



Your questions answered

Why is it so important to talk PANTS?

We know from our work that it's so important your child understands these rules and knows how to stay safe. We understand that conversations like this can be difficult for both you as a parent and for your child. You don't want to scare or upset your children, and you may feel it's too soon – but PANTS has been created specifically to make sure these conversations are as easy and appropriate as possible for children between the ages of 4-11 (though we also know that the earlier you have these simple conversations about staying safe, the better).



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Won't talking to my child about this scare them?

We believe in safe, secure childhoods – which is why the advice we're giving is practical, reassuring and child-friendly. We don't want to upset or scare families and we definitely don't want to make children feel they can't accept a hug or a kiss from an adult. We also know there are times when you may need to overrule your child's preferences to keep them safe – like when you're crossing the road – but it helps if you explain why.

The fact that thousands of parents have already talked PANTS means we know it works. Since we launched PANTS we've spoken to many parents who have had the conversation and one thought shines through: just how simple and vitally important it is to talk PANTS.

“I felt relieved because it was light hearted and not as heavy as I thought it would be.”

Parent of girl aged 8

Does this mean I have to talk to my child about sex?

No, we created PANTS so that you don't have to mention sex or abuse until you feel your child is ready. But if your child asks questions, it's really valuable to take the opportunity to talk.

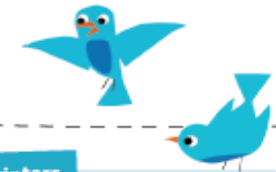
You can show your child that you're open to having conversations. And it will help your child feel confident that they can come to you whenever they're worried.

What if my child says something that worries me?

If your child says something that worries you in any way, get some advice. Talk to a teacher at school or call us on our helpline on 0808 800 5000. Our experts are here 24/7 to give advice and support. If it's nothing to worry about, you can feel assured that you've checked it out.

Remember, it's probably a huge relief for your child to be able to talk to you.

Whatever you think and feel, it's about reacting with love, support, openness and reassurance. It's not something to be frightened of – we can support you and help you move forward.



PANTS pointers

To help make talking PANTS as useful for your child as it can be, here are some tips and techniques we recommend:

- Don't view conversations about staying safe as a one-off. It's much better to have conversations little and often. This will help you to reinforce the key points, and to adapt the message as your child gets older.
- Once you're ready to talk, you might find your child isn't. That's OK. The most important thing is to not force the issue. The last thing you want is for your child to feel it's a big deal.
- Weaving simple conversations about staying safe into the daily routine is a great way to stop it feeling like a lecture. If it feels less weird for your child, it will feel much easier for you too.



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