



# OAK HILL FIRST SCHOOL

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Headteacher: Miss L Kelly - BEd (Hons)

Dear Parents/Carers,

## NSPCC Underwear Rule

At Oak Hill First School we are committed to safeguarding and promoting the welfare of children and young people. The NSPCC have an ongoing campaign called 'The Underwear Rule', which aims to raise awareness of the importance of talking to children about keeping safe from sexual abuse.

Oak Hill First School are supporting the NSPCC in their campaign and feel it is important to teach our children how to keep safe.

'The Underwear Rule' teaches them that:

- **P**rivates are private
- **A**lways remember your body belongs to you
- **N**o means no
- **T**alk about secrets that upset you
- **S**peak up, someone can help



We know talking to your child about their body and staying safe can seem difficult, but it doesn't have to be scary. 'Talk PANTS' is a simple way that parents can help keep children safe from abuse. We have attached some points and tips to help you when talking to your child.

As part of our PSHE curriculum, we have spent some time this week teaching 'The Underwear Rule' and going through what PANTS stands for. For more information on 'The Underwear Rule' please visit:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

There is also a short video on this page of a catchy song featuring Pantosaurus reminding the children of the key messages which all the children will have seen this week at school

Yours sincerely,

Mrs Harris  
Designated Safeguarding Lead

# PANTS

## Talking tips: how to talk about the Underwear Rule

### **How and when to start conversations with your child about keeping themselves safe**

Small, open and honest conversations are the best way to introduce the Underwear Rule to your child and talk about keeping safe.



Inevitably your child will have questions, so listen carefully and attentively and be straightforward in your answers.

You know your child best of all, so adapt the conversation and talk in a way that feels right for you both.

### **Add simple conversations to your daily routine**

A good tip is not to treat it like a lecture. It's much better to find easy ways to have comfortable chats, little and often.

Adding simple conversations into your day or routine about staying safe will help prevent your child from feeling like it's a big deal, unusual or weird.

#### **In the car**

Car journeys are a great time to talk to your child. They're in a comfortable setting, with limited distractions.



#### **Out for a walk**

Strolling along a familiar route will help your child feel more at ease as you chat together.

#### **To and from school**

On your way to school, you can ask about who they would tell at school if something was upsetting them.

If your child has had classes about relationships or personal safety at school, for example, ask what they learned on the way home.

It's a good chance to measure your child's understanding and give you a starting point for more detailed conversations about the Underwear Rule and their safety.

#### **The bedtime routine**

When you're getting your child ready for bed - or helping them tie their shoelaces - you could talk about times when a trusted adult might need to touch them.

#### **Going swimming**

You can easily adapt the Underwear Rule to bathing costumes and talk about the idea of private parts being private, so that's why they are covered.

#### **Listening to radio or watching TV**

Your child may have heard a disturbing story on the news or a favourite soap might be handling a sensitive storyline.

Though we might sometimes wish our children hadn't heard something, it's best to address the point head on rather than dismiss it or pretend it hasn't happened.

Reframe the subject in words your child would find less frightening.

Also reassure them that if anyone or anything worries or upsets them, they can always talk to a trusted adult.

## **Being open and honest will help your child stay safe**

If you speak honestly and in a way that makes the subject feel less shocking, your child will be more confident and comfortable in talking to you about difficult subjects.

### **In their own language**

Use words and phrases your child will understand - don't be afraid to use the correct name for body parts.



### **Give straight answers to tricky questions**

Don't shy away from awkward questions - answer them as best you can, in a way that's right for your child.

### **Speak openly and honestly**

The more open and relaxed you are, the more your child will feel able to talk about anything that's worrying them.

### **Ask your child what they think**

Conversations about right and wrong aren't easy.

Even when we talk to children about not letting people touch their private parts, we have to make exceptions such as visits to the doctor.

A great way to help children understand the grey areas is to encourage them to express their opinions and develop their own judgment.

### **Actively listen**

Lean in, nod, smile and ask questions that show you're interested.

Showing your child you care about what they think and how they feel means they'll be more likely to come to you if something's really troubling them.

Read our active listening guide for parents for more tips.

### **Don't force the issue**

If your child isn't interested in talking, don't force the issue. The last thing you want is for your child to feel it's a big deal, so wait for another opportunity at a different time.

### **Use books and stories**

Reading a story can help you talk about difficult subjects in a way that is suitable for your child's age and can help teach them to stay safe in terms they understand.

### **Ask your child to share with you who they can trust**

Get your child to think about all the people in their life they can trust.



It shows them that, even if there's any reason they can't tell you something, they should never have to keep a worry to themselves.

## **Tell other adults your child knows the Underwear Rule**

Let any other adults who regularly care for your child know that you've spoken about the Underwear Rule.

Your child may ask them follow up questions, so it will help the other adults to reinforce the same messages.

## **Keep the conversation going as they grow**

Remember to keep the lines of communication open with your child and assure them that they can come to you with any question or concern.

As they grow up, they will have more questions and more capacity to understand these issues.

Having that openness means your child will feel comfortable talking and sharing worries with the family as they get older.

## **Using books and stories to help conversations**

Reading a story can help you teach young children about sensitive subjects:

1. Find a book that you think fits your child's age group.
2. Read it on your own first to check if you:
3. • like the messages  
• think the story would appeal to your child.
4. Think of questions to ask your child about the experience of the character in the story, eg:
5. • "What did ... do to stay safe?"  
• "Could... have done anything else?"
6. Think of questions to ask your child about their own experiences, eg:
7. • "If this happened to you, who could you tell?"  
• "What could you do to keep yourself safe?"
8. Think through messages to give your child such as how much you love them, that you are there to keep them safe and that they can tell you their worries.
9. Read the story with your child a couple of times.
10. After the second read through, ask a few of your questions.
11. Tell your child the key messages that you planned.