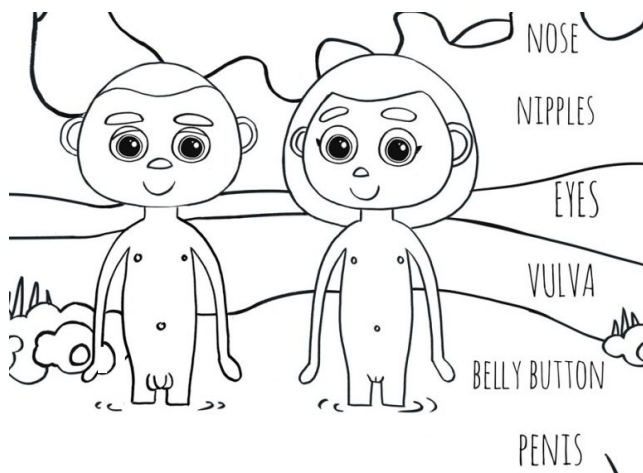


Body Parts

There are a lot of words for the different parts of our body. There are no right ways to have a body, but there are right ways to talk about them. To help us stay safe, it's best to use the right words for the parts of our bodies that other people shouldn't touch. These include words like vagina and penis instead of words like private parts, hoo-ha, or wiener.



Your body is not shameful, so the words we use should not be shameful, either. Draw a line to connect the right name to the body part!



Resources for Grownups

Harris, R. H., & Emberley, M. (2014). *It's perfectly normal: Changing bodies, growing up, sex, and sexual health*. Candlewick.

<https://www.amaze.org/coloring-book>

<https://www.bookshop.org/lists/21-picture-books-to-help-you-teach-kids-about-consent-and-bodily-autonomy>

<https://www.childrensadvocacyproject.org/blog/81-secret-vs-surprise>

<https://www.kidsmattercounseling.com/blog/teaching-children-to-say-no/>

Sanders, J., & Jennings, S. (2017). *Let's talk about body boundaries, consent & respect*. Educate2empower Publishing



Daring Discourse: **Body Autonomy**

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Body Autonomy

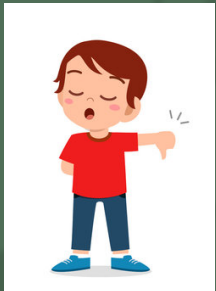


Your body is yours, so you're the only one who is allowed to touch you! It's okay to say "no" when someone asks to touch you. This includes a family member asking for a hug, or a friend asking for a high-five.

Sometimes, you may want a hug, or a fist-bump, or some other touch. That's okay, too! It's perfectly normal to sometimes want to touch, and sometimes not.

Anytime someone wants to touch you, or you want to touch someone else, **everyone needs to ask for permission.** If someone asks to touch you and you don't want to, you can say "no thank you," or "I don't want a hug right now."

What are some other ways to say "no?" Practice different ways of saying "no" with a safe grownup!



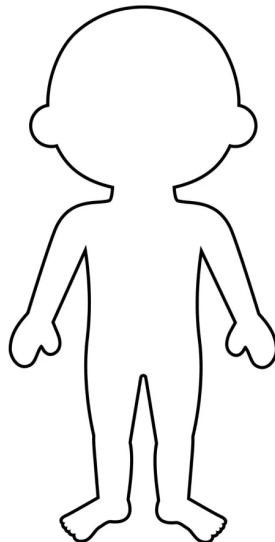
Safe Touch vs Unsafe Touch

Sometimes a safe grownup has to touch you, like when a parent is helping you take a bath or get dressed, or when you're getting a check up at the doctor's.

Other types of safe touch are when you're sad or hurt and want a hug, or when you're happy and you want to give a high five! These types of touch feel safe and caring.

unsafe touch is when you are hurt or made uncomfortable, like when someone hits you, when you get an unwanted hug, or when someone tries to touch your penis, vagina, or chest.

Color in the person below with the parts of your body that it's okay to touch!



-  **Do not touch!**
-  **Ask permission!**
-  **Okay to touch.**

Secrets vs Surprises

Surprises are "fun things that can make everyone who knows about them happy," and secrets "can cause people to feel sad, scared, or confused."

Surprises are also told after a short time, while secrets are supposed to be kept forever.

Any time someone asks you to keep a secret, it's important to tell a safe adult, like a teacher, doctor, or parent.

Circle whether the things below are secrets or surprises.

You are at the mall with your dad, and he buys earrings as a birthday present for your mom. He asks you not to tell her about it. Secret - Surprise

Someone takes a picture of you and asks you not to tell. Secret - Surprise

A friend wanted to show you their "private parts" in the bathroom. Secret - Surprise

You baked cookies for your teacher, and you're excited to give them to her. Secret - Surprise