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Relationships, Sex and Health Education (RSHE) Week – NSPCC Talk PANTS Rules

Dear Parent/Carer,

As part of our RSHE week during the week commencing **8th June 2026** all classes will be discussing the **NSPCC's Talk PANTS rules**. During these discussions we will aim to teach our children the following important safety skills without giving explicit information or telling scary stories. These are the PANTS rules:

- **P: Privates are private.**
- **A: Always remember your body belongs to you.**
- **N: No means no.**
- **T: Talk about secrets that upset you.**
- **S: Speak up, someone can help.**

The lessons empower children, in age-appropriate way, to recognise their right to their own bodies, say no to touch that is unwanted and tell someone if they feel uncomfortable. The lessons include activities which help children understand:

- **Appropriate and inappropriate touching.**
- **Their right to say no to things that make them feel upset or uncomfortable.**
- **The names for parts of the body.**
- **Who to turn to if they ever feel upset or worried.**

If you would like to know more about the NSPCC's campaign, including a short film and parent guide to help you continue the 'Talk PANTS' conversation at home, more information can be found at:

www.nspcc.org.uk/pants.

If you have any questions, please speak to your child's class teacher.

Yours sincerely

Mrs Lane
PSHE Lead

