

Friday 16 January 2026

Dear Parents

RE: NSPCC Speak out. Stay safe. online programme

I am pleased to tell you that during this week's assemblies we have been participating in the **NSPCC's Speak out. Stay safe Programme**. *Speak out. Stay safe.* is a safeguarding programme available to all primary schools in the UK and Channel Islands. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly way. Children are taught to speak out if they are worried, either to a trusted adult or Childline.

In the assembly, the *Speak out. Stay safe.* messages are delivered in a fun and interactive way with the help of their mascot Buddy.

We have studied the content of the materials and are extremely confident that they are appropriate for primary-school-aged children. By the end of the video, we're convinced children will feel empowered – knowing how they can speak out and stay safe.

If you would like to know more about the *Speak out. Stay safe.* programme you can find information on the [NSPCC website](https://www.nspcc.org.uk) or we would be happy to discuss any questions that you may have.

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 parents 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/online-safety</p>	<p>Childline – under 12's</p> <p>Childline has 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>

World's End Lane, London N21 1PP • Telephone 0208 360 1001
office@grangeparkprimary.org • www.grangeparkprimary.org
Headteacher: Tijen Hassan



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 us if you have any further questions.

Yours sincerely

Tijen Hassan
Headteacher