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Headteacher: Mr Iain Horner

12th September 2025

## RE: NSPCC Speak Out, Stay Safe

Dear Parents and Carers,

This term, Maple Class are discussing the NSPCC's Underwear Rule in our PSHE lessons.

During these discussions, we 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 abuse. PANTS stands for:

- P Privates are private
- A Always remember your body belongs to you
- N No means no
- T Talk about secrets that upset you
- S Speak up, someone can help

Information will be delivered in a way that is fully age-appropriate.

To find out more about the Underwear Rule, including a short film and a parent guide, please visit: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Yours Sincerely,

Mr I Horner and Mrs K Salter



**Building Firm Foundations For Life**