

# SS John & Monica Catholic Primary School

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## NSPCC's Speak out. Stay safe. programme

Dear Parent/Carer,

As part of the NSPCC's (the UK's leading children's charity), **Speak out, Stay safe Programme**, we will be discussing the NSPCC's Underwear Rule, to make sure our pupils have the knowledge and understanding they need to stay safe from abuse. This is a nationwide programme for every primary-school-aged child in the UK and Channel Islands and comes under the curriculum area of PSHE (Personal, Social and Health Education).

### **What is the Speak out. Stay safe. programme?**

Through a child-friendly, age appropriate lesson, class teachers will give our children information about how to keep themselves safe from harm and how to get help if they have any worries, sensitively discussing issues like bullying and sexual abuse, without using scary words or adult language.

If you would like any more information about the NSPCC Speak out. Stay safe. programme, including frequently asked questions, you can find it on the NSPCC website [nspcc.org.uk/schools](http://nspcc.org.uk/schools).

### **Talking about the Underwear Rule with your children**

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 'The Underwear Rule', 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 [nspcc.org.uk/underwear](http://nspcc.org.uk/underwear)

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 [nspcc.org.uk/preventing-abuse/keeping-children-safe/](http://nspcc.org.uk/preventing-abuse/keeping-children-safe/)

If you have any questions, please do not hesitate to contact me.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'M. Elliott'.

Mrs. M. Elliott  
Head Teacher