



Be the Best You Can Be...
Celebrate Success...
Respect Others...

Larkfields Junior School

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Taking Care of Ourselves

Dear Parent/Carer,

Over the next couple of weeks, Years 3 and 4 will be discussing the NSPCC's 'PANTS' rules 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 how to stay safe by learning the PANTS rules, which the NSPCC have developed to be 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, empowering pupils without using any frightening words. These include:

- Appropriate and inappropriate touch
- 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 learn how you can help keep your children safe in partnership with us, more information can be found at <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>. If you have any questions or concerns please don't hesitate to get in touch.

Yours sincerely

Jess Scott

(Head Teacher)

At Larkfields, we take care of...

