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Dear parent/carer,

During the week beginning 15th November 2021, class teachers in Years 1-6 will be using materials from the The NSPCC's *Speak out. Stay safe.* Programme. These learning opportunities help to make sure our pupils have the knowledge and understanding they need to stay safe from abuse.

This is a nationwide programme for every primary-school-aged child in the UK and Channel Islands.

"NSPCC has helped me to build the confidence to tell people about my worries and problems." Child's feedback

What is the *Speak out. Stay safe.* programme?

Through child-friendly, online materials will give our children information about how to keep themselves safe from harm and how to get help if they have any worries, sensitively discussing issues like bullying and abuse, without using scary words or adult language.

We have studied the content of the materials and heard from other schools who have participated and are extremely confident that they are appropriate for primary-school-aged children. By the end of the lessons, we're convinced children will feel empowered – knowing how they can speak out and stay safe.

"This service provides important information in a child-friendly way – it should be made mandatory in all schools. A brilliant service!" Teacher, Wistaston Primary, Crewe

If you would like any more information about the NSPCC *Speak out. Stay safe.* programme, including frequently asked questions, you can find it on the NSPCC website nspcc.org.uk/schools or please come into speak to me and I can provide more information.

Talking about the Underwear Rule with your children

The NSPCC's work in schools will help encourage conversations about staying safe – and they have a number of child-friendly materials to help you carry on the conversation afterwards. That includes 'The Underwear Rule', a simple way for parents to help keep children safe from abuse – without using scary words.

The guide uses the rules of PANTS to teach children that their body belongs to them and them

alone. You can find out more and download the free resources at nspcc.org.uk/pants

If you'd like to know more about the NSPCC's work, or take a look at the wide range of information and advice which is available for parents and carers, please visit their website nspcc.org.uk/preventing-abuse/keeping-children-safe/

To further build on the work from the NSPCC's Speak out, stay safe campaign Year 1-6 pupils will be discussing the **NSPCC's PANTS rules** in their classes.

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 how to stay safe by learning the PANTS rules, which the NSPCC have developed to be like a Green Cross Code for staying safe. 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, empowering pupils without using any frightening words.

These include:

- **good and bad 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 learn how you can help keep your children safe, more information can be found at nspcc.org.uk/pants

It would be great if you could familiarise yourself with the PANTS campaign and reinforce these messages with your children at home.

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

Yours sincerely,



Mr S Lane
Headteacher