



Riverside Primary School

Ferry Road, Hullbridge, Hockley, Essex, SS5 6ND

Headteacher: Mrs Claire Smith

Tel: 01702 230911

Email: admin@riversideprimary.co.uk **Website:** www.riversideprimary.co.uk

Friday 14th November 2025

Dear Parent/Carer,

Next week Leopard and Zebra class will be discussing the NSPCC's Underwear Rule as part of our PSED lessons. During these discussions we will teach the children the following important safety skills without giving explicit information or telling scary stories.

We will be teaching the children the NSPCC's Underwear Rule, using the 'PANTS' acrostic and song, to help the children understand about this.

PANTS stands for:

Privates are private
Always remember your body belongs to you
No means no
Talk about secrets that upset you
Speak up, someone can help

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 and 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

If you have any questions or concerns please don't hesitate to get in touch with the class teacher.

EYFS Team

