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Dear Parents/Carers,

Next week, in assembly we will be discussing the **NSPCC Talk PANTS** rules as part of our RSHE curriculum. During these discussions we will aim to teach the children about the following important safety skills without giving explicit information or telling scary stories.

The PANTS rules are:

- **Private parts are private:** Your underwear covers your private parts, and no one should ask to see or touch them.
- **Your body is yours:** You're in control of your body and how you feel.
- **No means no:** You have the right to say no, even to people you know or love.
- **Talk about secrets that upset you:** Some secrets are bad and should be shared with a trusted adult.
- **Speak up, someone can help:** If something makes you feel uncomfortable, talk to a safe adult you trust.

This learning empowers children, in an age-appropriate way, to recognise their rights to their own bodies, say no to touch that is not wanted and tell someone if they are feeling uncomfortable.

Year 1 and Year 2 will also be following this learning up in RSHE lessons over the next few weeks.

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
- The names for body parts
- Who to turn to if they ever feel upset or worried

If you would like to know more about the NSPCC campaign, including a short film and parent guide to help you continue the 'Talk PANTS' conversations at home, more information can be found at [Talk PANTS: Conversation to help keep children safe | NSPCC](#).

If you have any questions or concerns, do not hesitate to get in touch with the class teacher or myself.

Clare Clifford



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