



**ST CHARLES'**  
CATHOLIC PRIMARY SCHOOL

Headteacher – Mrs L Nealings

13 January 2026



The Newcastle Upon  
Tyne Hospitals  
NHS Foundation Trust



Dear Families

This term, the school nursing team will be discussing the NSPCC's Underwear Rule in our RSHE lessons.

The aim of the session is to teach our pupils the following important safety skills without giving explicit information or telling scary stories. The school nursing team 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's 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.

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 [www.nspcc.org.uk/underwearrule](http://www.nspcc.org.uk/underwearrule)

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

Yours sincerely

*L Shaw*

Miss Shaw  
Year 2 Class Teacher



St Charles' Catholic Primary School  
Regent Farm Road, Gosforth,  
Newcastle upon Tyne NE3 3HE

0191 285 2553  
[office@stcharlesprimary.uk](mailto:office@stcharlesprimary.uk)  
[www.stcharlesprimary.uk](http://www.stcharlesprimary.uk)



St Charles' Catholic Primary School is part of the Bishop Bewick Catholic Education Trust, a company limited by guarantee registered in England and Wales under company registration number No 7841435. Registered Office: Fenham Hall Drive, Newcastle upon Tyne NE4 9YH