



St Cuthbert's Catholic Primary School

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Monday 16th January 2023

Dear Parents and Carers,

Year 2 – National Society for the Protection of Cruelty to Children School Health – Underwear Rule

This term, Year 2 will be discussing the NSPCC's Underwear Rule in our PSHE lessons.

During these discussions we will aim to teach our pupils the following important safety skills without giving explicit information and in an age-appropriate way. We will be teaching our pupils the NSPCC's Underwear Rule using the 'PANTS' acronym which is like a green cross code for staying safe from sexual abuse.

PANTS stands for:

- Privates are private
- Always remember that 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. These include:

- Appropriate and inappropriate 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 see how you can help keep your children safe in partnership with St Cuthbert's, more information can be found at:

nspcc.org.uk/underwearrule or please visit the safeguarding section of our website.

If you would like to discuss this further, or any other matter, please do not hesitate to contact the school.

Thank you for your continued support.

Alasdair Bright
Year 2 Class Teacher

