

Merridale Primary School

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Date: Monday 6th October 2025

Dear Parents and Carers,

NSPCC's PANTS programme October 2025

I am pleased to inform you that we are participating in the **NSPCC's PANTS Programme** this term (during the week beginning 3rd November 2025). Developed with children, parents, carers and teachers, Talk PANTS is here to help children understand that their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried.

This child-friendly programme is aligned with the curriculum and consists of age-appropriate activities and supporting classroom based activities which we have reviewed.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

Parent/Carer support

Take a look at information, support, advice and activities from NSPCC for parent and carers.

www.nspcc.org.uk/parents

Activities to extend learning at home

Take part in games and activities at home to help children learn about speaking out and staying safe.

www.nspcc.org.uk/activities

Online Safety Hub

For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.

www.nspcc.org.uk/online-safety

Childline – under 12's

Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content.

www.childline.org.uk/buddy (5-7)

www.childline.org.uk/kids (7-11)

Talk PANTS with your children

Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pants.

I hope you find this information about the NSPCC PANTS programme helpful. Please do contact me if you have any further questions.

Yours sincerely

Mrs L Towle
Headteacher