

For parents and carers  
with learning disabilities



# Simple conversations to keep your child safe from abuse



LEARN THE  
UNDERWEAR RULE



TALK PANTS AND YOU'VE  
GOT IT COVERED!



## The Underwear Rule

The NSPCC helps parents and support workers talk to their children about staying safe.

It is part of our job to help stop abuse happening to any child.



This booklet will give you some advice on how you can help to keep your child safe from sexual abuse.



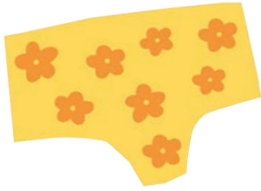
The Underwear Rule is a simple way to help keep children safe from abuse.

It teaches children that their body belongs to them and that they have a right to say no.



It teaches children that they should tell an adult if they are upset or worried about anything.

There is an easy way to remember the Underwear Rule.



**Remember the word PANTS.**

Spend some time with your child and help them learn some simple rules.





The first letter from each of these rules makes up the word PANTS.



**Privates are private**

**Always remember your body belongs to you**

**No means no**

**Talk about secrets that upset you**

**Speak up, someone can help**



You can start off by having a simple talk with your child about keeping safe. You can go into more detail when you and your child are happy.



The next few pages will give you some more information about how to teach your child the Underwear Rule.

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P is for  
**Privates are private**



Anything covered by underwear is private. No one should ask to see or touch parts of the body covered by underwear.



In some situations, people such as doctors or nurses may need to touch your child's private parts. They should always ask your child first.



Explain to your child that this is OK, but that those people should always explain why, and ask if it's OK first.



A is for  
**Always remember your  
body belongs to you**

Your child should know their body belongs to them, and no one else.

No one has the right to make your child do anything with their body that makes them feel uncomfortable.

If anyone tries, they should tell someone that they trust.

This might be a support worker, a doctor, a parent or a family member.



N is for  
**No means no**

Your child has the right to say NO. Even to a family member or someone they love.

Sometimes you may need to say no to your child to help keep them safe. It helps if you can explain why.



If a child feels happy to say no to their own family, they are more likely to say no to others.





T is for  
**Talk about secrets  
that upset you**



Explain to your child that they should talk about stuff that makes them worried or upset.

Explain that an adult they trust will listen, and be able to help.



Tell them it doesn't have to be a family member. It can be a teacher or a friend's parent – or even ChildLine.



S is for  
**Speak up,**  
**someone can help**

If your child feels sad, worried or frightened they can talk to an adult they trust. This person will listen and can help stop whatever's making them upset.

Remind your child that whatever the problem, it is not their fault and they will not get into trouble.

Your child might want to talk to you, a teacher, an older brother or sister or a friend's parent. It can even be ChildLine.



Here are some questions that you might want answers to. The answers are explained after the questions.

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### **Do I have to talk to my child about sex?**

You do not have to talk about sex or keeping safe from sexual abuse until you feel your child is ready.



If your child asks questions about sex it can sometimes be a good time to talk.



It shows that you are open to having conversations and will help your child feel happy that they can come to you whenever they are worried.

## What if my child says something that worries me?

If your child says something that worries you in any way, get some advice. You can talk to anyone that you trust.



You can get advice from the NSPCC on 0808 800 5000. We are here 24 hours a day to give advice and support.

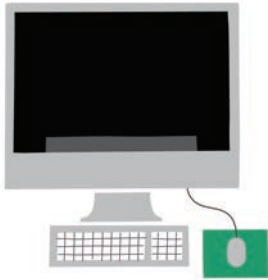
If it's nothing to worry about, you can feel better knowing that you have checked it out.



Remember, it is probably a big relief for your child to be able to talk to you. Whatever you think and feel, it is not something to be frightened of – we can support you and help you.

You can find lots more information and support about the Underwear Rule at [www.nspcc.org.uk/underwear](http://www.nspcc.org.uk/underwear)

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### **How to contact us for more information**

You can visit the NSPCC's website [www.nspcc.org.uk/underwear](http://www.nspcc.org.uk/underwear)



Or you can call the NSPCC on 0808 800 5000

You can also call Mencap Direct on 0808 808 1111. Lines are open 9am to 5pm, Monday to Friday



Your child can call ChildLine on 0800 1111

Or visit the ChildLine website [www.childline.org.uk](http://www.childline.org.uk)



This version was adapted from our original parents' guide, with help from Mencap.

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**NSPCC**   
Cruelty to children must stop. **FULL STOP.**