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Dear parents and carers

Next week, we will be discussing the NSPCC's Underwear Rule in our 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.

PANTS stands for:

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 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, more information can be found at nspcc.org.uk/underwearrule. This includes a parent guide, a short film and further information. Although some parents may feel this is a sensitive area to discuss with their child, we feel that sharing messages such as these with children at an early age can be very beneficial in helping to protect your child. Research from the NSPCC also suggests that the messages are most valuable when taught at a young age.

If you would like any further information or have any questions at all, please don't hesitate to get in touch.

Kind regards

Sarah Matthews
Safeguarding Lead