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Fleggburgh Church of England Voluntary
Controlled Primary School

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Interim Executive Headteacher Mrs M J Burns
Head of School Mrs Ingrid Rounce



Dear Parent/Carer

Today Emerald/Diamond Class have been discussing the NSPCC's PANTS rules in our PSHE lessons.

During these discussions we have been teaching our pupils the following important safety skills without giving explicit information or telling scary stories. We have taught 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 from sexual abuse.

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 included a range of ideas, all delivered in a way that was fully age-appropriate, empowering pupils without using any frightening words.

These included:

- 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 in partnership with school, more information can be found at nspcc.org.uk/pants

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

Yours sincerely

Mrs Ingrid Rounce
Head of School