*Keeping your child safe from sexual abuse*



* The Underwear Rule - The Underwear Rule is a simple way that parents can help keep children safe from abuse - without using scary words or mentioning sex.

The NSPCC have developed a [simple guide for parents](http://www.nspcc.org.uk/help-and-advice/for-parents/keeping-your-child-safe/the-underwear-rule/the-underwear-rule_wda97016.html) to help parents talk PANTS with their child.

You can use the child-friendly version of PANTS guide when explaining the Underwear Rule to your child.