



FIR BANK PRIMARY

'Where everyone matters'

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Head Teacher: Rachael McLaughlin

Dear Parent/Carer,

As part of our commitment to keeping children safe, we will be delivering the NSPCC PANTS workshop to pupils from Reception to Year 6 during the week beginning 5th October.

The PANTS programme has been developed by the NSPCC and is designed to help children understand important messages about personal safety in a way that is fun, age-appropriate and easy to understand.

During the workshop, children will learn the five key PANTS rules:

P - Privates are private

Parts of our body that are covered by our underwear are private.

A - Always remember your body belongs to you

Children have the right to say no to unwanted touch.

N - No means no

Children can say no if they feel uncomfortable or unsafe.

T - Talk about secrets that upset you

Children are encouraged to speak to a trusted adult if they are worried about something.

S - Speak up, someone can help

Children should know who they can talk to if they ever feel worried, scared or confused.

The workshop will be delivered sensitively by trained staff and adapted to ensure that the messages are appropriate for your child's age and stage of development. The focus is on helping children understand healthy boundaries, develop confidence and know where to seek help if they need it.

Children will not be shown any upsetting or inappropriate content.

We understand that conversations about keeping children safe can sometimes feel sensitive. Please be reassured that the workshop is designed to be positive, empowering and supportive, helping children build the knowledge and confidence they need to stay safe.

If you have any questions or would like to find out more about the PANTS programme, please contact the school office and ask for Heather Woodall, our Community Support Manager, who will be happy to answer any questions you may have.

Thank you for your continued support.

Yours sincerely,

Rachael McLaughlin
Headteacher

