

Dear Parent/Carer,

Monday 5<sup>th</sup> October 2020



In our PSHE lessons this term, we will be discussing the NSPCC's Underwear Rule.

Opening Doors, Enriching Lives

During these discussions we will aim to teach our pupils the following important safety skills without giving explicit information or telling scary stories. In the lesson 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.

## What are the PANTS rules?



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 lesson will be delivered in a way that's fully age-appropriate. More information about the Underwear Rule can be found at [www.nspcc.org.uk/underwearrule](http://www.nspcc.org.uk/underwearrule)

If you have any questions regarding this, please don't hesitate to get in touch with us.

Many thanks

The Key Stage 1 Team.