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19th March 2026

Dear Parents/Carers,

As part of our ongoing Safeguarding curriculum, in Monday's assembly I will be showing the NSPCC'S "Talk PANTS" rules.

These are the pants rules:

- **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**

The lesson empowers children, in an age-appropriate way, to recognise their rights to their own bodies, say no to touch that is unwanted and tell someone if they feel uncomfortable.

The lesson helps children understand:

- **Appropriate and inappropriate touch**
- **Their right to say no to things that make them feel upset or uncomfortable**
- **Who to turn to if they feel upset or worried.**

We will be watching the NSPCC Pants song which you can view

here: https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/?utm_old=pants

If you would like to know more about the NSPCC's campaign, including a short film and parent guide to help you continue the Talk PANTS conversation at home, more information can be found at: [nspcc.org.uk/pants](https://www.nspcc.org.uk/pants)

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

Warmest wishes,

Mrs Toor
Acting Headteacher

Where family and learning unite

respect • appreciation • honesty • kindness • perseverance

