



**Children's Care Group**

Honeysuckle Lodge  
Tickhill Road, Balby  
Doncaster  
DN4 8QN

Text only phone for deaf/hard of hearing:  
07771933869

06<sup>th</sup> January 2026

Dear Parent/Carer

As part of school's curriculum, we have been invited into your child's school on **Monday 12<sup>th</sup> January 2026** to deliver a '**Safe Touch**' health promotion lesson. This is guided by the (National Society of Prevention of Cruelty to Children) NSPCC '**Pants rule**' and is a child friendly, age-appropriate lesson, offered to every Doncaster school in Year 1. Some schools occasionally choose alternative or additional year groups too.

**The aim of the session is to educate and inform your child of the following;**

- General safety, for example, crossing the road, riding a bike and swimming
- Stranger danger
- Anatomical (correct) names of **all body parts**
- When to share a 'secret'
- Appropriate times someone may touch body parts – for example going to the doctors or a family member
- How to respond to unsafe touch
- Consent to touch
- Who to tell any worries to
- **How we deliver the session**
- The session lasts 30-40 minutes dependent upon class participation
- The nurse delivers a child friendly, age-appropriate power point presentation
- The class teacher is usually present throughout the lesson
- The children colour an outline of a 'body map' in green and red crayons – green for safe touch, red for unsafe touch
- Followed by a class discussion
- The children and nurse then sing the 'Pantasaurus' song
- Children have chance to ask any questions
- They are given their pictures to take home and share with parent/carers at school's discretion

We know that the earlier your child develops an awareness and understanding of how to keep themselves safe in relation to protecting their body parts, they will feel more confident to tell someone if they have been touched or asked to be touched inappropriately.

We encourage you to ask your child about today's session when they get home, so that as a family you can encourage open, and comfortable discussions at home.

If you would like read more or to view the 'Pantasaurus' video, please visit the NSPCC website <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Thank you  
School Nursing – Zone 5-19

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