

## Talking to our children about private parts



One of the conversations that can be challenging to initiate with our children is how to talk with them about keeping their bodies safe- especially the private parts of their bodies safe. A helpful starting off point can be as simple as talking with our children about bathing suits. We can explain that where a bathing suit covers is private and that no one should be asking to look at or touch those parts of their bodies. Not only that, but we should explain that other people should not ask us to look at or touch where their bathing suit covers.

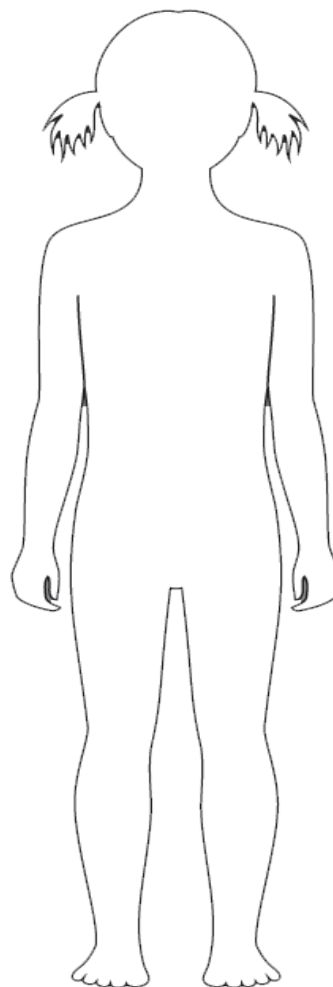
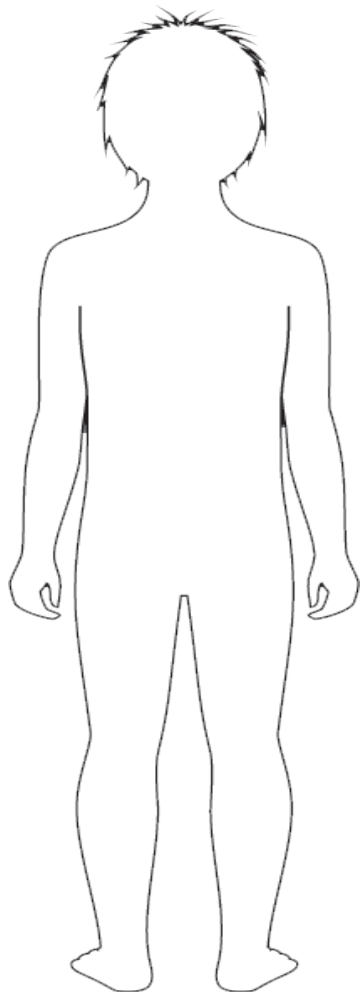
The visual of bathing suits helps us to show that boys wear swim shorts because they have two private parts and girls wear a bathing suit on the top and the lower part because they have three private parts. We also strongly encourage parents to be bold when talking to their children, don't shy away from using anatomically correct names for private parts. Research shows us that children who have some understanding about personal body safety are more likely to disclose if something were to happen.

While having the initial conversation with children is important, we also want to take it a step further by giving them concrete examples of what would and would not be okay. The clearer that we can be, the more capable they will be in deciphering if a situation is okay or not.

The following worksheets are for children to complete alongside their parent/caregiver. The first worksheet will help children to understand the concept of private parts and the second will help them to develop a sense of situations that would or wouldn't be okay.

# Bathing Suit Worksheet

Where a swimsuit covers is meant only for us, these are our private areas. Boys and girls wear different swimsuits. Draw swimsuits on the people below:



No one should be asking to look at or be trying to touch those private parts of our bodies. No one should be asking us to look at or touch where their swimsuit covers. If this ever happens, we need to say "NO!", get away and go and tell a trusted adult. Those adults would not be mad at us or upset, they just want to help us to stay safe!

# “Is this ok?” Worksheet

In this worksheet, you are going to decide if the situation is okay or if you need to go and tell a trusted adult. Circle the adult hand if you need to tell someone or the thumbs up if the situation is okay:

Your mom is helping your baby brother by changing his dirty diaper. Is that okay?



While at the doctor, they need to check to make sure the private parts of your body are healthy and safe. Your parent or guardian is in the room with you. Is that okay?



You are at school and someone shows you a video where you can see someone's private parts. Is that okay?



A friend of your parents asks you to touch their private parts but tells you not to tell your parents. Is that okay?



Your grandparents help give your 3-year-old brother a bath. Is that okay?



Your bottom is itching and something doesn't feel right, so your mom checks to see if everything is okay. Is that okay?



Someone tries to touch your private parts but tells you that you would be in trouble if anyone found out. Is that okay?



One of your friends tells you that his uncle touches his private parts. He asks you not to tell anyone about it. Is that okay?

