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Dear Parents / Carers,

In our PSHE lessons, next week, 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 lessons, 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 lessons 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

Thank you for your support.

EYFS Team