



Daycare and Nursery School  
Love, Laugh, Learn

Founded 1954

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Dear Parents and Carers

This half-term children attending our SUNBEAMS provision (3-4 year olds) will be discussing the NSPCC's Talk PANTS rules. During these discussions we will aim to teach our children the following safety skills without giving explicit information or telling scary stories. These are the PANTS rules:

- **P: Pants are private**
- **A: Always remember your body belongs to you**
- **N: No means no**
- **T: Talk about secrets that upset you**
- **S: Speak up, someone can help**

The lessons empower children in an age-appropriate way, to recognise their rights to their own bodies, say no to touch that is unwanted, and tell someone if they feel uncomfortable. The lessons include activities which help children understand:

- **Appropriate and inappropriate touch**
- **Their right to say no to things that make them feel upset**
- **or uncomfortable**
- **The names for parts of the body**
- **Who to turn to if they feel upset or worried**

If you would like to know more about the NSPCC's campaign, including a short film and parent guide to help you continue the 'Talk PANTS' conversation at home, more information can be found at: [nspcc.org.uk/pants](http://nspcc.org.uk/pants)

If you have any questions or concerns, please don't hesitate to get in touch

Your sincerely

David Aldworth  
Executive Headteacher

