

Primrose Hill Primary School

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Dear Parents and Carers,

This half term we are looking at the NSPCC's PANTS rules in our Personal, Social and Emotional development (PSED) sessions.

During these sessions we are discussing the important safety skills we can use to help us to understand how our bodies belong to us.

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.

The sessions will introduce a range of ideas, empowering the children to

- Know their right to say no to things that make them feel upset or uncomfortable
- Know who they can turn to if they ever feel upset or worried.

We are using this song from the Pantosaurus to support the children in their understanding

<https://www.youtube.com/watch?v=-IL07JOGU5o>

If you would like to know more about the NSPCC's campaign PANTS, more information can be found at www.nspcc.org.uk/pants

If you have any questions or concerns please don't hesitate to get in touch and come and speak to one of us.

Best wishes,

The Ladybirds Team



Head Teacher: Robin Warren