



Laura Pearce
Headteacher

Dear Parents,

Re: NSPCC's *Underwear Rule* programme

In our PSHE lessons this term, we will be discussing the NSPCC's Underwear Rule. This is designed to teach pupils how to stay safe and how to speak up and talk to trusted adults if they are worried about anything.

In the lesson, children will learn about the 'PANTS' acrostic, which 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 lesson will be delivered in a way that's fully age-appropriate. More information about the Underwear Rule, including a short film and a parent guide can be found at <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Yours sincerely,

Tanya Saunders

Child Protection Lead

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