

Friday 6<sup>th</sup> September 2024

Dear Parent/Carer

This month the children in all Foundation classes will be discussing the NSPCC's Underwear Rule in their PSHE lessons. During these discussions we will aim to teach our pupils the following important safety skills without giving explicit information or telling scary stories.

We will be teaching our pupils the NSPCC's Underwear Rule, using the 'PANTS' acrostic, which is like a green cross code for staying safe from sexual abuse.

PANTS stands for:

- Privates are private.
- Always remember your body belongs to you.
- No means no.
- Talk about secrets that upset you.
- Speak up, someone can help.

The lessons will introduce a range of ideas, all delivered in a way that's fully age appropriate.

These include:

- "appropriate" and "inappropriate" touching.
- your child's right to say no to things that make them feel upset or uncomfortable.
- naming parts of the body.
- who your child can turn to if they ever feel upset or worried.

If you would like to know more about the NSPCC's campaign and see how you can help keep your children safe in partnership with your child's school, more information can be found at [Let's talk PANTS | NSPCC](#)

If you have any questions or concerns, please don't hesitate to get in touch.

Thank you for your continued support.

Miss R Jackson  
Head of Academy

TALK

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AND STAY SAFE,  
LIKE PANTOSAURUS

**P** RIVATES  
ARE PRIVATE

**A** LWAYS REMEMBER YOUR  
BODY BELONGS TO YOU

**N** O MEANS NO

**T** ALK ABOUT SECRETS  
THAT UPSET YOU

**S** PEAK UP, SOMEONE  
CAN HELP



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR