

EVERY CHILDHOOD IS WORTH FIGHTING FOR

NSPCC

As part of our RHE lessons in school we teach children the NSPCC's Underwear Rule. This is designed to teach pupils how to stay safe from sexual abuse, without giving explicit information or telling scary stories or even using the term "sexual abuse." In the lesson, children will learn about the 'PANTS' acrostic, which stands for:

- **P**rivates are private
- **A**lways remember your body belongs to you
- **N**o means no
- **T**alk about secrets that upset you
- **S**peak up, someone can help

The lesson will be delivered in a way that's fully age-appropriate.

More information about the Underwear Rule, including a short film and a parent guide can be found at nspcc.org.uk/underwearrule.