



Dear Parent/Guardian,

In a PSE lesson on Monday, we will be discussing the NSPCC's PANTS rules.

These are designed to teach pupils how to stay safe from sexual abuse, without giving explicit information or telling scary stories or even using the term "sexual abuse".

In the lesson, children will learn about the 'PANTS' acrostic, which 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 lesson will be fully age-appropriate. More information about talking PANTS, including a short film and a parent guide can be found at [nspcc.org.uk/pants](http://nspcc.org.uk/pants).

If you have any concerns or questions about this session please speak to Miss Bradley before school Monday morning.

Thank you for your support.

Miss Bradley  
Reception Discoverers



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