

# MY BODY: MY BODY BELONGS TO ME



## Lesson Objectives:

- Children will explore the similarities and differences in body's between friends, including the physical differences between boys and girls.
- Children will use the correct names for their personal body parts.
- Children will understand that their body belongs to them, and no one should touch them in a way they are uncomfortable with.
- Children will learn about Private parts of the body in line with the NSPCC PANTS rule.
- Supports key messages from the Protective behaviours Taking Care Programme.

## Key Messages:

This lesson starts the journey of children becoming body confident, building their self esteem and ensuring the grow up comfortable in their own skins. Importantly, they will also learn about the rules about touching their own and other's bodies, beginning their learning about body autonomy, consent and personal boundaries.

Children will learn about the physical differences between girls and boys. In particular which parts of their bodies are considered private. Privates are generally the parts of the body that are covered by our underwear or swimsuits. It is important to use this opportunity to teach children the correct names for their genitals. We encourage both schools and parents to use the correct terms for personal body parts as it in turn encourages children to not see them as taboo or shameful and instead ensures that if they have any worries or concerns they can talk to a trusted adult about them.

At this age we use: **Penis & anus (bum) for boys** **Vulva, vagina & anus for girls**

***Important - don't forget mouths are also considered private too.***

## Closing:

Our bodies are fantastic! We are all similar but also unique in our own ways. Remember our body belongs to...(who?). No one should touch our bodies unless we say it is ok; especially our private parts. And it should never be a secret.

# CARRYING ON THE CONVERSATION AT HOME:



Download the pants rules pdf for parents and children. Sit down and read it together.

We have made a copy of our character outlines available for you to print off at home. You can use them to sit and name the body parts together - drawing and colouring is a great way of talking with your child as they are distracted and busy. Draw on the character's underwear and make sure your child know which bits are private, what the correct names for girl's and boy's private parts are (you may need to practice saying the names by yourself first if you aren't used to doing it!) and if you choose to, talk about what words you are happy for them to use at home - in front of Grandma...

Remind your child that they are in charge of their body and no one is entitled to tell them what to do with their body or touch them in a way they don't like.

Watch the NSPCC *pantosaurus* video clip together - apologies you will be singing the tune for days to come...



## Useful Links:

- If you would like to learn more about the importance of using the correct names for personal body parts read this.
- We will be using the NSPCC pants rules to reinforce the key messages in this lesson. Click here to download a pdf fact sheet especially for parents.
- *Or you can have the joy of watching the **NSPCC Pantosaurus video***
- Character outlines