

Policy on body autonomy

This policy aims to Empower children's body autonomy- this may be read in conjunction with safe and respectful care, nappy changing and intimate care, and Safeguarding policy.

At Wood Street Nursery we are committed to safeguarding and promoting children's welfare. As part of this, we use 'Talk PANTS' to teach our older children, that their body belongs to them, they have the right to say no and that they should tell an adult if they are upset or worried about anything.

The talk PANTS information has been developed by the National Society for the Prevention of Cruelty to Children (NSPCC) with experts in parenting and child protection. As we champion independence, autonomy and enabling our children to make choices the Talk PANTS programme fits well in our nursery.

Talk PANTS uses simple, child-friendly language to give your child the confidence and knowledge to understand what is and isn't OK. Talk PANTS is not upsetting or scary and does not mention sex.

At Wood St Nursery we will use the Talk PANTS to have simple age-appropriate conversations with the children regarding their bodies and consent. Children at around 3-4 often become fascinated with their bodies and those of others, especially the differences. In response to children's age-appropriate interests, we start to have these conversations to enable the children to understand their bodies and those of their peers. Also to support children to develop, a voice concerning their bodies, in particular their private parts.

It is most used in our Oak group but may occasionally be used with Chestnut children in response to them raising the subject. To be able to educate and give the children the correct language to help keep them safe we use the correct anatomical names for parts of the body should the children open this dialogue.

We use the NSPCC's excellent resources to share with children. They have a cartoon dinosaur, Pantosaurus, who Talks PANTS. From P through to S, each letter stands for an important rule for kids to remember - **P**rivates are private, **A**lways remember your body belongs to you, **N**o means no, **T**alk about secrets that upset you and **S**peak up – someone can help.

The NSPCC has lots of information and resources for parent to use at home with their children.

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