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RE: PANTS

Dear Parents/Carers,

This term your child's class will be discussing the NSPCC'S "TalkPANTS" rules in their PSHE lesson. During these discussions, we will aim to teach our children the following important safety skills without giving explicitly information or telling scary stories. These are the pants rules:

- **P: Privates are private**
- **A: Always remember your body belongs to you**
- **N: No means no**
- **T: Talk about secrets that upset you**
- **S: Speak up, someone can help**

The lessons empowers children, in an age-appropriate way, to recognise their rights to their own bodies, say no to touch that is unwanted, and tell someone if they feel uncomfortable. The lessons help children understand:

- **Appropriate and inappropriate touch**
- **Their right to say no to things that make them feel upset or uncomfortable**
- **Who to turn to if they feel upset or worried.**

What can you do to help? Watch these videos with your child

[1. Listen to this story with your child and discuss it](#)

[2. Listen and join in with this song](#)



If you would like to know more about the NSPCC's campaign, including a short film and parent guide to help you continue the Talk PANTS conversation at home, more information can be found at: nspcc.org.uk/pants

If you have any questions or concerns please don't hesitate to get in touch.

Yours sincerely,

Mr Gouldbourne