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Dear Parent/Carer,

Next week each class will be discussing the NSPCC's Underwear Rule in our PSHE lesson.

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 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

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.

Link for the parent/carers NSPCC underwear rule guide:

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/underwear-rule-guide-for-parents.pdf>

If you do not wish your child to participate in this lesson, please contact the school office and let them know your child's name and class.