

## Lesson 7

- **Body awareness- public and private**

Discussion points:

### **What is the difference between public and private?**

Public means “for everyone” and private means “only for you”. There are public and private places, public and private clothing, public and private behaviours and public and private parts of your body. (All body parts belong to you and no-one is allowed to touch you if you do not want them to, but some body parts need to be covered up and it is inappropriate for anyone to see or touch them).

Our private parts are covered by underwear and no one should see or touch the private parts of your body unless they have permission AND it's a for a good reason like going to the doctors for a check-up, but there should always be a trusted adult with you, like mum or dad or your caregiver. No-one else is allowed to touch or see your private parts. It is not OK or safe and you have the right to be safe. Other people's private parts belong to them as well and it's not OK for you to look at or touch someone else's private parts. It is not safe for them and they have right to feel safe.

Your mouth is also considered private, and no one should put anything in your mouth without your permission.

### **Public and private activities:**

I have attached a copy of body outlines- boy and girl worksheet in which the child can label or name the body parts (including correct names for private parts- vagina, penis, bottom, nipples etc) - we don't need to get hugely stuck on this part it is just important that they know the correct names and that they can call them by their correct names, then leave it at that unless more questions come up. We can then create a collage, where we “dress” the boy and girl on the worksheet first gluing on underwear and then outerwear.

**What are the names for the private parts of someone's body?** (it's important for children to know the correct names of the private parts of both males and females)

**Ask for examples of public and private clothing**

**Sorting activity private rooms at school are and at your home**

**What noises or actions should people do in private?**

I have attached a copy of the public / private sorting activity- the pictures should be sorted into columns as to whether they're public or private places and activities, or glued into collages

Sorting activity using the flash cards- Places, behaviour and speech.

Public private worksheet- tick whether it's public or private

My body belongs to me colour in

There are also a lot of good books that cover this topic such as- everyone's got a bottom and my body belongs to me. Here is a YouTube link to my body belongs to me being read aloud:

<https://www.youtube.com/watch?v=2Y3JHm524E4>