

# BODIES



WISE brought in baby dolls and modeled changing the baby's diaper. We learned 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. We learned that the terms for private body parts are penis, vulva (sometimes referred to as vagina), and bottom. It's helpful to know the anatomically correct names for body parts so we can learn about our bodies and ask for help when we need it.

Since we are older than the babies, we can do more to take care of ourselves, and we might still need help sometimes. We thought about all the things we can do all by ourselves and the things we still ask for help with. Adults we trust might help us keep our bodies safe and clean. They would ask our permission and explain to us why they're doing something so that we have control over our bodies. Adults and older kids shouldn't play with our body parts or ask us for help with their private body parts. If an adult or older kid makes us feel mixed up, confused, or uncomfortable, we can go to an adult we trust for help.

We colored clothes on top of a cartoon person who just got out of the bath so they could 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!

Looking for more ways to support young people in your life? Check out WISE's Prevention booklet located on our website.

### 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!"