

Dear Parents/Carers,

As part of our Personal, Social, and Health Education (PSHE) curriculum in Year 3, the children will be discussing the NSPCC's Talk PANTS rules. Through these discussions, we aim to teach children the following important safety rules without giving explicit information or telling scary stories.



NSPCC image

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 ever feel upset or worried.

These discussions will be delivered with care and sensitivity, aiming to build self-awareness, confidence, and good habits for physical and emotional wellbeing.

If you have any questions about what we'll be covering please don't hesitate to get in touch.

Kind regards,

LKS2 Teachers