



Dear Parents/Carers,

There are some conversations that we find easy to have with our children to ensure that they keep themselves safe, such as crossing the road safely and dealing with strangers. However, there are other conversations that are just as important but far more difficult to have such as how to stay safe from sexual abuse. It's a conversation no parent wants to have but thankfully, with the help of the NSPCC's friendly dinosaur Pantosaurus, it doesn't have to be scary.

We want to help you, as parents and carers, to talk to your children about staying safe from sexual abuse. That's why we're asking you to talk **PANTS** – it's an easy way to have that very important conversation. By talking **PANTS** you have a simple way to help keep your child safe from sexual abuse – without ever using scary words or even mentioning sex.

During this half term we will be discussing the NSPCC's PANTS rules in our PSHE lessons. These lessons will introduce a range of ideas, all delivered in a way that's fully age-appropriate, empowering pupils with important safety skills, without using any frightening words or giving explicit information. During our discussions children will learn 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

These discussions cover:

- 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.
- 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 in partnership with Crabbs Cross Academy, more information can be found at:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/> .

If you have any questions or concerns, please don't hesitate to get in touch.

Many thanks,

Mrs P Groom

PSHE and C Leader

- This link is specifically for children: [NSPCC Guide for Children](#)
- This link is specifically for parents: [NSPCC Guide for Parents](#)
- This link is specifically for foster carers: [NSPCC Guide for Foster Carers](#)
- Following this link takes you to YouTube and The Pants Rule: <https://youtu.be/fn6AVSZk008>