



7th January 2026

Dear Parent/Carer,

During the Spring term, your child's class will be discussing the **NSPCC's TalkPANTS rules** in their 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 age-appropriate ways, 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 touch**
- **Their right to say no to things that make them feel upset or uncomfortable**
- **Who to turn to if they feel worried, upset or uncomfortable**



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:

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

If you have any questions or concerns, please do not hesitate to contact your child's class teacher.

Thank you for your continued support,
Mrs Farrar
PSHE Lead Teacher