

BODIES 2.0



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.

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 also read the book *Hands Off Harry* by Rosemary Wells. 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!

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

BOOKS

For kids:
It's So Amazing!
by Robie Harris
and 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.