



Birches First School

Believe, Grow, Succeed ...
...to be the best 'me' I can be.



24th February 2025

Dear Parents/Carers,

Next week, children in all classes will be discussing the NSPCC's Pants rules in our whole school assembly; Reception- Year Four.

During these discussions we will aim to teach our pupils the following important safety skills in a very age-appropriate way, without giving explicit information or telling scary stories. We will be teaching our children 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 up.
- Speak up, someone can help.

The lessons will introduce a range of ideas, all delivered in a way that is fully age-appropriate, empowering our children without using any frightening words. These include:

- 'appropriate' and 'inappropriate' touching
- your child's right to say no to things that make them feel upset or uncomfortable
- naming of body parts
- 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 Birches First School, more information can be found at

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

If you have any questions or concerns, please do not hesitate to speak to either Mrs Kandola or myself.

Thank you for your continued support.

Yours sincerely,

S Varricchione

Headteacher and Designated Safeguarding Lead