



# Oakwood Primary Academy



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Dear parent/guardian,

This term, your child will be discussing the NSPCC's PANTS rules in our PSHE lessons. During these discussions, we aim to teach our children the following important safety skills without giving explicit information or telling scary stories. These are the PANTS rules:

P: Privates are private  
A: Always remember your body belongs to you  
N: No means no  
T: Talk about secrets that upset you.  
S: Speak up, someone can help

The lessons empower children, in an age appropriate way, to recognise their rights to their own bodies, say no to touch that is unwanted, and tell someone if they feel uncomfortable. The lessons include activities which help children understand:

- Appropriate and inappropriate touching
- Their right to say no to things that make them feel upset or uncomfortable
- The names for parts of the body
- Who to turn to if they ever feel upset or worried

If you would like to know more about the NSPCC's campaign, including a short film and parent guide to help you continue the 'Talk PANTS' conversation at home, more information can be found at: [Let's talk PANTS with Pantosaurus! | NSPCC](#)

Please come and speak to us if you have any questions or concerns.

Your sincerely,

Mrs Loftus (PSHE lead)

