



# Arnside National Primary School

*'Aspire – Believe – Achieve'*

Headteacher: Mr Nick Sharp BA Hons (QTS)

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Dear Parent/Carer

OTTER CLASS

This term the class will be discussing the **NSPCC's Talk PANTS rules** in our PSHE lessons. During these discussions we will aim to teach our children the following important safety skills without giving explicit information or telling scary stories. These are the PANTS rules:

- **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.**

The lessons empower children, in an age-appropriate way, to recognise their rights to their own bodies, say no to touch that is unwanted, and tell someone if they feel uncomfortable. The lessons include activities which help children understand:

- **Appropriate and inappropriate touching**
- **Their right to say no to things that make them feel upset or uncomfortable**
- **The names for parts of the body**
- **Who to turn to if they ever feel upset or worried.**

If you would like to know more about the NSPCC's campaign, including a short film and parent guide to help you continue the 'Talk PANTS' conversation at home, more information can be found at:

[nspcc.org.uk/pants](https://nspcc.org.uk/pants).

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

Yours sincerely

Carla Hartropp

