



Cottesmore St. Mary

Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON



Headteacher: Rachel Breen

16th September 2026

Dear Parent / Carer

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

Cottesmore St Mary is participating in the **NSPCC's *Speak out. Stay safe.* Programme**. This is a programme for children aged 5-11 which aims to help children understand and recognise the signs of the different types of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline.

NSPCC say that this is a child friendly, age-appropriate programme which is fully aligned with the curriculum and consists of a short film and supporting classroom based activities which we have reviewed, alongside NSPCC volunteer led face to face workshops for children aged 6-7 and 9-11 (for Years 2, 5 and 6). The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy.

To find out more about the programme, please watch the NSPCC's **Speak out. Stay safe.** 'Introduction for Parents/Carers film'. [Link](#) or scan QR code.



Parents and carers are asked to let the school know if your child has experienced anything (in the past or happening now) which may mean they need extra support before, during or after taking part in this programme.

Additional NSPCC resources for families to help keep children safe

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

We hope you find this information about the NSPCC and the *Speak out. Stay safe.* programme helpful. Please contact the school if you have any further questions. Yours sincerely, NSPCC

