



Archbishop Wake
CE Primary School

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Aim high, believe; Fly high, achieve.

Friday 17th January 2025

NSPCC: PSHE LESSONS

Dear Parents/Carers,

During this half term we will be discussing the NSPCC's Underwear Rule in our PSHE lessons.

During these lessons we will aim to teach the children important safety skills without giving any explicit information or telling scary stories. We will be teaching 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**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 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, more information can be found at www.nspcc.org.uk/underwearrule

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

Kind Regards,

The Year One Team