BOURNE ABBEY CHURCH OF ENGLAND PRIMARY ACADEMY

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Dear Parent/Carer

In Term 3, as part of our PSHE curriculum, all children from Reception – Year 6 will be discussing the NSPCC's Underwear Rule in our PSHE lessons. During these discussions we will aim to teach our pupils the following important safety skills without giving explicit information. 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 from sexual abuse.

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 introduce a range of ideas, all delivered in a way that's fully age appropriate. These include:

- "appropriate" and "inappropriate" touching
- your child's right to say no to things that make them feel upset or uncomfortable
- naming parts of the body
- who your child can turn to if they ever 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 your child's school, more information can be found at: https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/

If you have any questions or concerns, please don't hesitate to get in touch with your child's class teacher.

Many thanks

PSHE Team