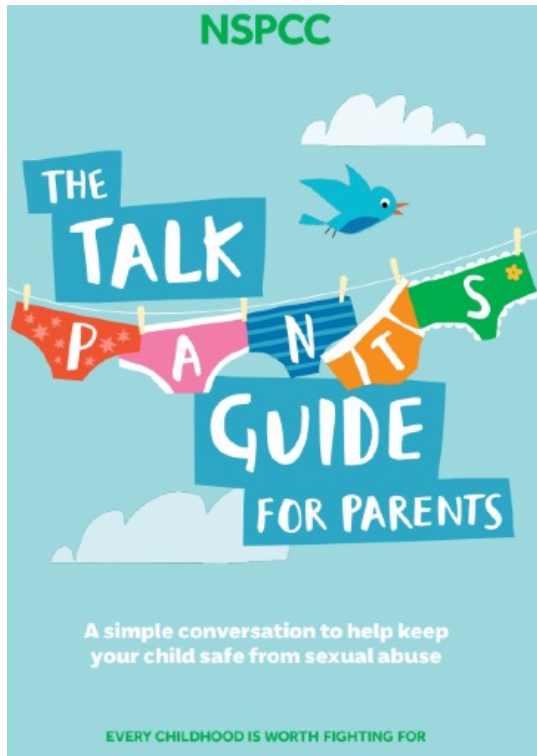


Hello and welcome to our third safeguarding newsletter for parents for 2025-26



An important conversation to have

No parent ever wants to think their child will be affected by sexual abuse. But that's exactly why it's vital you have this conversation. We also understand that talking about this topic might feel difficult. But it doesn't have to be. Talk PANTS has been created specifically - with the help of parents and professionals - to make sure these conversations are easy and appropriate for children as young as three.

Talk PANTS never mentions sex

You might feel your child is too young to talk about sex. And that's why Talk PANTS never mentions it. The messages for children are practical, reassuring and age-appropriate. These messages help children understand their body belongs to them and they have a right to say no. Children are encouraged to tell a safe adult who they trust if anything happens that makes them

worried or upset. They also let children know if anything happens that makes them feel that way, it's never their fault.

Talking PANTS is about using simple, child-friendly language to give your child the confidence and knowledge to understand what is and isn't OK.

Finding the right moment

Every family is different and when and where you have these conversations may depend on your child's age or how grown up they are - it's all about whatever feels natural for you and them.

Looking for good times to start the conversations? Here are a few examples other parents have said worked for them:

- When you're running your child's bath, or helping them with things like getting dressed.
- Car journeys are a great time to talk. Whether



it's on the way home from school, or a weekend walk to the shops, you'll feel more at ease as you stroll and chat together.

- Going swimming is a great time to talk about the idea that what's covered by your pants and your swimwear is private.
- If they've had a lesson about personal relationships or Talk PANTS at school, ask them what they remember when they get home.
- Singing along to the song with the help of the friendly dinosaur Pantosaurus can help create the right moment.
- If their favourite TV programme is handling a sensitive storyline, encourage them to talk about anything that upsets them.

The full guides are available online

[PANTS guide for parents](#)

[PANTS guide for parents and carers of autistic children](#)

[PANTS guide for foster carers](#)

[Talk PANTS with Makaton](#)

School staff are always happy to help you navigate these conversations. We deliver the same messages in school as part of our learning in RSHE.

We would all like to wish you a safe and happy half term.

Best wishes from

The DSL Team