

BODIES!



WISE was here to talk about bodies!

We played with dolls, and learned that there are public body parts (head, arms, legs) — and private body parts (penis or vulva). It's important to know the real names of our body parts so we are able to say when something is wrong and ask for help when we need it. If body parts are public, that means we can see them in public places like at school. Body parts that are private, like penises, vulvas and buttocks, are kept covered with clothing when we are in a public place.

Sometimes we need adults to help us take care of our private parts, but once we can do it ourselves we don't need other people to help. Most adults don't need help with their private parts anymore. If they do need help with their private parts, they deserve help from another adult. It's too big of a job for kids. When we have questions about our private body parts we can ask an adult.

We colored clothes on top of a cartoon person who just got out of the bath, so they were able to be in a public place. Then we read "It's Okay to Be Different" by Todd Parr.

You can help WISE reinforce these important messages!

BOOKS

For kids: "The Bare Naked Book" by
Kathy Stinson

For caregivers: "Ourselves and Our
Children: A Book By and For Parents"
by the Boston Women's Health Book
Collective

ACTIVITIES

Ask your child if they remember the proper names for their private body parts. Using proper names helps to demystify, and de-stigmatize bodies. This helps young people feel connected to and in control of their bodies.

Talk about all the different and amazing things our bodies can do!
"What do you like about your body today?" "You do such a good job eating
foods to keep your body healthy!" "Your legs let you run so fast!"