



11th June 2021

Dear Parent/Carer

This term our Primary one children will be discussing the National Society for the Prevention of Cruelty to Children's (NSPCC) Underwear Rule during our Health and Wellbeing lessons.

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

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>.

Kind regards,

Lynn Sweeney

Depute Headteacher



Our Netherlee Community Working With and For Our Children



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