

Longman's Hill Community Primary School
Myrtle Avenue,
Selby,
YO8 9BG

Email: admin@longmanshill.n-yorks.sch.uk



Headteacher: Mrs J Elcock
Chair of Governors: Mrs S Porter

Longman's Hill Primary School is a NUT FREE School

"GROWING HEARTS AND MINDS TOGETHER"

9th June 2023

Dear Parent/Carer

RE: NSPCC's "Speak out. Stay safe" online programme

I am pleased to tell you that we will be participating in the NSPCC's "Speak out. Stay safe" online programme. This consists of an online assembly and supporting classroom-based activities. Children in years 5 and 6 will also have workshops led by the NSPCC School Service.

"Speak out. Stay safe" is a safeguarding programme available to all primary schools in the UK and Channel Islands. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly, interactive way. Children are taught to speak out if they are worried, either to a trusted adult or Childline.

In the online assembly, the "Speak out. Stay safe" messages are delivered in a fun and interactive way with the help of their mascot Buddy as well as special online guest appearances from Ant and Dec.

We have studied the content of the materials and are extremely confident that they are appropriate for primary-school-aged children. By the end of the programme, we're convinced children will feel empowered – knowing how they can speak out and stay safe.

If you would like to know more about the "Speak out. Stay safe" programme you can find information on the NSPCC website www.nspcc.org.uk/speakout or I would be happy to discuss any questions that you may have.

The NSPCC has also developed an adapted version of their assembly for parents/carers to use at home with their children. This is the link for this: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/>
With the help of celebrities, the film focuses on how a child can get support if they have any worries or concerns.



To complement the assembly, there are some resources that can be used to enable further discussion whilst doing activities with your children. These are hosted on the NSPCC website www.nspcc.org.uk/activities.

During these discussions in school we will aim to teach our 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:

- 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 are fully age appropriate.

These include:

- "appropriate" and "inappropriate" touching
- 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.

'Talk PANTS' is a simple way for parents to help keep children safe from sexual abuse – without using scary words. The guide uses the rules of PANTS to teach children that their body belongs to them and them alone. You can find out more and download the free resources at www.nspcc.org.uk/pants.

Childline also have a website with age-appropriate advice for primary school children on topics such as bullying. It also has games and other interactive tools. Your child can visit it at www.childline.org.uk/kids.

If you would like to know more about the NSPCC's work, or take a look at the wide range of information and advice which is available for parents and carers, please visit their website www.nspcc.org.uk/parents.

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

Yours sincerely,

Mrs H Thoelen
PSHCE Lead Teacher