



Colkirk C of E Primary Academy, Little Snoring Community Primary Academy Sculthorpe C of E Primary Academy & West Raynham C of E Primary Academy



Executive Headteacher: Mr Christopher J Allen

## Have Faith - Flourish - Fly High



November 2020

### **Speak out. Stay safe.**



NSPCC  
Speak out. Stay safe.  
programme

Dear Parent/Carer

### **RE: NSPCC's *Speak out. Stay safe.* and PANTS online programme**

I am pleased to tell you that in the next couple of weeks, all classes will be participating in the **NSPCC's *Speak out. Stay safe.* online** programme. This consists of an online assembly and supporting classroom based activities. *Speak out. Stay safe.* is a safeguarding programme available to all primary schools in the UK and Channel Islands. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly, interactive way. Children are taught to speak out if they are worried, either to a trusted adult or Childline.

The NSPCC have developed an online version of their *Speak out. Stay safe.* programme to help overcome some of the challenges that the Coronavirus (COVID-19) pandemic has presented in relation to having external speakers in school. In the online assembly, the *Speak out. Stay safe.* messages continue to be delivered in a fun and interactive way with the help of their mascot Buddy as well as special guest appearances from Ant and Dec.

We have studied the content of the materials and are extremely confident that they are appropriate for primary-school-aged children. By the end of the programme, we're convinced children will feel empowered – knowing how they can speak out and stay safe.

If you would like to know more about the *Speak out. Stay safe.* programme you can find more information on the NSPCC website [www.nspcc.org.uk/speakout](http://www.nspcc.org.uk/speakout).

### **Talking PANTS with your children**

We will also be discussing in class the NSPCC's Underwear Rule. During these discussions we will aim to teach our pupils the following important safety skills without giving explicit information or telling scary stories. We will be teaching our pupils 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:





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
- who your child can turn to if they ever feel upset or worried.

If you would like to know more about the NSPCC’s campaign and see how you can help keep your children safe in partnership with your child’s school, more information can be found at [nspcc.org.uk/underwearrule](http://nspcc.org.uk/underwearrule)

The NSPCC’s work in schools will help encourage conversations about staying safe and they have a number of child-friendly materials to help you carry on the conversation afterwards. That includes ‘Talk PANTS’, a simple way for parents to help keep children safe from sexual abuse – without using scary words or even mentioning sex.

The guide uses the rules of PANTS to teach children that their body belongs to them and them alone.

You can find out more and download the free resources at [www.nspcc.org.uk/pants](http://www.nspcc.org.uk/pants).

### **Childline Under 12’s Website**

Childline also have a website with age appropriate advice for primary school children on topics such as bullying. It also has games and other interactive tools. Your child can visit it at [www.childline.org.uk/kids](http://www.childline.org.uk/kids).

If you’d like to know more about the NSPCC’s work, or take a look at the wide range of information and advice which is available for parents and carers, please visit their website [www.nspcc.org.uk/parents](http://www.nspcc.org.uk/parents).

Yours sincerely,

Sarah Potter  
(Head of School)