



Spalding Parish Church of England Day School

Wholly inclusive, striving for fulfilment, empowering the flourishing of our world

21st October 2026

Dear Parent/Carer,

NSPCC Pants Resources

At Spalding Parish School, safeguarding and promoting children's wellbeing are at the heart of everything we do. As part of our Personal, Social, Health and Economic (PSHE) education programme, we have recently delivered the NSPCC Talk PANTS materials to pupils.

The Talk PANTS programme has been developed by the NSPCC to help children understand that their bodies belong to them and that they have the right to speak to a trusted adult if anything worries them. The programme uses simple, child-friendly language and age-appropriate resources to communicate important safety messages.

The word PANTS helps children remember five key messages:

P - Privates are private.

A - Always remember your body belongs to you.

N - No means no.

T - Talk about secrets that upset you.

S - Speak up, someone can help.

The sessions have been delivered sensitively and in a way that is appropriate to the age and understanding of our pupils. They focus on helping children recognise their rights, understand appropriate and inappropriate behaviour, and identify trusted adults they can talk to if they ever feel worried or unsafe.

We know that conversations about personal safety are most effective when schools and families work together. To help reinforce these important messages at home, we have included a link to the NSPCC's parent resources below. These provide useful information, guidance and activities that can support discussions with your child.

Parent Resources:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

We encourage you to take some time to explore these materials with your child and continue the conversation at home.

If you have any questions about the Talk PANTS programme or would like any further information about how these lessons have been delivered in school, please do not hesitate to contact us. Thank you for your continued support in helping us keep all children safe.

Kind Regards,
Diane Mulley
Head Teacher



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