



PURBROOK INFANT SCHOOL
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21 January 2026

Dear Parent/Carer

Over the next two weeks the children in Year 1 will be discussing the NSPCC's Underwear Rule in our PSHE lessons.

During these discussions we will aim to teach the children the following important safety skills without giving explicit information or telling scary stories. We will be teaching the children the NSPCC's Underwear Rule, using the "PANTS" acrostic, which is like a green cross code for staying safe from sexual abuse. PANTS stands for:

- **P**rivates are private
- **A**lways remember your body belongs to you
- **N**o means no
- **T**alk about secrets that upset you
- **S**peak up, someone can help

The lessons will introduce a range of ideas, all delivered in a way that's fully age-appropriate. These include:

- "appropriate" and "inappropriate" touching
- your child's right to say no to things that make them feel upset or uncomfortable
- naming parts of the body. The PSHE curriculum states that children aged 5 -7 should know the terms penis and vagina. This vocabulary will be introduced in measured terms when explaining that the pants region shouldn't be touched but also explaining that there are circumstances when touching is OK (e.g. – if you're ill or hurt - doctors and nurses)
- who your child can turn to if they ever feel upset or worried

If you would like to know more about the NSPCC Underwear rule and see how you can help keep your child safe in partnership with us, 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 please don't hesitate to speak to your child's class teacher.

Yours sincerely

Miss B Wigmore
Year 1 Leader