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St Paul's
Catholic Primary School



A Proud Member of
BISHOP HOGARTH
Catholic Education Trust

Head Teacher: Sheena Sinclair



NSPCC
Speak out. Stay safe.
programme

17th November 2023

Dear Parents and Carers,

NSPCC's *Speak out. Stay safe.* programme

I am pleased to inform you that we are participating in the **NSPCC's *Speak out. Stay safe.* Programme** this term. *Speak out. Stay safe.* is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline.

This child friendly programme is aligned with the curriculum and consists of age appropriate virtual assemblies and supporting classroom based activities which we have reviewed, alongside NSPCC volunteer led face to face workshops for children aged 6-7 and 9-11 which will take place in January. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy. If you would like to know more about the *Speak out. Stay safe.* programme visit www.nspcc.org.uk/speakout.

Talking PANTS with our younger children:

Talk PANTS is a simple conversation to help keep your child safe from sexual abuse. From P through to S, each letter of PANTS provides a simple but valuable rule that can help keep your child safe. You can find out more and download the free resources at www.nspcc.org.uk/pants.

Penguin and Ladybird have partnered with the NSPCC to create a brand new Pantosaurus book aimed at children ages 4 - 8. We will be using this book with our Early Years and Year one children as part of their PSHE curriculum.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

Parent/Carer support

Take a look at information, support, advice and activities from NSPCC for parent and carers.

www.nspcc.org.uk/parents

Activities to extend learning at home

Take part in games and activities at home to help children learn about speaking out and staying safe.

www.nspcc.org.uk/activities

In Him we Live and Move and Have our Being

Online Safety Hub

For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.

www.nspcc.org.uk/onlinesafety

Childline – under 12's

Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content.

www.childline.org.uk/buddy (5-7)

www.childline.org.uk/kids (7-11)

Talk PANTS with your children

Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages.

Download the free resources at www.nspcc.org.uk/pants.

I hope you find this information about the NSPCC and the *Speak out. Stay safe.* programme helpful. Please do contact me if you have any further questions.

Yours sincerely,

S. C. Sinclair

Sheena Sinclair

Head Teacher

In Him we Live and Move and Have our Being