

12th October 2018

Dear Parents and carers,

The NSPCC Underwear Rule is a simple but effective way to help our children to understand how to keep themselves safe from harm and abuse, without using scary words.

The NSPCC website has some very good resources available including a fun song that could be used at home to share with your child to help them understand how to stay safe and which people they can talk to.

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule

Using the acrostic message PANTS, the resource aims to deliver the key messages that:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help



We will be sharing this message with all classes in school next week. If you need any more information, please see your child's class teacher.