

Monday 6th October 2025

Dear Parent/Carer,

The NSPCC's Talk PANTS week is from 13th – 17th October, and we will be taking part in the Talk PANTS programme as part of a borough wide initiative for all Hillingdon schools. Each class will participate in a special assembly to understand the NSPCC's Underwear Rule. We will be using NSPCC materials that have been adapted for Frithwood pupils to align with the PSHE and RSE curriculum in place. During 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' acrostic, which is like a green cross code for staying safe from sexual abuse. PANTS stands for:



The assembly will introduce a range of ideas, all delivered in a way that's fully age-appropriate. The children will be introduced to the character of Pantosaurus through a storybook, interactive activities and 'The Pants Song' to help introduce themes such as:

- "appropriate" and "inappropriate" touching
- your child's right to say no to things that make them feel upset or uncomfortable
- who your child can turn to if they ever feel upset or worried



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If you would like to know more about the NSPCC's campaign and see the interactive activities that year groups will be completing, please visit the following page on the school website:

<https://www.frithwood.hillingdon.sch.uk/key-information/safeguarding/nspcc-talk-pants-programme>

Information on how you can help keep your children safe in partnership with your child's school, more information can be found at www.nspcc.org.uk/underweareule

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

Thank you for your support.

Mrs Dickins
Deputy Headteacher



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