



Ravenshall

all different | all equal | all important

19th January 2022

Dear families,

This term as part of our topic in PSHCE on 'Healthy Relationships' will be using 'Love Life' resources consisting of three films: You, me and us, PANTS, changes and choices, featuring Ash, her friend Jim and her sister Steph. The films and supporting resources produced by the NSPCC are designed for young people with SEND to help them learn strategies for staying safe as they grow up and gain independence, in particular to enable them to start conversations about:

- feelings
- privacy and boundaries
- friendship
- different kinds of love
- online safety.

NSPCC Learning

We will be discussing the NSPCC's Underwear Rule in our lessons. During these discussions we will aim to teach 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' acronym, which is like a green cross code for staying safe.

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 PANTS campaign and see how you can help keep your children safe in partnership with the work we are doing in school, more information can be found via the following link <https://learning.nspcc.org.uk/safeguarding-child-protection-schools/promoting-healthy-relationships>

The NSPCC has also put together a [reading list of books](http://library.nspcc.org.uk/) which you can use to start conversations at home about healthy relationships with young people who have SEND. These can be found via the following link <http://library.nspcc.org.uk/>

If you have any questions or concerns, please don't hesitate to get in touch.

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