



**HOLLYWELL  
PRIMARY SCHOOL**

**Hollywell Primary School**  
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Head Teacher: Mrs Elizabeth Ellis



*"Inspiring young minds to unlock their potential to grow."*

23<sup>rd</sup> June 2026

Dear Parents/Carers

Talking to children about their body



## **PSHE Education - Year 1**

### **The PANTS rule**

In Personal, Social and Health Education (PSHE) the **PANTS rule** is an essential NSPCC safeguarding framework used to teach children about body safety and consent in an age-appropriate, non-scary way.

The acronym **PANTS** stands for:

- **P – Privates are private:** The parts of the body covered by underwear belong only to the child. No one should ask to touch or see them, though doctors or parents may need to for health reasons, provided they ask first.
- **A – Always remember your body belongs to you:** A child has ownership of their body and full control over who touches them or invades their personal space.
- **N – No means no:** A child has the absolute right to say "no" to unwanted affection or touch—even to family members or people they know and love.
- **T – Talk about secrets that upset you:** Children are taught the difference between safe, good secrets (like surprise birthday parties) and unsafe, bad secrets that make them feel worried, sad, or frightened.
- **S – Speak up, someone can help:** Reassures children that they can always talk to a trusted adult if something makes them uncomfortable, and that they will never get in trouble for speaking out.

The lessons will all be delivered in a way that's fully age-appropriate, empowering pupils to feel more confident about body differences and change.

You can refer to the PSHE policy on the school website for more detail.

Please feel free to see Mrs Photiou after school should you have any questions.

Kind regards

*Elizabeth Ellis*

Head Teacher

On behalf of the Governing Body

