



Headteacher: Heidi Blakeley B. Ed, NPQH

Tresco Way, Wickford, SS12 9GJ

Telephone: 01268 571018 Facsimile: 01268 571027

Email: admin@abacus.essex.sch.uk

Web Site: www.abacusprimaryschool.co.uk

Dear Parent/Carer

You may or may not be aware that as part of our PSHE (Personal, Social, Health and Economic) lessons this term, we will be discussing the NSPCC's Underwear Rule.

During these discussions we will aim to teach our Year 1 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:

- 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. 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 including male and female genitalia (vagina and penis)
- 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 <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

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

Yours sincerely

Miss Lee