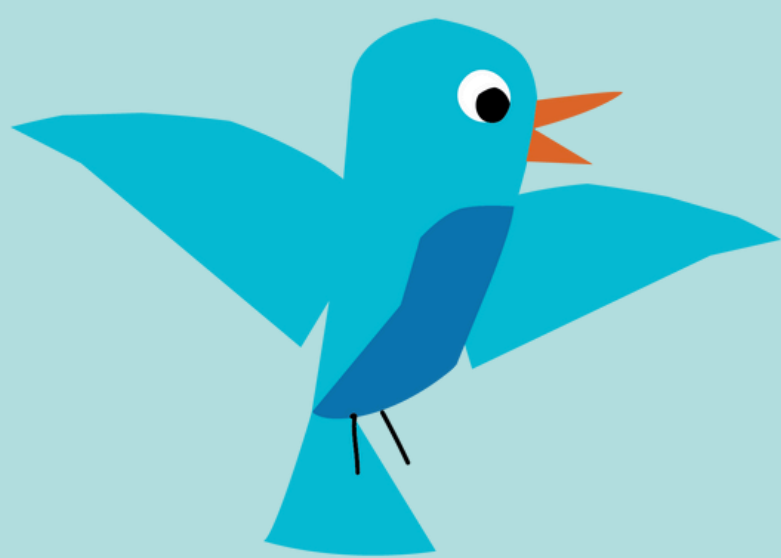




Talk PANTS Fortnight 5-16 May 2025

Community Support Pack

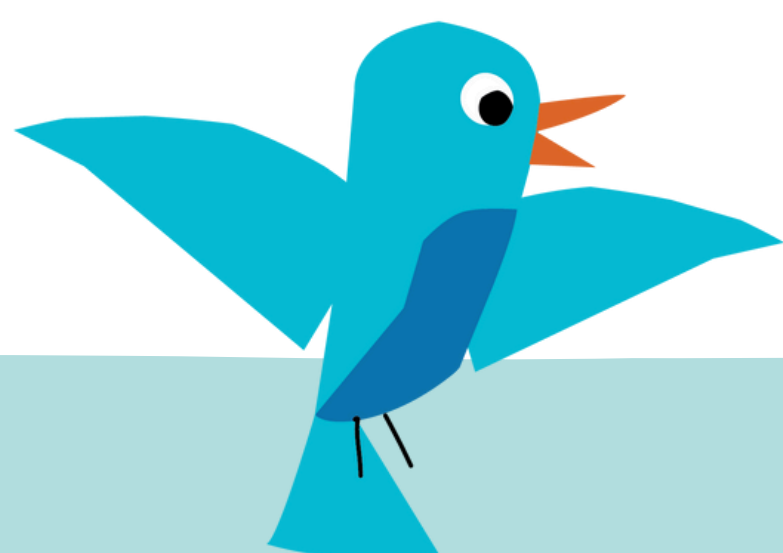


NSPCC
NORTHERN IRELAND



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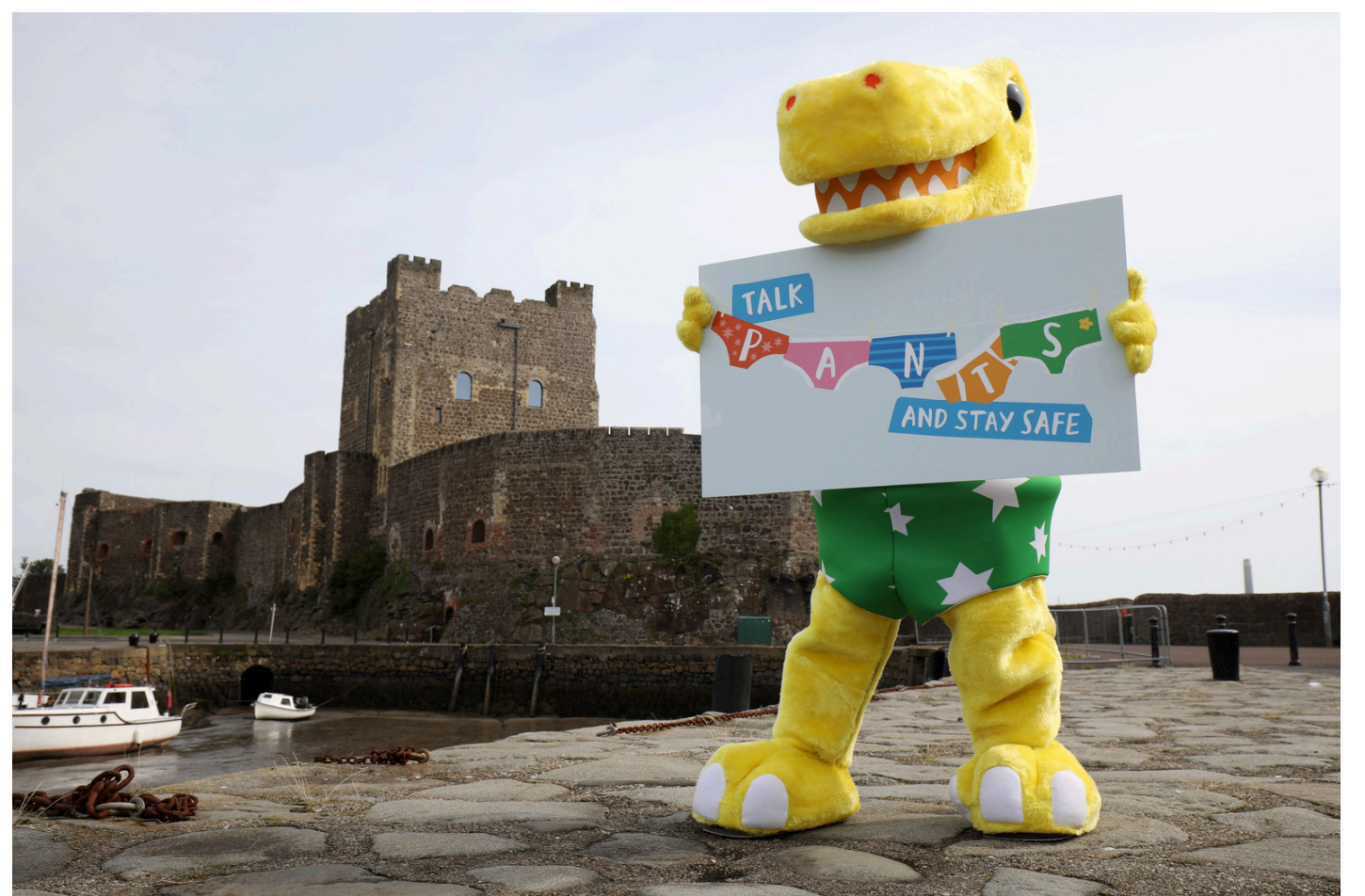
1. History of Talk PANTS

Back in 2013, the NSPCC launched the Talk PANTS campaign to help parents and carers have simple conversations with their children to help keep them safe from sexual abuse. Since then, we have reached over 10 million parents across the UK.

Talk PANTS has continued to develop and grow over the past 10 years, and now its resources include:

- Information leaflet for parents/carers, including translations into 16 different languages.
- Story book Pantosaurus and the Power of PANTS
- Song – Animation on YouTube
- Colouring sheets and activities for children
- Tailored guides for parents and children who are neurodiverse and/or have a learning disability.
- Video and resources in BSL, Signalong and Makaton
- Series of lesson plan for primary schools and early years settings

We know that 1 in 3 children sexually abused by an adult didn't tell someone at the time and 90% of children who are abused, are abused by someone they know. This is why the Talk PANTS campaign is so important.



Join Northern Ireland's Talk PANTS Fortnight from 5 – 16 May to keep raising awareness and help keep children safe from sexual abuse.

2. Join a Familiarisation Session

We have a short familiarisation session for community staff and volunteers to introduce Talk PANTS and build your confidence to share the important messages with families you support.

To register your interest, please fill in our form.

(Note: These sessions are for community staff and volunteers only)



3. Preparing conversations for Talk PANTS

Parents may ask a wide range of questions and there's lots of information available in the parent's guide. You should be familiar with this information and able to share these tips with families – and we encourage having printed or electronic copies for parents and carers.

- Page 3 highlights the importance of talking PANTS with children
- Pages 5 and 6 give more information about each of the five PANTS rules - including the encouragement of using the anatomical language for body parts to help keep children safe
- Page 8 has tips on finding the right time (such as on car journeys, or at bath time)
- Pages 11 and 12 share quotes from other parents

It is also important to consider how families might react in advance. To approach Talk PANTS in a trauma-informed manner, we would recommend considering the following:

- Ensure families are made aware of any Talk PANTS activities/events happening in your setting and provide them information about in advance
- Ensure that staff are present during events/activities and are prepared to support conversations with parents and carers - mindful that some may find it a sensitive subject, the NSPCC Helpline is available to support if issues arise, or to signpost for adult services if needed. We also recommend you follow your setting's safeguarding policy.

You can contact the NSPCC helpline by emailing help@nspcc.org.uk or calling 0808 800 5000. The phone operating hours may vary, so please check website for current hours

4. Share information with parents and carers

You can support parents and carers to Talk PANTS with their children. We have a pre-recorded Talk PANTS webinar for families that can be accessed via the link below or shown in your setting.

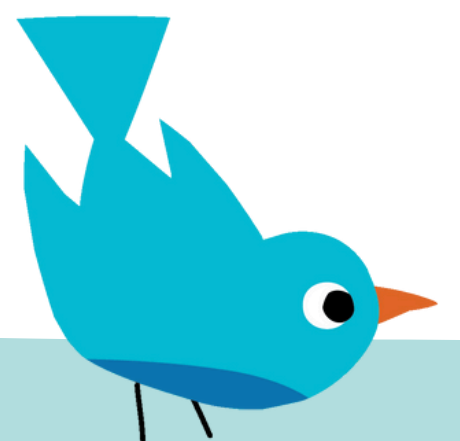
[Please click here to view the pre-recorded webinar for parents and carers.](#)

Templates for letters and newsletters are available in section 7 of this pack to accompany your conversation with parents.

5. Activities and resources available for Talk PANTS

- The Pantosaurus and the Power of PANTS book is Pantosaurus' own story book can be a great way to start a conversation about the PANTS rules. A free reading of the book is also available on YouTube.
- The Pantosaurus song is a favourite of many children. Whether you want to create a little movie for the children or have a dance party, the song is a great way to engage children with Talk PANTS and give you a chance to talk to parents and carers about it.
- Decorate with our display pack during Talk PANTS fortnight. This pack contains lots of printable decorations that can be used to decorate your setting or to create a display board to host all of children's activities.
- Talk PANTS colouring, wordsearch, and connect the dots – these activities are popular with children to get involved and have the chance to talk to parents and carers about the important Talk PANTS messaging.
- Pin the Tail on Pantosaurus – the display pack has large versions of Pantosaurus that can be used for this activity.
- Go on a dinosaur hunt to find Pantosaurus – print off small pictures of Pantosaurus from our display pack and hide them around your setting. Children have lots of fun finding them!

All of the Talk PANTS materials and resources are linked on pages 9 and 10.



6. Engage with us on social media

If you use social media, we would love to see your photos of your setting getting involved in Talk PANTS fortnight. Don't forget to tag us ([NSPCC Northern Ireland](#)) and use the hashtag #NITalkPANTS.

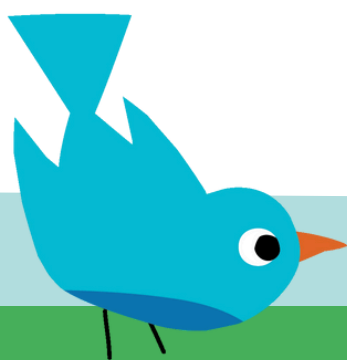
Our social media pages will be releasing lots of information during Talk PANTS fortnight, which can be shared or reposted on your own pages.

Templates for social media posts and newsletters are available in section 7 of this pack to help you to engage with Talk PANTS.



7. Templates

Messages	Links and images you can include alongside your own pictures:
We are delighted to be supporting #NITalkPANTS fortnight by the NSPCC. We all have a part to play to help keep children safe from abuse.	NSPCC Website Talk PANTS video Talk PANTS banner PANTS Rules graphic NSPCC Pantosaurus
(Your setting) is excited to be part of NSPCC's #NITalkPANTS fortnight! We have been watching Pantosarus and his roar-some song to help us learn the PANTS rules.	
As (your setting) gets ready to Talk PANTS, we think it's important that our families get to know more about the PANTS rules too. The NSPCC has a free 20min webinar available for all parents and carers to learn about Talk PANTS. #NITalkPANTS	



Letter to Parents/Carers about Talk PANTS events/activities

Dear Parent/Carer,

This May we will be supporting the NSPCC's Talk PANTS fortnight.

Many community organisations will be discussing the NSPCC Talk PANTS rules, and we will be supporting the campaign through activities at [XXX organisation name].

Through fun activities, we will help children explore these important safety skills in a simple, age-appropriate way and talk about the PANTS rules:

- P: Privates are private
- A: Always remember your body belongs to you
- N: No means no
- T: Talk about secrets that upset you
- S: Speak up, someone can help

The PANTS rules empower parents and carers to have these important conversations in a child-friendly way and help children safe from abuse.

[Optional: extra info about your event/activities]

If you would like to know more about Talk PANTS, please visit www.nspcc.org.uk/pants. A pre-recorded webinar is also available for parents and carers. [Click here to access the free 20mins webinar.](#)

If you have any questions or concerns, please don't hesitate to get in touch.

Yours sincerely,
[XXX]



Blog/Newsletter – NI Talk PANTS Fortnight, 5 – 16 May 2025

How communities can support families to Talk PANTS!

The NSPCC, along with its partners across Northern Ireland, are delighted to host Talk PANTS fortnight from 5 -16th May 2025 to help keep children safe from sexual abuse.

Talk PANTS aims to empower simple, age-appropriate conversations with children aged 3-11 years old that can help children stay safe from abuse. After its success in 2024, the NSPCC is reaching out to more communities settings to support professionals and families to Talk PANTS.

So, what is Talk PANTS all about?

We are all used to talking to children about things like crossing the road safely, but what about speaking to them about messages that will help to keep them safe from sexual abuse? We know that this topic might feel daunting, but the Talk PANTS campaign gives the tools and resources to give you the confidence in having these important conversations with children in a clear, child-friendly way.

The key messages of Talk PANTS are:

P – Privates are privates.

A – Always remember your body belongs to you.

N – No means no.

T – Talk about secrets that upset you.

S – Speak up, someone can help.

Every family is different, so how these conversations happen will depend on what is natural for your family. Some parents and carers have told us that bath time, getting dressed, car journeys, and swimming lessons have worked for them. You can also use the NSPCC resources like the Pantosaurus video and activities to start the conversation with your child. There's a range of Talk PANTS resources available for parents, carers and children which can be found on the NSPCC website - www.nspcc.org.uk/pants.

A pre-recorded webinar is also available for parents and carers. [Click here to access the free 20mins webinar.](#)

We understand that some families might need to speak to someone for advice or speak confidentially with a professional. The NSPCC helpline is available for all adults and can be contacted via email help@nspcc.org.uk or by phone [0808 800 5000](tel:08088005000).

9. Further information about Talk PANTS

For your setting

- Display Pack: [Click here](#)
- PANTS Activity Sheets: [Click here](#)
- Talk PANTS Poster: [Click here](#)



For children

- Children's guide: [Click here](#)
- Guide for children with learning disabilities: [Click here](#)
- Guide for children with Autism: [Click here](#)
- Makaton guide for children: [Click here](#)
- Makaton video series: [Click here](#)

For parents

- Guide for parents: [Click here](#)
- Guide for parents (other languages): [Click here](#)
- Guide for foster carers: [Click here](#)
- Guide for parents with a learning disability: [Click here](#)
- Guide for parents of children with Autism: [Click here](#)
- BSL Video: [Click here](#)
- Makaton guide for parents: [Click here](#)
- Makaton prompt cards: [Click here](#)
- Signalong guide for parents: [Click here](#)
- Signalong prompt cards: [Click here](#)
- Sign up for PANTS tips via email: [Click here](#)



If you would like to know more about the PANTS campaign and keep up to date with the latest resources, please visit the NSPCC website

www.nspcc.org.uk/pants



END OF RESOURCE PACK

Thank you for your support with NSPCC's Talk PANTS Fortnight 2025 and together we can help keep children safe from sexual abuse.

For further support or information, please email
northernirelandcampaigns@nspcc.org.uk

Please remember, if you are worried about a child for any reason,
contact the NSPCC Helpline on [0808 800 5000](tel:08088005000), email help@nspcc.org.uk
or visit nspcc.org.uk/helpline

