

# St. Catherine's Primary School

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In our RE/PDMU lessons this term, we will be discussing the NSPCC's PANTS Rules. These are 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 lessons children will learn the PANTS Acrostic which stands for,

- Private 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 be fully age appropriate.

More information about talking PANTS, including a short film and a parent guide can be found at [nspcc.org.uk/pants](http://nspcc.org.uk/pants)



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