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CEO : Mrs Kate Carter BA (Hons) PGCE NPQH  
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TEACH Trust Poole

Trust Excellence Aspiration Collaboration Honesty

*Article 28: Every child must be free to express their thoughts and opinions and to access all kinds of information, as long as it is within the law.*

13<sup>th</sup> April 2026

Dear Parents/Carers,

### **Ad Astra Infant School – PSHE: PANTS Rule**

After the Easter break, in our PSHE lessons, we will be discussing the NSPCC's Underwear Rule.

During these discussions, we will teach the children important safety skills, without giving explicit information or telling any scary stories. We will be teaching the NSPCC's Underwear Rule, using the 'PANTS' acrostic, which is the green cross code for staying safe from sexual abuse.

PANTS stands for the following:

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

If you would like to know more about this NSPCC campaign and how you can help to keep your children safe in partnership with us, more information can be found at: [nspcc.org.uk/underwearrule](https://nspcc.org.uk/underwearrule).

If you have any questions or concerns, please do not hesitate to contact myself or your child's teacher.

Yours faithfully

Mrs Stocks  
 PSHE Lead



Haymoor Junior School



haymoor\_junior\_school

