



Wednesday, 21st February 2023

Dear Parents and Carers,

This week, 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. 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

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/>.

If you have any questions about this letter, you can call me at the usual school number or email ngentleman@sunnyhill.lambeth.sch.uk

Kind Regards,

Nicola Gentleman

Deputy Head Teacher