



Dear parents/carers,

Today the whole school will be discussing the NSPCC's Underwear Rule in our PSHCE lessons.

During these discussions we will aim to teach our children the following important safety skills without giving explicit information or telling scary stories. We will be teaching our children the NSPCC's Underwear Rule, using the PANTS acrostic, which is like a green cross code for staying safe.

PANTS stands for:

- **P**rivates are private
- **A**lways remember your body belongs to you
- **N**o means No
- **T**alk about secrets that upset you
- **S**peak 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 and see how you can help keep your children safe in partnership with us at school, more information can be found at [nspcc.org.uk/underwearrule](http://nspcc.org.uk/underwearrule)

This website has more information for parents/carers on this national campaign and also has the rather catchy Pantosaurus song featuring animated dinosaurs. Please also find attached some helpful guidance for families and a poster which you might like to print and stick on your fridge.

If you have any questions or concerns please don't hesitate to speak to either myself or your child's teacher.

K.Money  
Headteacher

**Nurture, Enrich, Inspire**