

LET'S TALK ABOUT IT

Sexual
Health!



Body Knowledge and Body Rights

From an early age, it is important to teach your child about their body. Body parts have proper names and each part functions differently. The body is a natural thing and the more your child is comfortable with their body the better. What you teach your child about at age 3 will be different than what you teach them at age 10 or 13, but honest conversation is always the best. It is also important that all children learn that they have body rights. Body rights are the rights you have to be in charge of your own body.

WHAT MY CHILD NEEDS TO KNOW

1. You need to know the proper names of all of your body parts and their functions.
2. You should understand which body parts are private and cannot be shown in public.

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TIPS FOR TEACHING YOUR CHILD ABOUT BODY KNOWLEDGE AND BODY RIGHTS

1. Use proper names when talking about body parts. Don't use baby talk or made-up names like "hoo-ha" or "weeny."
2. For younger children, you can describe private body parts as those that are covered by a swimsuit or underwear. Use pictures.
3. Sort names or images of body parts by whether they are public or private. Then, put the names/images on a drawing of a person to label where those parts are on the body.
4. Consider using props like anatomically correct dolls. Your child may be more comfortable pointing out body parts on an object vs. themselves.
5. You can make a video using graphics to name body parts and what they do. That way your child can watch it more than once, including without you there.

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What my child needs to know continued...

3. Your body parts will change as you get older. For example, you develop hair on your body. This is normal and nothing to fear or be ashamed of.
4. You have body rights. You decide who touches you and when. Your body belongs to you.

Tips for teaching your child about body knowledge and body rights continued...

6. You can also draw or ask your child to draw a person and label their body parts, including which body parts are private.
7. Make sure you talk to your child openly and without embarrassment. You don't want them to feel ashamed about their body. If your child walks in on you while you are naked, stay calm, remind them to knock, and casually put on a robe.
8. Let your child know that you understand it may feel embarrassing to talk about things like body parts, puberty, or sex, but that they can ask any questions they want to and you will answer them.
9. Reinforce during all lessons that their body belongs to them. No one has the right to touch their body without asking permission first and getting a YES from them. Teach your child to communicate "My body belongs to me!"

