



Monday 24th January 2022

Dear Parents and Carers,

On Monday 31<sup>st</sup> January your child's class will be discussing the NSPCC's Underwear Rule.

During these discussions we will be teaching our pupils the **NSPCC's Underwear Rule**, using the acronym 'PANTS', so that they know how to keep themselves safe from harm. Talk PANTS helps children to understand that their body belongs to them, and that they should tell someone they trust if anything makes them feel upset or worried.

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 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 Underwear Rule and see how you can help keep your children safe in partnership with us, more information can be found at: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>. I have attached a parent guide to this letter so that you can continue the conversation at home.

If you have any questions about this letter, you can call me at the usual school number or email [ctrewhella@sunnyhill.lambeth.sch.uk](mailto:ctrewhella@sunnyhill.lambeth.sch.uk).

Kind Regards,

A handwritten signature in black ink that reads "Claire Trehwella".

Claire Trehwella

Deputy Head and Leader of Inclusion