

CARITAS SCHOOLS' SERVICE

WORKSHOP - PANTS (NSPCC) INFORMATION FOR PARENTS/CARERS

Your school has decided to run the NSPCC PANTS Workshop and will be delivered by the Caritas Schools' Service within school.

What is the Workshop?

- To introduce children and teachers to discussions around abuse
- To understand the Underwear Rule, and to confidently discuss PANTS
- To teach children to seek help and safety should they experience abuse

Why is this being delivered ?

The session aim is to develop both children and adult's knowledge of sexual abuse. This is done by developing the children's knowledge of the Underwear Rule, something which could be reinforced in class through the art work they completed during the sessions. The PANTS acrostic is key to this, and outlines the five main points of the session:

- 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

Why has my child been selected?

School have decided to offer this to all pupils as part of their PHSE curriculum.

The programme for children:

This is a fun, interactive session which includes individual and group work tasks led by the Caritas Schools' Service. The sessions are engaging, and reinforce the message that abuse is not ok. The session aims to develop language around different body parts and knowing which parts should be private. Throughout the session, the children will be made aware of appropriate and inappropriate touch and to develop an understanding that they have the right to say 'no' to any unwanted touch. The PANTS session also encouraged the children to identify those who they can trust and could seek help and support from if necessary.

Parent/Carer involvement:

As this is a one-off workshop there is no necessary involvement from Parents / Carers. However, if you would like to discuss any part of the workshop with a Caritas worker please let school know and they will arrange this on your behalf.

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

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

