



Waterbeach Community Primary School

Learning - Laughter - Friendship

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Dear Parent/Carer,

NSPCC's PANTS Rules

After half term, as part of our PSHE curriculum on RSE (Relationships and Sex Education), we will be including the NSPCC's PANTS rules in our 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 how to stay safe by learning the PANTS rules, which the NSPCC have developed to be 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, empowering pupils without using any frightening words. These include:

- good and bad 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 learn how you can help keep your children safe in partnership with school, more information can be found at:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

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

Yours faithfully,

Mrs Norman
PSHE Lead Teacher



Our school encourages each child to grow into a happy, confident individual, thriving in a supportive community where each is inspired to learn and discover through a kaleidoscope of opportunities, with space to imagine and to create.

