

PANTS are Private

The children had this question to consider whilst coming into assembly:

Why do we have clothes?



Today we talked about PANTS which is the NSPCC initiative to help children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.



PANTS are Private

What are the PANTS rules?

PANTS is an acronym that is used by the NSPCC to help children remember the rules to help them keep safe.

Privates are private



Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first.

Always remember your body belongs to you



Your body belongs to you. No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to.

No means no



No means no and you always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.

Talk. No secrets.



There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should tell an adult you trust about a bad secret straight away.

Speak up, someone can help



Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened you should talk to an adult you trust. This doesn't have to be a family member. It can also be a teacher or a friend's parent – or even Childline.



Headteacher's assembly 16th March 2026

PANTS are Private

We finished by watching the PANTS are Private song on Youtube.



https://youtu.be/_SzbMEVYiyg

Guide for Parents:

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>

Guide for Parents with Children with Autism:

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/underwear-rule-parents-guide-children-autism.pdf>

Guide for Parents with Learning Disabilities:

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/underwear-rule-parents-learning-disabilities-english.pdf>

Guide for Foster Carers:

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/underwear-rule-guidance-foster-carers.pdf>