



Grand Avenue Primary & Nursery School

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Thursday, 24th September 2026

Dear Parents/Carers,

This term Reception, Year 1, Year 2, Year 3 and Year 4 will be discussing the NSPCC's Talk PANTS rules at school. During these discussions we will aim to teach the children the following important safety skills without giving explicit information or telling scary stories. The children will engage in some fun lessons where we will introduce Pantosaurus the dinosaur through animation, song and the use of a picture book. The aim of the sessions is for the children to learn the pants rules:

- **P: Privates are private.**
- **A: Always remember your body belongs to you.**
- **N: No means no.**
- **T: Talk about secrets that upset you.**
- **S: Speak up, someone can help.**

The aim of the lessons is to empower children, in an age-appropriate way to recognise their rights to their own bodies, say no to touch that is unwanted, and tell someone if they feel uncomfortable. The lessons include activities which help children understand:

- **Appropriate and inappropriate touch**
- **Their right to say no to things that make them feel upset or uncomfortable**
- **The names for parts of the body**
- **Who to turn to if they ever feel upset or worried.**

These lessons will be rounded off with a visit from Pantosaurus who will join us for one of our assemblies!

If you would like to know more about the NSPCC's campaign, including a short film and parent guide to help you continue to the 'Talk PANTS' conversation at home, more information can be found by [following this link](#).

If you have any questions please do not hesitate to get in touch.

Yours sincerely,

Ms Hempston
Assistant Headteacher



Enjoying Learning - Exceeding Expectations