



# Bryn Offa Church of England Primary School

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Headteacher: Mr P Thompson

Dear parent/guardian,

In our PSHE lesson this week, we will be discussing the NSPCC's Underwear Rule.

This is 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 delivered in a way that's fully age-appropriate. More information about the Underwear Rule, including a short film and a parent guide can be found at [nspcc.org.uk/underwearrule](https://nspcc.org.uk/underwearrule)

Kind regards,

Mrs L Maxfield  
Class 2 Teacher

