



9th November 2016

Keeping Safe Lessons Years 1 – 4

Dear Parents,

This half-term through our PHSE lessons we will be covering the following themes:

- Recognising and managing feelings
- Friendship, families and relationships
- Resolving conflict
- Anti-bullying
- Keeping Safe

We are currently revising our policy for the teaching of Sex and Relationships (SRE) which will run alongside PHSE. SRE is the joint responsibility of schools, parents, carers and communities and is an important element of children's and young people's development. The objective of sex and relationship education is to help and support young people through their physical, emotional and moral development. We are currently preparing a programme, firmly embedded in PSHE, that will encourage children to respect themselves, and others, and move with confidence from childhood through adolescence into adulthood.

DFEE Guidance: At primary school level sex and relationship education should contribute to the foundation of PSHE and Citizenship by ensuring that all children:

- *Develop confidence in talking, listening and thinking about feelings and relationships*
- *Are able to name parts of the body and describe how their bodies work*
- *Can protect themselves and ask for help and support*
- *Are prepared for puberty*

On **Friday 18th November** Years 1-4 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 from sexual abuse.

PANTS stands for:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help



CARE – LEARN
AIM HIGH – BE HONEST
WORK TOGETHER – ENJOY WHAT WE DO
LOOK AFTER WHAT WE HAVE – IMPROVE ON PREVIOUS BEST

Valley Primary School Academy Trust (Company No 7695505)

The lesson format will introduce these areas using a range of ideas, all delivered in a way that's fully age-appropriate. These will 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 and see how you can help keep your children safe in partnership with your child's school, more information can be found at nspcc.org.uk/underwearrule.

If you would like the opportunity to look at the materials and discuss how we will approach the topic with the classes, we are holding two parent sessions on Tuesday 15th November, one at 9.00 and one at 5.00.

Please complete the slip below if you would like to attend.

Yours sincerely,



Mrs Rachel Coulson
Assistant Head
Personal Development, Behaviour and Welfare

FAO Mrs Coulson

NSPCC PANTS lesson Years 1-4 Parent Briefing

Parent name: _____

Child and class : _____

I would like to attend the session on **Tuesday 15th November** at

9.00 am

OR

5.00 pm