



Talk PANTS Cymru Week Supporter Pack

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The Talk PANTS campaign supports professionals, parents and carers of children aged 3-11, to have simple and age-appropriate conversations, that can help them keep children safe from sexual abuse.

From P through to S, by sharing the Talk PANTS rules with a child, you can help them understand and remember some simple but vital messages: that their body belongs to them, they have a right to say no, and that they can speak to a trusted adult if they are worried or upset. Since we launched Talk PANTS in 2013, parents have had over 6 million conversations with their children about sexual abuse, but we know that many more still are not. We need to keep raising awareness to ensure more of these important conversations are happening...that is why we're holding **Talk PANTS Cymru Week** on **27th- 31st January**.

[Let's talk PANTS with Pantosaurus! | NSPCC](#)

From lesson plans and activities to parent workshops and social media, there is lots of ways you can get involved! We've even included a competition!

All links and templates can be found in the appendix



Talk PANTS Information Session Dates/Registration Links

To get all the information you should need to take part in Talk PANTS Cymru Week we are holding information sessions at the beginning of December and January.

The session will cover,

- The aim of the Talk PANTS campaign
- An overview of the Talk PANTS resources
 - Teaching Guidance
 - New Early Years content for ages 3-4 and 4-5
 - New content for ages 5-7, 7-9 and 9-11
 - New SEND, ASN, ASL, ALN content which sits alongside the Makaton resources
 - New webpage NSPCC Learning
- Using the Talk PANTS resources with families
- Additional resources
- Display pack
- Additional support and other NSPCC services

Sessions usually last 45 minutes to an hour with a chance for questions and discussion. There is no limit to attendance.

Workshop	Date	Time	Registration Link
Professional Workshop (English)	3 rd December 2024	15:30-16:30	https://events.teams.microsoft.com/event/3c1e5001-8105-4478-8faf-cb5ae931f902@3c4f002a-8d6d-4ede-8372-faf47ca8473f
Professional Workshop (English)	4 th December 2024	15:30-16:30	https://events.teams.microsoft.com/event/d5c8d1c7-c96f-4e7f-9c4c-4ab5b2bd0ecf@3c4f002a-8d6d-4ede-8372-faf47ca8473f
Professional Workshop (Welsh)	5 th December 2024	15:30-16:30	https://events.teams.microsoft.com/event/9db41cb7-0beb-4900-bc8b-094d34be2694@3c4f002a-8d6d-4ede-8372-faf47ca8473f
Professional Workshop (English)	7 th January 2025	15:30-16:30	https://events.teams.microsoft.com/event/56adb56d-7089-4e70-95c0-bf801730b6e4@3c4f002a-8d6d-4ede-8372-faf47ca8473f
Professional Workshop (English)	8 th January 2025	15:30-16:30	https://events.teams.microsoft.com/event/170b3eb4-c2af-4ea3-97ef-6f9e8ad3fdab@3c4f002a-8d6d-4ede-8372-faf47ca8473f



Suggested Timeline for Talk PANTS Week Cymru

<p>W/B 13th and 20th January 2025</p>	<p>Promote that you are taking part in Talk PANTS Cymru week through your social media and across the setting. Don't forget #SiaradPANTSCymru25</p> <p>Get parents involved by sending the letter/email included in this pack and point them in the direction of the parent webinar. Consider a coffee morning to answer questions and discuss the benefits.</p>	<p>See Promoting Talk PANTS Cymru Week</p> <p>See Support for Parents and the template letter in appendix</p>
<p>Monday 27th January 2025</p>	<p>Talk PANTS Cymru Week begins!</p> <p>Start with a short group discussion to share the importance of the week.</p> <p>Complete the lesson within classrooms.</p>	<p>See all links in the appendix</p>
<p>Monday 27th – Friday 31st</p>	<p>Complete other Talk PANTS based activities</p> <p>Design and create a Talk PANTS display board</p> <p>Share photos of the activities on social media using #SiaradPANTSCymru25</p>	<p>See Talk PANTS Activity Ideas and links in the appendix</p> <p>See Talk PANTS Cymru Week Competition!</p> <p>See Promoting Talk PANTS Cymru Week</p>
<p>W/B 3rd February 2025</p>	<p>Send photos of finished display board before Wednesday 12th February.</p> <p>Complete Talk PANTS Cymru week online evaluation form.</p>	<p>See Talk PANTS Cymru Week Competition!</p> <p>See Evaluation</p>



Talk PANTS Activity Ideas

After completing the session at the beginning of the week you can then to make the most of Talk Pants Week Cymru by taking part in other activities.

- Dance and sing along to Pantosaurus
- Read some roarsome books at story time
 - Find the book in our shop or you can use the YouTube reading
 - Kidpower: Children's Safety Comics by Irene van der Zande and Amadnda Golert
 - Some Parts are NOT for Sharing by Julie K. Federico
 - Ask first, monkey! By Juliet Clare Bell and Abigail Tompkins
 - My body! What I say Goes! By Jayneen Sanders
 - It's my Body by Louise Spilsbury
 - Captain Underpants by Dav Pilkey
 - Mae Pob Corff yn Rhyfeddol by Beth Cox
 - Y Corff Rhyfedd a Rhyfeddol by Kev Payne
 - Ti a dy Gorff by Adam Kay
- Create a washing line full of pants (sheets found in the display pack)
- Playing the Pantosaurus game on a laptop or device (English only)
- Create your own Pantosaurus out of recyclables
- Have the children create Talk PANTS resources (leaflets, posters, guides for parents)
- A PANTS teddy bear picnic – bring your favourite teddy but make sure it has its PANTS on!
- A Pantosaurus scavenger hunt
- Putting pants on teddy bears
- Going over PANTS rules
- *Although we have recommended activities, we really encourage getting creative and making your own Talk PANTS activities too!*

Talk PANTS Cymru Week Competition!

This year we are giving settings the opportunity to win a visit from Pantosaurus and a Talk PANTS bag! Inside the bag you will find a Pantosaurus plush, two copies of Pantosaurus and the Power of PANTS (Welsh and English), along with copies of all the PANTS resources.

To be in with a chance of winning a visit and bag, you and your young people will need to create an eye catching and informative display board for your setting. The display pack is available as a support to create the board but please use everyone's creative skills to make your display board stand out from the rest while also sharing the Talk PANTS message.

To enter the competition, **you need** to complete these steps,

1. During Talk PANTS Cymru Week, create a display board with your young people.
2. Share the activities your school has completed with the hashtag #SiaradPANTSCymru25 during Talk PANTS week.
3. Send a photo of the display board to walescampaigns@nspcc.org.uk by Wednesday 12th February 2025 (a week and a half after Talk PANTS Cymru week).
4. Complete the evaluation form found here: <https://forms.office.com/e/3mktaWj4ja>



Once you have **completed these four steps**, our Young People's Board for Change will select the winners, and we will contact the setting they've selected to organise the visit.

Support for Parents

We have created an information webinar in both Welsh and English for parents/carers. The 30–45-minute parent/carer session introduces them to the PANTS rules and provides support and guidance on how to have these conversations with their children. **Please find a template letter with the links in the appendix.**

You could also hold a coffee morning to discuss Talk PANTS and the activities you will be doing in Talk PANTS week.

Promoting Talk PANTS Cymru Week

Before the Talk PANTS Week Cymru begins you can share your support for it onsite by using posters and invites (see appendix) or on social media. If you're able to share your support for Talk PANTS Week Cymru and pictures of your activities on your social media, please use the hashtag #SiaradPANTSCymru25

You could also send photos of any PANTS activities to walescampaigns@nspcc.org.uk with permission to share on social media, enabling us to thank you for your support.

We will be sending a social media tool kit to help support your social media activity. This will be sent to you before January 2025. You can also find some sample posts below:

'As part of #SiaradPANTSCymru25, (name here) having been dancing to Pantosaurus and learning the NSPCC Talk PANTS rules to help keep children safe! For more Talk PANTS information please visit: [Let's talk PANTS | NSPCC](#)
(insert Talk PANTS related images)'

'(name here) has been taking part in #SiaradPANTSCymru25, we have been dancing, colouring and learning the NSPCC Talk PANTS rules! (insert Talk PANTS images)'

Evaluation

To support us in continuing to improve our work in Wales to best meet the needs of the children in our country, your feedback is needed. After you have taken part in Talk PANTS Cymru Week, please take a few moments to complete our evaluation and help us understand what is needed in Wales. **Please find the bilingual form here:** <https://forms.office.com/e/3mktaWj4ja>

Any Questions

Please contact walescampaigns@nspcc.org.uk to ask any questions about Talk PANTS Cymru Week or any other campaigns happening in Wales.

Thank you in advance for your support in helping keep more children in Wales safe from sexual abuse.



Appendix

Useful Links

Further reading

[Let's talk PANTS with Pantosaurus! | NSPCC](#)

[Carol's story | NSPCC](#)

Online Game: [Playtime with Pantosaurus | NSPCC](#)

NSPCC Shop: [Pantosaurus Gifts | NSPCC Shop](#)

Bilingual Resources

Website with resources for schools and settings	PANTS resources for schools and teachers NSPCC Learning	
Website with parents' guides (Makaton resources)	PANTS guides and resources NSPCC	
	Welsh	English
PANTS teaching guidance	W. Arweiniad i Athrawon - Teaching guidance (nspcc.org.uk)	Talk PANTS: Teaching Guidance (nspcc.org.uk)
Activities plan for ages 3-4	Welsh Activities plan children aged 3-4 (nspcc.org.uk)	Talk PANTS: Activities plan for ages 3-4 (nspcc.org.uk)
Activities plan for ages 4-5	Welsh activities plan children aged 4-5 (nspcc.org.uk)	Talk PANTS: Activities plan for ages 4-5 (nspcc.org.uk)
Presentation for ages 3-5	*	Ages 3-5: PowerPoint: The Talk PANTS rules (nspcc.org.uk)
Lessons and resources for ages 5-7, 7-9, 9-11 and children with ALN	ZIP folders found on PANTS resources for schools and teachers NSPCC Learning	
Poster	*	Talk PANTS Poster 2023 (nspcc.org.uk)
Display pack	pants-school-display-pack-welsh.pdf (nspcc.org.uk)	learning.nspcc.org.uk/media/2939/pants-school-display-pack.pdf
YouTube reading	Stori Pantosorws a Phŵer y Pants Welsh NSPCC Pantosaurus Story (youtube.com)	Natalie Dormer Reads Pantosaurus and the Power of Pants #TalkPANTS NSPCC (youtube.com)
PANTS Song	Cofia siarad PANTS gyda Pantosorws a'i gan PANTS (youtube.com)	Talk PANTS with Pantosaurus and his PANTS song #TalkPANTS (youtube.com)
Parent Webinar	Siarad PANTS Sesiwn Wybodeath Rhieni a Gofalwyr	Talk PANTS - Updated Webinar for Parents & Carers (youtube.com)

*Will be available to be used by end of 2024



Template Letter/Email to Parents

Dear Parent/Carer

We are welcoming Pantosaurus to (enter setting) for a Talk PANTS Week Cymru from **27th – 31st January**.

Through play, stories and activities in we will be sharing important safety skills without giving explicit information or telling scary stories. We will be starting to teach children the NSPCC's, Talk PANTS rules using the 'PANTS' acrostic, which is like a green cross code for helping children to keep safe from sexual abuse. PANTS stands for:

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

The activities will introduce a range of ideas, all delivered in a way that's fully age- appropriate. These include:

- "Appropriate" and "inappropriate" touch
- Your child's right to say no to things that make them feel upset or uncomfortable
- Naming parts of the body
- Who your child can turn to if they ever feel upset or worried

If you would like to know more about the NSPCC's campaign and see how you can help keep your children safe in partnership with your child's school, more information can be found at nspcc.org.uk/underwearrule

The NSPCC has also created a parents/carer webinar that explains Talk PANTS and includes support for Talking PANTS at home. You can watch the Welsh webinar here: <https://www.youtube.com/watch?v=9qAR3MB7iuE> or English webinar here: <https://youtu.be/MBq4t8P-XM?si=dm4YqgNJwPG6p1lB>

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

SIGN OFF.

