



Talk PANTS Resources

Main PANTS information page:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Parent guides

- Main parent guide: [Click here](#)
- Guide for parents with a learning disability: [Click here](#)
- Guide for parents of children with Autism: [Click here](#)
- MAKATON resources: [Click here](#)

FREE PANTS Parent Webinar, available on demand any time: <https://bit.ly/TalkPANTSwebinar>

Sign up for PANTS tips via email: [Click here](#)

Guides for children

- Main children's guide: [Click here](#)
- Guide for children with learning disabilities: [Click here](#)
- Guide for children with Autism: [Click here](#)
- BSL video: <https://www.youtube.com/watch?v=lvD74L86Mr8>
- Love. Life PANTS video: Explaining PANTS to 11 to 25 year olds with learning disabilities. The characters explain that private parts are private and talk about personal boundaries. They discuss different situations where the PANTS rule might apply and answer questions that young people might have. <https://youtu.be/0svbr1d4fxk>

Professional resources: All available on [NSPCC Learning](#)

- Resources for teachers and schools: [PANTS resources for schools and teachers | NSPCC Learning](#)
- Guidance for Early Years and childcare settings: [Click here](#)

Love Life: Resources for young people with learning disabilities

<https://learning.nspcc.org.uk/research-resources/schools/love-life>

The Love.Life films and supporting resources are aimed at young people aged 11 to 25 to help them learn strategies for staying safe as they grow up and gain independence.

They enable adults to start conversations with young people about:

- Feelings
- privacy and boundaries
- friendship
- different kinds of love
- online safety.

Please feel free to share this resource sheet to support others in using the PANTS rule.

For further information or support contact emma.motherwell@nspcc.org.uk