



## St Vincent's Catholic Primary School Safeguarding Newsletter- Autumn 2020

Each term we will bring the latest safeguarding developments and information to you in order that we all work together to keep our school community safe.

### Safeguarding Responsibilities

Designated Safeguarding Lead	Mrs Harrop
Designated Deputy Safeguarding Lead	Mrs Tiernan, Mrs Sutton
Mental Health First Aiders	Mrs Harrop, Mrs Tiernan, Mrs Sutton, Mrs Farrell, Mrs Castro, Mrs Gee and Mrs Robinson.
Emergency First Aiders	All staff
Wellbeing Champions	Mrs Sheldon, Mrs Bullock, Mr Nicholls, Miss Sheppard, Mrs Conway, Mrs Davidson and Mrs Raw.
Safeguarding Governor	Mrs Donnachie
Online safety Governor	Mrs Butler
Health and Safety Governor	Mr Thorgaard



### Preventing Harm to your child

Each year as part of our safeguarding procedures, the children learn about the underwear rule based on the NSPCC materials. We use the specially designed resources from the NSPCC to teach the children in the most sensitive and age appropriate manner. Please read below to find out more about what our teaching includes:

#### NSPCC Pants

Talk PANTS helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried. The NSPCC have devised the PANTS rule. Each year the children learn about Pantosaurus' five easy rules for staying safe.

# LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE

## **P**RIVATES 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. Remember, what's in your pants belongs only to you.



## **A**LWAYS REMEMBER 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.



## **N**O MEANS NO

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.



## **T**ALK ABOUT SECRETS THAT UPSET YOU

There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell an adult you trust about it straight away.



## **S**PEAK UP, SOMEONE CAN HELP

It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done for speaking out and help make everything OK. You can also call Childline on 0800 1111 and someone will always be there to listen.



Remember all of these rules and they'll help you stay safe, just like Pantosaurus



## Frequently asked questions answered by the NSPCC

### Q. When's the right time to talk PANTS?

A. You know your child better than anyone. And you'll know when they're ready and how much detail to go into. Some parents found these moments helped them start the conversation:

- bath time, applying cream or when getting your child dressed
- car journeys
- going swimming and saying that what's covered by swimwear is private
- during a TV show that features a sensitive storyline
- singing along to our PANTS song with Pantosaurus.

### Q. Won't talking to my child about this topic scare them?

A. PANTS is all about giving child-friendly practical and reassuring advice. We do not want to upset or scare families and we definitely do not want to make children feel they cannot accept a hug or a kiss from an adult. We want to make talking about sexual abuse and keeping safe as easy as teaching your child about crossing the road safely. All the information we have provided has been developed with parents and experts in parenting and child protection. In addition, with Pantosaurus and our exciting activities, children can learn in a fun way.

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

A. If your child says something that seems far too 'adult' for their age, or worries you in any other way, your initial response is really important. You should try to stay calm. Whatever you think and feel, it is about reacting with love, support, openness and reassurance. If your child tells you something, whether it is about them or a friend, know that it is probably a huge relief for them to be able to tell you.

The next step is to get some advice – talk to a teacher at school, children's services or get in touch with the NSPCC on [0808 800 5000](tel:08088005000). We are here 24/7 to give advice and support.

If it's nothing to worry about, you can feel assured that you've checked it out. If the professional advises that it might need more exploration, they can support you along the way.

You know your child best and how you respond will depend on the situation and the circumstances.

But it may be appropriate to say:

*Thank you for talking to me about this. You can always talk to me about anything that is worrying you.*

*What happened was horrible but it is not your fault. No child should ever be treated like that.*

*I'm here to help and look after you and I'm taking what you say very seriously. I am going to think about what you said and I may need to get advice from someone who knows about these things.*

*If you remember anything else or are worried, come and talk to me.*

Your child can also get confidential support from Childline by calling free on [0800 1111](tel:08001111) or through [Childline.org.uk](https://www.childline.org.uk).

### Q. Does this mean I have to talk to my child about sex?

A. In our PANTS materials, we **never** talk about sex or use scary words. We focus on keeping safe and rules that help children understand important messages, like their body belongs to them and they should tell an adult if they're upset or worried.

### Q. Does PANTS only apply to strangers?

A. It is a difficult thing to think about but we know that children are sometimes sexually abused by adults who are family members and by people who are known to them. Children can also be sexually abused by young people. You don't want to alarm or distress your child and anything you say should be age appropriate for your child. When talking PANTS with your children you should always emphasise that if anyone (even a member of the family or friend) touches them in an inappropriate way or makes them feel uncomfortable, they should tell an adult they trust. If you have concerns that your child or any other child is being abused you can discuss it with the NSPCC Helpline on [0808 800 5000](tel:08088005000). Our experts are here 24/7 to give advice and support.