



John of Rolleston Primary School

A member of Central Co-operative Learning Trust

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Dear Parents/Carers

In a few of our PSHE lessons next half term, we will be discussing the NSPCC's Underwear Rule. This is designed to teach pupils how to stay safe from sexual abuse, without giving explicit information or telling scary stories or even using the term "sexual abuse."

In the lesson, children will learn about the 'PANTS' acrostic, which 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 lesson will be delivered in a way that's fully age-appropriate by your child's class teacher. More information about the Underwear Rule, including a short film and a parent guide can be found at nspcc.org.uk/underwearrule

If you have any questions, please speak to a member of the Year Two team.

Yours sincerely

Mrs N Bourke & Miss J Causer

