



Dear Parent/Carer

This year Playdays/Nutkins/Bretons Preschools are taking part in NSPCC’s Pan London Talk PANTS week. Talk PANTS is a campaign designed to support parents, carers and professionals to have age-appropriate conversations with children that can help keep them safe.

Through play, stories and activities, we will be sharing important safety skills without giving explicit information or telling scary stories. We will be starting to teach children the NSPCC’s, Talk PANTS rules using the ‘PANTS’ acrostic, which is like a green cross code for helping children to keep safe from sexual abuse. 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” touch
- 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 campaign and see how you can help keep your children safe in partnership with your child’s school, more information can be found at [nspcc.org.uk/underwearrule](https://nspcc.org.uk/underwearrule)

Around and during the week, there will be parents/carers workshops that go through Talk PANTS and support for Talking PANTS at home. To register for these, please see table below and click the link on the date/time that suits:

<u>Theme</u>	<u>Date</u>	<u>Time</u>	<u>Registration Link</u>
Parent/ carers	Tuesday 9 <sup>th</sup> July	2- 3pm	<a href="https://events.teams.microsoft.com/event/97f37708-518b-445c-9feb-9be693482fdf@3c4f002a-8d6d-4ede-8372-faf47ca8473f">https://events.teams.microsoft.com/event/97f37708-518b-445c-9feb-9be693482fdf@3c4f002a-8d6d-4ede-8372-faf47ca8473f</a>
Parent/ carers	Wednesday 10 <sup>th</sup> July	2- 3pm	<a href="https://events.teams.microsoft.com/event/4d22c9af-20c6-4aa9-9de5-c0452956b397@3c4f002a-8d6d-4ede-8372-faf47ca8473f">https://events.teams.microsoft.com/event/4d22c9af-20c6-4aa9-9de5-c0452956b397@3c4f002a-8d6d-4ede-8372-faf47ca8473f</a>

If you cannot attend the workshops, you can watch a webinar here: [Talk PANTS - Updated Webinar for Parents \(youtube.com\)](#)

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

Kind Regards

Claire Lakin  
Playdays Preschool, Nutkins Nursery and Bretons Preschool