



# English Martyrs' Catholic Primary School

Flint Street, Walworth, London SE17 1QD  
Tel: 0207 703 4726 Fax: 0207 277 1743

[www.englishmartyrsrprimary.co.uk](http://www.englishmartyrsrprimary.co.uk)

Head Teacher: Mrs H. Appah

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Dear parent/carer,

As you know, the NSPCC visited our school today and delivered their **Speak out. Stay safe.** assembly to share information with your child about how they can keep themselves safe from harm and get help if they have any worries.

It was a very worthwhile and empowering session for both pupils and teachers. They spoke to the children and staff about the valuable work they do across the country, and talked about how important it is for everyone in our school community to join them in their 'fight for every childhood'.

## Talking about the Underwear Rule with your children


The NSPCC's work in schools will help encourage conversations about staying safe – and they have a number of child-friendly materials to help you carry on the conversation afterwards. That includes 'The Underwear Rule', a simple way for parents to help keep children safe from sexual abuse – without using scary words or even mentioning sex.

The guide uses the rules of PANTS to teach children that their body belongs to them and them alone. With this letter you'll find a card with more details on it, and you can also find out more and download the free resources at [nspcc.org.uk/pants](http://nspcc.org.uk/pants)

If you'd like to know more about the NSPCC's work, or take a look at the wide range of information and advice which is available for parents and carers, please visit their website [nspcc.org.uk/preventing-abuse/keeping-children-safe/](http://nspcc.org.uk/preventing-abuse/keeping-children-safe/)

You can find more information about the NSPCC's 'Underwear Rule' on their website ([nspcc.org.uk/pants](http://nspcc.org.uk/pants)). It's been created to help you talk to your children about keeping themselves safe.

Yours sincerely,

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Mrs Appah  
Head Teacher

