



# MOORGATE PRIMARY ACADEMY

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**ACHIEVE, CHALLENGE, ENJOY!**

18<sup>th</sup> October 2024

Dear Mums, Dads and Carers,

Next week, 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:

- 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 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](http://nspcc.org.uk/underwearrule).

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

Kind regards,

Miss Walker

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