



Holy Family Catholic Primary School
Norwood Crescent
Southport
Merseyside
PR9 7DU

e-mail: admin.HolyFamilyPrimary@schools.sefton.gov.uk

☎ (01704) 213084

Head Teacher: Miss M Hilton

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Dear Parent/Carer

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

During these discussions 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 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 and see how you can help keep your children safe in partnership with your child's school, more information can be found at www.nspcc.org.uk/underwearrule or go to our website www.holyfamilyprimary.com (Safe and Secure – useful websites).

Thank you for your continued support

Miss Hilton

Headteacher

