

# HELPING HANDS

AWARENESS BOOKLET ON CHILD EXPLOITATION & ABUSE, ONLINE SAFETY AND DOMESTIC ABUSE FOR PARENTS & GUARDIANS



**loudmouth**  
education & training through theatre



This booklet is for parents and guardians of the pupils who will be having into their school the theatre in education programme, Helping Hands.

Helping Hands is a theatre in education programme run with pupils in years 5 and 6 (ages 9-11 upwards). It is an age appropriate and well researched programme designed to support children in learning about safe contact with others. Using the NSPCC's PANTS rule as the central theme, the Safe Team, teach the children about safe and unsafe secrets and body contact as well as recognising the feelings that may occur when you feel unsafe. The programme explores difficult topics such as domestic abuse and child sexual abuse and exploitation in a safe and gentle way.

Helping Hands was created and delivered by Loudmouth Education and Training. The company has been delivering Relationships, Sex and Health Education (RSHE) since 1994 and has reached over one million children, young people, professionals and parents across the UK.

The programme, Helping Hands, links directly to the Government's RHE statutory curriculum that states that pupils should know...

- that sometimes people behave differently online (e.g. pretend to be someone they are not) and how data can be shared and used online.
- how to keep safe online and recognise risks and harmful content and how to report them.
- about the importance of privacy for both children and adults; and how some secrets can be unsafe to keep.
- that each person's body belongs to them, the differences between appropriate and inappropriate or unsafe contact and recognise feelings of being unsafe.
- how to report concerns or abuse and get advice.

The programme, Helping Hands uses drama, a character Q&A session and discussion to help children to stay safe in their relationships with others both on and off line.

Below is further information about the programme, Helping Hands, and some tips and suggestions on how to use your child's participation in this This booklet contains further information about the programme, Helping Hands, and some tips and suggestions on how to use your child's participation in this programme as a way to start discussions at home around the issues it covers and ways to support your child if they are affected by the issues.





In the drama your child will have seen many different characters. The scenes show different situations where children may not feel safe and need ideas and help. The scenes are linked together by The Safe Team who use fun and humour to teach the NSPCC PANTS rule.

After the drama, the pupils get the opportunity to talk to Mason, one of the characters in the drama. The children will have seen 11 year old Mason talking to an older man when gaming. The gamer asks Mason to do something that Mason feels uncomfortable about but doesn't know what to do. The pupils use their new knowledge of the PANTS rule to give suggestions and advice to help Mason.

The Loudmouth facilitators then run small group discussions encouraging the pupils to look at different scenarios and to discuss whether they are acceptable or unacceptable. The session ends with information of where the pupils can go for help including family members they trust, Childline, the school's Designated Safeguarding Lead, and the Loudmouth website ([www.loudmouth.co.uk](http://www.loudmouth.co.uk))





SPEAK UP, SOME  
CAN HELP

NSPCC  
EVERY CHILDHOOD COUNTS



## The PANTS Rule - NSPCC

The NSPCC have created the PANTS rule. This is a simple way to help children keep safe from abuse. The PANTS rule gives adults a clear and simple way to open up conversations in a clear and child-friendly way.

As the NSPCC says, no parent ever wants to think their child will be affected by abuse, but that's exactly why it's vital that these conversations happen – to help keep them safe. It may feel rather daunting to talk about the topic of abuse with your child but the PANTS rule has been created to help make those conversations as appropriate and easy as possible.

The NSPCC say that it is totally up to you how and when you talk about the PANTS rule with your child and they have some fantastic tips and advice to support parents and guardians on having these conversations on their website. We would really encourage you to have a look at the parent support page

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

The key messages for children are:

**P** **Privates are private**

**A** **Always remember your body belongs to you**

**N** **No means no**

**T** **Talk about secrets that upset you**

**S** **Speak up, someone can help**





*Delivered well in an age-appropriate way. Keeping an important and sensitive issue fun for the children.*

**Teacher**



## Where to go for help

In the Helping Hands session, we work with the children to create their own personal networks. These are people that each child feels they could go to if they ever feel unsafe.

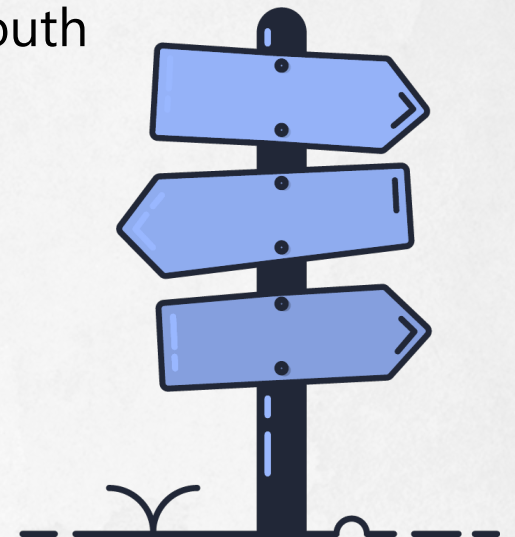
**You may want to create a personal network with your child using some ideas below and the diagram on the next page.**

Encourage your child to think of the trusted adults around them who they could go to for support or advice if they felt unsafe - these could be teachers, club leaders, family members.

There is further information and additional signposting for children and young people on the young people's pages on the Loudmouth website [www.loudmouth.co.uk](http://www.loudmouth.co.uk)

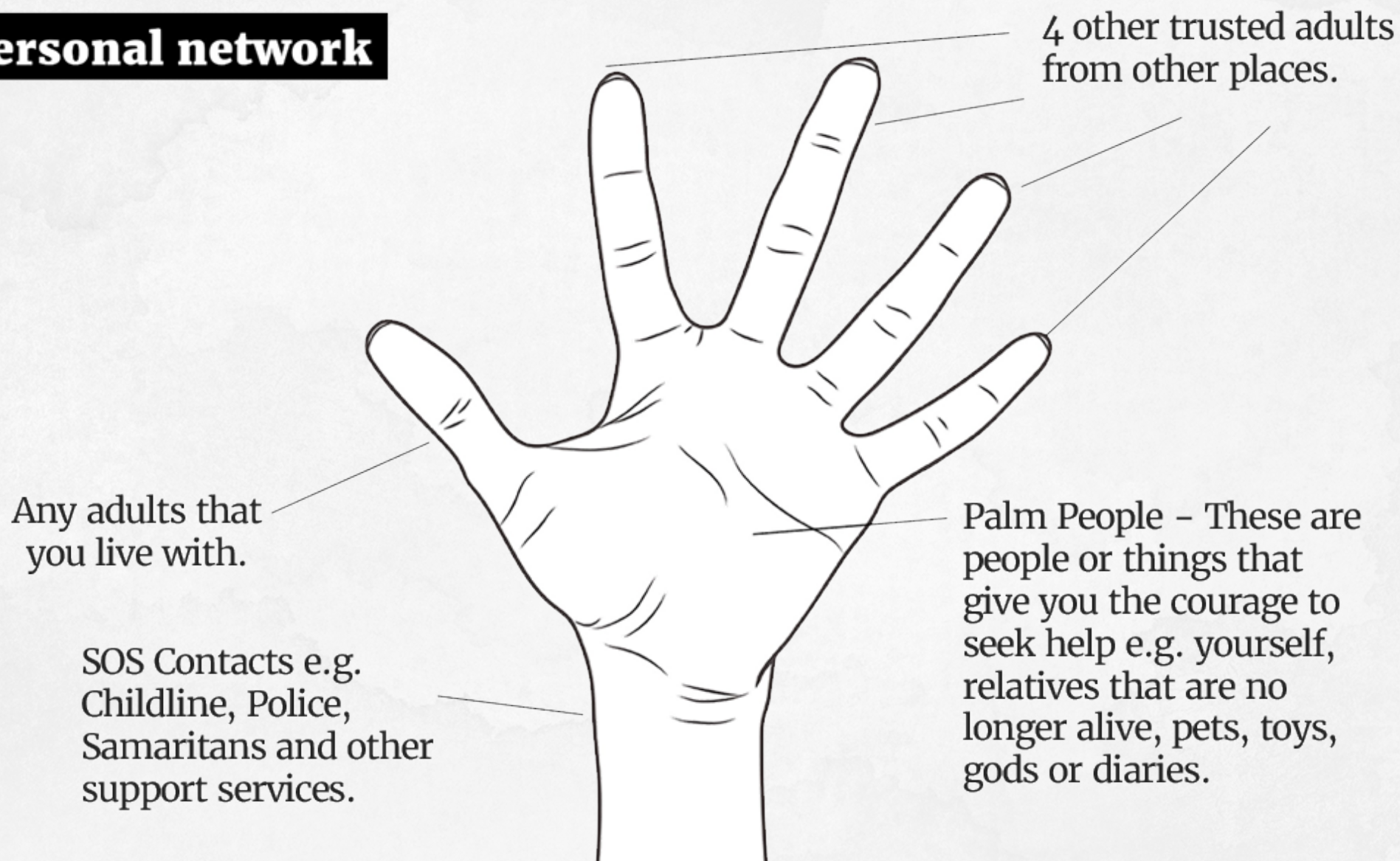
The key organisation we signpost children to is Childline [www.childline.org.uk](http://www.childline.org.uk) 0800 1111

We also say if they or someone else is in immediate danger to ring the police on 999.





## Personal network



## Starting a discussion

Loudmouth uses drama as a safe way to discuss issues. Pupils can talk about the characters and the situations shown in the drama without feeling pressured to talk about themselves. This can also help to start discussions at home about topics that could be embarrassing or awkward for some people.

### **IDEA**

On the next page are some ideas for questions that you could use as conversation starters at home with any student who has watched the Helping Hands programme. These can be a safe and easy way to begin this discussion on these issues, especially if they are not topics that you usually talk openly about.



**What do you think the character, Mason, could have done when the gamer asked him to send the photo?**

**How did the different characters know that they didn't feel safe?**

**Can you remember all of the five PANTS rules?**

**Where could the characters have gone if they needed help and support, who could they have spoken to?**