 1111

For supporter, donation and fundraising queries
Call us on 020 7825 2505

Links

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The NSPCC

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