

5th February 2024

Dear Hadley Year 1 Parent

PERSONAL, SOCIAL, HEALTH AND ECONIMC (PSHE) CURRICIULM NSPCC'S UNDERWEAR RULE

This term Year 1 class will be discussing the NSPCC's Underwear Rule 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 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:

- **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. 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 campaign and see how you can help keep your children safe in partnership with your child's school, more information can be found at [nspcc.org.uk/underwear rule](https://nspcc.org.uk/underwear-rule).

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

Yours sincerely,

Ms Abukar and Ms Aziz,
Year 1 Class Teachers