



Dear Parent / Carer

on Tuesday, your child in Class 1 will be talking about the NSPCC's Underwear Rule. As a school in the Diocese of Salford, we have access to the services of the Caritas Schools Service who will be delivering this workshop on our behalf.

During the workshop we will aim to teach our pupils important safety skills without giving explicit information or telling scary stories. We will be teaching the children 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:

- 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 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 children safe in partnership with your child's school, more information can be found at nspcc.org.uk/underwearrule

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