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Where only our best is enough

Tuesday 2nd June 2026

Dear Parent/Carer

This term in PSHE, **White and Red** class will be discussing how our bodies grow and change as part of our relationships and sex education curriculum. We will also be teaching the children all about the PANTS rules (from the NSPCC).

During these discussions, we will 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 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 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, including external body parts
- 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. If you have any questions or concerns please don't hesitate to get in touch.

Many thanks,

Mrs Squibbs and Mr King



Achievement, individuality and respect through working together