

# BODIES!



WISE was here to talk about bodies!

WISE brought their baby dolls to talk about bodies. We remembered that some body parts are private and some body parts are public. Public body parts are the ones that we can see in public places. Private body parts are not shown in public places. The names for private body parts are penis, vulva and buttocks. It's good to know the real names so that we are able to ask an adult for help if we have questions about our bodies. Doctors or parents might need to help with our private parts to make sure they are healthy, but they should ask first and tell us why they are looking. They shouldn't play with our body parts. If an adult makes us feel confused or uncomfortable we can ask another adult for help.

Everyone's body is a little different, but they are all awesome and can do amazing things! We drew pictures of what we can do with our body. Some of us love running or jumping, some of our bodies are happy when we are coloring and others like being calm and quiet.

We read the book *Hands Off Harry*. This book helped us learn that everyone is the boss of their own body. We get to decide when someone comes into our space and we listen when people tell us to STOP!

## You can help WISE reinforce these important messages!

### BOOKS

for kids: "It's So Amazing!"  
by, Robie Harris  
& Michael Emberley

### ACTIVITIES

Celebrate the differences in all of our bodies.  
Point out the awesome things your child's body is capable of.

Talk about goodnight hugs/kisses. "Do you want a kiss goodnight?" "Are there people you sometimes don't want to hug or kiss?" Reinforce their right to say "no thanks" when they don't feel like being touched. Ask them to respect your voice when you ask not to be touched right now.