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Thursday 11th January 2024

Dear East Hoathly families,

As part of our PSHE learning, we will be discussing the NSPCC's Underwear Rule in our class PSHE lessons, the next one is due to take place on **Tuesday 16th January 2024**.

We will talk about important personal safety skills without giving explicit information or telling scary stories. We will explore learning around the NSPCC's Underwear Rule, using the 'PANTS' acrostic, which is like a green cross code for staying safe. These lessons form part of our PSHE curriculum and the NSPCC's resources are used throughout the school in an age-appropriate way.

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

Topics we may talk about include:

- Touches that we like (e.g. hugs from family); touches that we don't like (e.g. being kicked or hit) and touches that are not ok (e.g. being touched or touching someone in their private areas)
- Your child's right to say no to things that make them feel upset or uncomfortable
- Who your child can turn to if they ever feel upset or worried.

We have attached a poster that you can share with your child.

If you would like to know more about the NSPCC's campaign and see how you can help keep your children safe, more information can be found at www.nspcc.org.uk/underwearrule

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

Kind regards,

Mrs Tucker
Class Teacher



LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE

PRIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.



ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to.



NO MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.



TALK ABOUT SECRETS THAT UPSET YOU

There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell an adult you trust about it straight away.



SPEAK UP, SOMEONE CAN HELP

It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done for speaking out and help make everything OK. You can also call Childline on **0800 1111** and someone will always be there to listen.



Remember all of these rules and they'll help you stay safe, just like Pantosaurus



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NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR