

MY BODY: MY BODY, MY RULES



Lesson Objectives:

- Children will be given the opportunity to recognise their Early Warning signs - the physical cues that they feel unsafe.
- Children will consider their own rules for how they like to be touched by others.
- Children will understand the difference between public and private behaviours
- Children will learn the rules surrounding private parts in line with the NSPCC PANTS rules.
- Supports key messages from the Protective behaviours Taking Care Programme

Key Messages:

In the previous session, we talked to the children about how it feels *“When anger is about”* and the early signs our bodies may give us that we might be feeling angry or losing our cool.

It is not only when we are angry that our body gives us clues as to how we might be feeling - but also when we feel unsafe - we call these clues our Early warning signs. We ask children to think of a time they might have risked for fun - such as going on a ride on a roller coaster or going on a high ropes course...

the feelings you get as you stand on the edge or the ride gets closer to the top... these are our Early Warning Signs.

In lesson 2, we spoke about the people we care for and how people might show that they care about each other. We also spoke about whether it always felt nice when people touched us? If people touch us in a way we don't like we may get our early warning signs... *“Remember your body belongs to you and you get to decide how and if people touch you. No one should touch you without your permission.”*

Closing:

Our bodies are really very clever. They give us clues as to how we are feeling.

Our bodies belong to us and we get to choose who and how we are touched. Equally we need to respect other people's bodies too and we should never touch them in a way they don't like either.

CARRYING ON THE CONVERSATION AT HOME:

Ask your child if they know what their Early Warning signs are. Ask them if they can tell you where they feel then on their body and what they can do if they have them and who they can talk to.

We have provided a copy of our character outline and support networks so you can use them at home as well. 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.

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...)

Finally it is worth reviewing and discussing what the rules are around nakedness and privacy are in your home. Make sure you talk through the rules, what's expected and highlight any boundaries. Do the rules change when there are guests in the house or around other family members - and make sure any other children and adults in the house are part of the discussion so everyone is on the same page



Language:

The correct names we use with the children for their private parts are:

- Penis and anus (bum) for boys
- Vulva, vagina and anus for girls

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

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