



11th February 2022

Dear Parents & Carers,

This half term, pupils in Years 1/2 will be discussing the NSPCC's Underwear Rule within their PSHE (Personal, Social, Health & Economic) lessons.

During these discussions, teachers will be teaching the pupils the following important safety skills without giving any explicit information or telling scary stories. We will be teaching the pupils NSPCC's Underwear Rule, using the 'PANTS' acrostic. 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 be introduced with a range of activities and child friendly discussions, all taught in a way that is fully age-appropriate. This will include:

- Naming parts of the body
- "Appropriate" and "inappropriate" touching
- Your child's right to say no to things that make them feel upset or uncomfortable
- Strategies for speaking up if a secret should not be kept
- Who your child can turn to if they feel upset or worried

If you would like to know more about the NSPCC's campaign and see how you can help keep your child safe in partnership with the school, more information for parents can be found at nspcc.org.uk/underwearrule.

If you have any questions please do not hesitate to get in touch with myself or your child's teacher.

Kind regards,

Miss Walker