



Highcliffe St. Mark Primary School & Fledglings Pre-School

A Church of England Foundation School

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4 March 2026

Dear Parent/Carer,

NSPCC's *Speak out. Stay safe.* programme

I am pleased to inform you that we are participating in the NSPCC's *Speak out. Stay safe.* programme this term. *Speak out. Stay safe.* is designed for children aged 5–11 and helps them understand what to do if they ever feel unsafe, worried, or if something doesn't feel right. Children are taught to speak out to a trusted adult or to Childline.

This child-friendly programme is aligned with the curriculum and includes age-appropriate virtual assemblies and supporting classroom activities, alongside NSPCC volunteer-led face-to-face workshops for children aged 6–7 and 9–11. The content will be delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy on **Wednesday 18th March 2026**.

Parents and carers are asked to let the school know of anything—now or in the past—that we may not already be aware of and that might mean their child needs extra support before, during or after taking part in this programme. Any information shared will be handled sensitively and treated in confidence.

If you would like to know more about the *Speak out. Stay safe.* programme, please visit: www.nspcc.org.uk/speakout

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

<p>Parent/Carer support</p> <p>Take a look at information, support, advice and activities from NSPCC for parent and carers.</p> <p>www.nspcc.org.uk/parents</p>	<p>Activities to extend learning at home</p> <p>Take part in games and activities at home to help children learn about speaking out and staying safe.</p> <p>www.nspcc.org.uk/activities</p>
<p>Online Safety Hub</p> <p>For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.</p> <p>www.nspcc.org.uk/onlinesafety</p>	<p>Childline – under 12's</p> <p>Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content.</p> <p>www.childline.org.uk/buddy (5-7)</p> <p>www.childline.org.uk/kids (7-11)</p>



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2023 - 2024



Talk PANTS with your children

Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pants.

I hope you find this information about the NSPCC and the *Speak out. Stay safe.* programme helpful. Please do contact me if you have any further questions.

Yours faithfully,



Claire Barker