

6th October 2022

Dear Parent/Carer

In our upcoming PSHE lessons, we will be discussing the NSPCC's Underwear Rule. This is designed to teach pupils how to stay safe from sexual abuse, without giving explicit information or telling scary stories or even using the term, 'sexual abuse'. In the lesson, children will learn about the PANTS acrostic, which 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 be delivered in a way that is fully age appropriate.

More information about the Underwear Rule, including a short film and a parent guide can be found at nspcc.org.uk/underwearrule.

Yours sincerely,

Mrs A Goddard

Head of School



"Set Sail for Success"

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