



St Charles' RC Primary School

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Dear Families,

Next week Year 2 will be visited by our school health team during one of their lessons. The school health team will discuss **NSPCC's PANTS rules**. This is part of our PSHE curriculum. During the discussion 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 stand 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 lesson 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 St Charles' RC Primary, more information can be found at nspcc.org.uk/pants

If you have any questions, or concerns please do not hesitate to get in touch.

Yours sincerely

Mrs Nealings
Headteacher

