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*Caring, Learning and Achieving together.*

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Dear parent/carers,

In our PSHE lessons this term, we will be discussing the NSPCC's PANTS rules. These are 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 fully age-appropriate.

More information about talking PANTS, including a short film and a parent guide can be found at [nspcc.org.uk/pants](http://nspcc.org.uk/pants)

Yours sincerely

Mr D Adfield  
Headteacher

Mrs C Clutterbuck  
Assistant Head



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