



Cedarbank School

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22nd October 2019

Dear Parent/Carer,

I am pleased to tell you that we will be working with the NSPCC, the UK's leading children's charity, who will be delivering their **Speak out. Stay safe.** programme on Thursday 14th November here at Cedarbank School to make sure our pupils have the knowledge and understanding they need to stay safe from abuse. This is a nationwide programme for every child in the UK and Channel Islands. With the help of their friendly mascot Buddy, they'll be presenting an assembly to the children in our school as well as a workshop for S1-3.

What is the Speak out. Stay safe. programme?

Through child-friendly, interactive assemblies and workshops their specially trained staff and volunteers will give our children information about how to keep themselves safe from harm and how to get help if they have any worries, sensitively discussing issues like bullying and sexual abuse, without using scary words or adult language.

We have studied the content of the materials and heard from other schools who have participated and are extremely confident that they are appropriate for our children. By the end of their visit, we are convinced children will feel empowered – knowing how they can speak out and stay safe.

"This service provides important information in a child-friendly way – it should be made mandatory in all schools. A brilliant service!" Teacher, Wistaston Primary, Crewe

"NSPCC has helped me to build the confidence to tell people about my worries and problems."
Child's feedback

If you would like any more information about the NSPCC **Speak out. Stay safe.** programme, including frequently asked questions, you can find it on the NSPCC website nspcc.org.uk/schools or please come in to speak to me and I can provide more information.

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.



West Lothian Council



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Award 2010

The guide uses the rules of PANTS to teach children that their body belongs to them and them alone. You can find out more and download the free resources at nspcc.org.uk/pants

If you would 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/

Yours sincerely,

Mrs A Lindsay
Depute Head Teacher

