



# Ocean Academy Poole

an Aspirations Academy

Self-Worth | Engagement | Purpose

'Bringing Learning to life: No limits. No barriers.'

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Dear Parent/Carer,

This half term, each year group will be discussing the NSPCC's Underwear Rule in their PSHE lessons.

During these discussions we will aim to teach our pupils the following important safety awareness without giving explicit information or telling scary stories. We will be teaching pupils the NSPCC's Underwear Rule, using the '**PANTS**' acronym, which is like a green cross code for staying safe from sexual abuse.

**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
- 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 Ocean Academy, more information can be found at [nspcc.org.uk/underwearrule](http://nspcc.org.uk/underwearrule)

If you have any questions or concerns, please do not hesitate to get in touch with your child's teacher.

Kind regards,

**Mrs M Brown**  
PSHE Lead



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LIGHTHOUSE SPECIALISM  
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