

Cheapside CofE Primary School

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Headteacher: Mrs Kate Searle



Tuesday 10th December 2024

Dear Parents and Carers,

This term EYFS, Year 1, Year 2 will be introduced to the NSPCC's Underwear Rule in their PSHE lesson. This will form part of their PSHE learning for this year. Mrs Day will be delivering this lesson to Wren, Robin and Dove classes before the end of term.

During the lesson staff will aim to teach the children the ideas listed below without giving explicit information or telling scary stories. Mrs Day and Key Stage 1 staff will be teaching the children the NSPCC's Underwear Rule, using the 'PANTS' acrostic, which is like a green cross code for staying safe.

PANTS stands for:

- **P**rivates are private
- **A**lways remember your body belongs to you
- **N**o means no
- **T**alk about secrets that upset you
- **S**peak up, someone can help.

The lesson will introduce the following 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 using the correct anatomical names – including penis, vagina and bottom. Knowing that these are private body parts
- who your child can turn to if they ever feel upset or worried

Links to the materials that we will be using in the lesson are given below. They include:

- A copy of the '5 easy rules for staying safe,' which we will share with the children
- The PowerPoint presentation being used in the lesson for discussion and to introduce activities
- The Pantosaurus video which we will be showing the children

Please take some time to view these resources so you know what your child will be hearing and seeing. Some of the children may well come home and tell you what they have been discussing in school, so it is important that you feel prepared and able to have these discussions with your child at home, reinforcing what we have talked about in school. Equally, you might want to prepare your child for the lesson by starting to talk with them about the content of the lesson and begin to open up

discussions with your child about their private body parts prior to us discussing this at school.

Please feel free to share these resources with your child prior to the lesson if you feel this would be appropriate and supportive for your child. We do understand that this is a sensitive area to discuss with children and want to assure you that we will be delivering these safety messages with great sensitivity and with your support.

<https://learning.nspcc.org.uk/media/1388/underwear-rule-resources-pantspresentation.ppt>

https://youtu.be/_SzbMEVYiyg

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/underwear-rulechildren-guide-english.pdf>

A simple step-by-step guide to help you talk PANTS with your child is being sent alongside this letter to support you with having these conversations with your child. Having read and viewed all the materials, if you have any questions or concerns, please don't hesitate to get in touch.

With thanks,

Fiona Day
Teacher & PSHE Lead