

# Body Smart



# Right From The Start

By Award  
Winning  
Certified  
Sexual  
Health  
Educator:  
**KERRI**

Cover Illustration: Elisabeth Steinmeyer





# Body Smart: Right from the Start

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# Body Smart: Right from the Start

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Other illustrations by Hannah Watson	

Dear Reader,

I am thrilled that you have a copy of this workbook!

The sexual, physical, mental, and spiritual safety of our children should be a top priority for everyone.

This book was written to support children ages 3–10. The goal is to provide activities and discussions that will help increase abuse resistance.

Adults (parents, caregivers, grand-parents, counselors, child and youth care workers, foster parents, nurses, sexual abuse prevention workers, primary teachers and early childhood educators) are encouraged to use this workbook directly with a little person. This book was NOT written for children to navigate alone.

**THE PARENT'S APPENDICES IN THE BACK  
ARE FOR ADULT VIEWING ONLY.**

Children need to hear from a very young age, that their body belongs to them. Thank-you for being a Child Guide. I honour you for the decision you made to use this book to help support each child to be safe.

With Gratitude,

Kerri Isham

## Body Smart: Right from the Start

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Dear Reader,

My name is Kerri Isham and I have been an educator since 1996.

In my first year of teaching, I taught sexual health, mainly because it was a part of the learning outcomes for a course called Personal Planning. At this time, sexual health education was not my passion, physical education was.

Over the years, I developed resources, team taught with other teachers, taught in other teachers' classrooms, etc. in order to support the learning outcomes for Health and Career Education (2006-2016).

During this time, I began to notice the lack of training for teachers, the lack of resources and the lack of passion to teach these sensitive topics.

In June 2009, after realizing that I wanted to teach beyond my own classroom, I took a leave of absence with my district to go back to school.

In 2009, I took the Comfort, Attitudes and Values Evaluation/ Sexual Attitudes Reassessment (CAVE 301/SAR) with Options for Sexual Health in Vancouver.

After that, I began the Sexual Health Educator Certification program with Options for Sexual Health. I completed the course component of this program in July, 2010. My practicum was completed in July 2011.

I have been managing my own sexual health consulting business called Power Up Workshops for the past 7 years.



I believe that sexual health education is a human right.

I believe that we can teach kids to be safer, to love their bodies and to learn to communicate both personal and sexual boundaries.

I believe knowledge is power and I believe our young people are powerful!

Kerri



Other titles from this Author

Puberty Coming to a Body Near You!



Excerpts from the book:

*"Puberty can be a scary and challenging time but with accurate and up-to-date information you can learn to embrace and be excited about, the changes that are going to happen to your body, mind and spirit.*

*Be brave, be confident, and be proud of the body you have!"*

## What Does a Body Scientist\* Do?

My name is Kerri and I have the best job in the whole wide world. I am a body scientist.



What do you think a body scientist does?

Circle the things that a body scientist does.

Learns about the body

Flies a kite

Names the private body parts

Keeps their body healthy

Reads books about the body

Hunts for crabs at the beach

Keeps their body safe

\*Body Scientist: A term coined by Meg Hickling

Would you like to be a body scientist too?

I hope so.

In order to think, talk, and act like a body scientist, we will need to create a body scientist hat.

Sound fun?

Now close your eyes and in your wildest imagination, I want you to imagine your very own body scientist hat.

Is this hat tall or short?

Wide or narrow?

Do you see bubbles, stickers, sparkles, buttons, or feathers?

What colour is this special hat? Or maybe it has many colours?

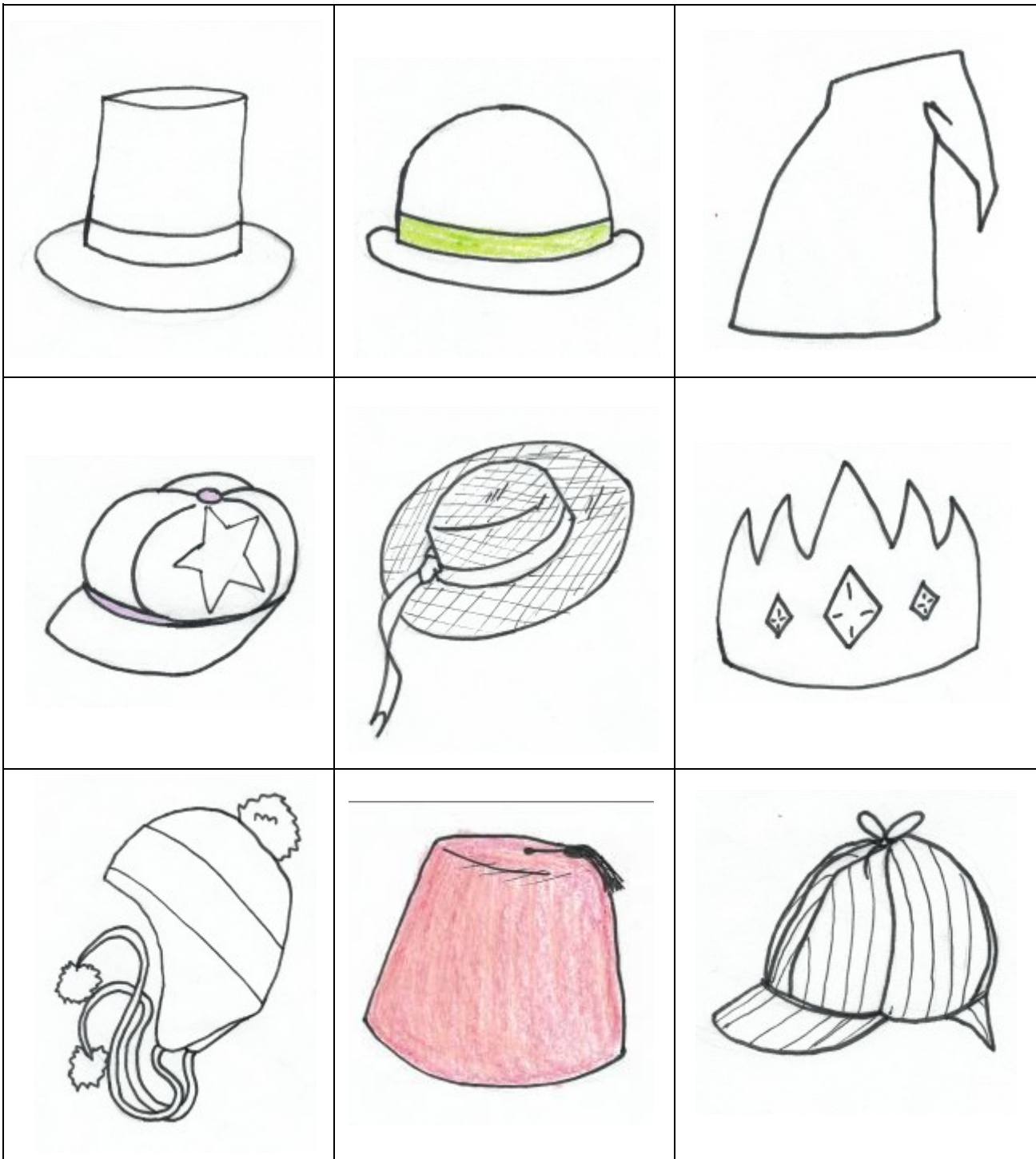
I like to wear my body scientist hat everyday, because I am a body scientist today and everyday.

You can choose to wear your hat everyday or you can take it off. But when you talk about body science, the hat must go back on.

Agreed?

## Body Scientist Hat Examples

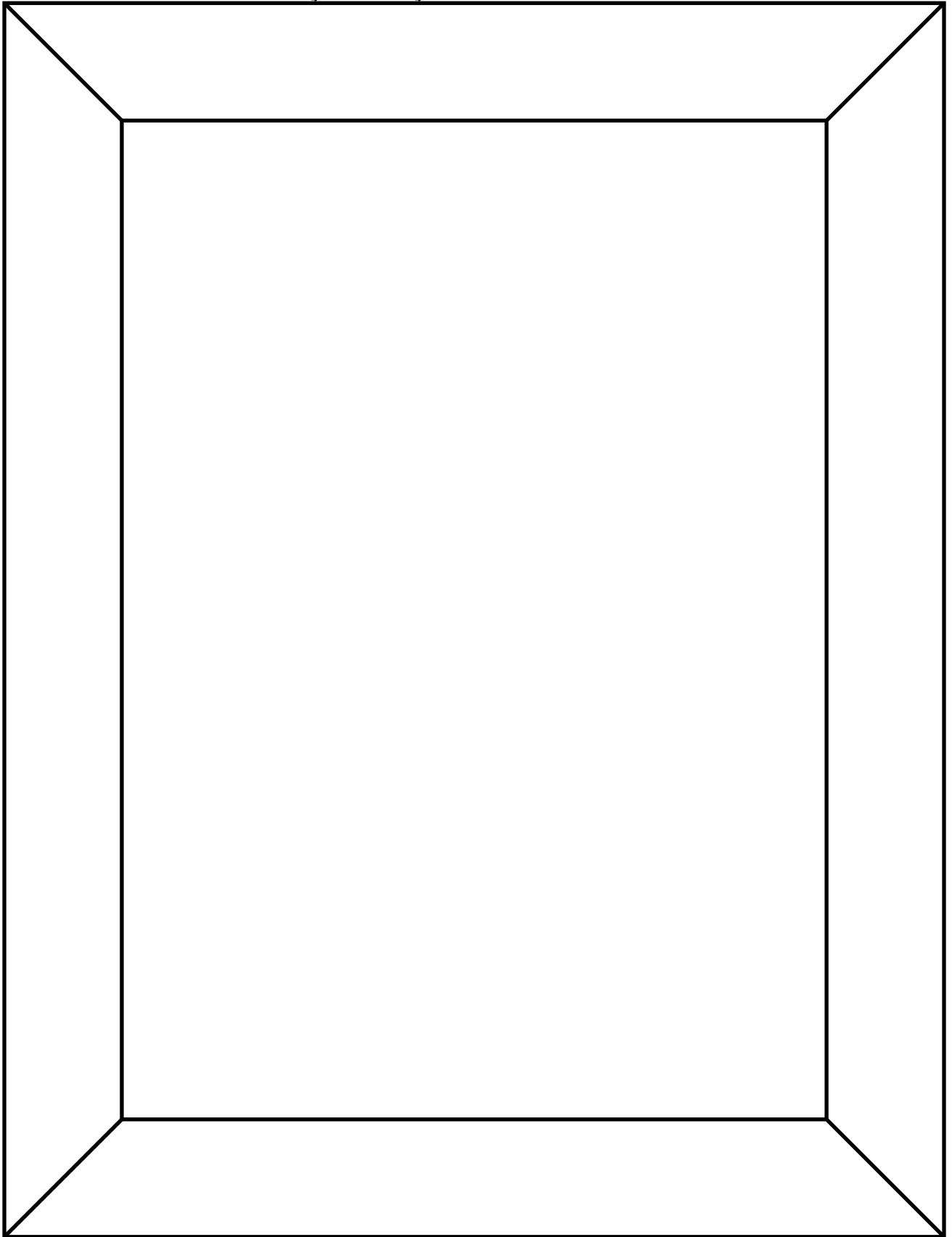
Here are a few examples of some cool body scientist hats.  
Colour these hats in a creative way.



Can you draw your own body scientist hat?

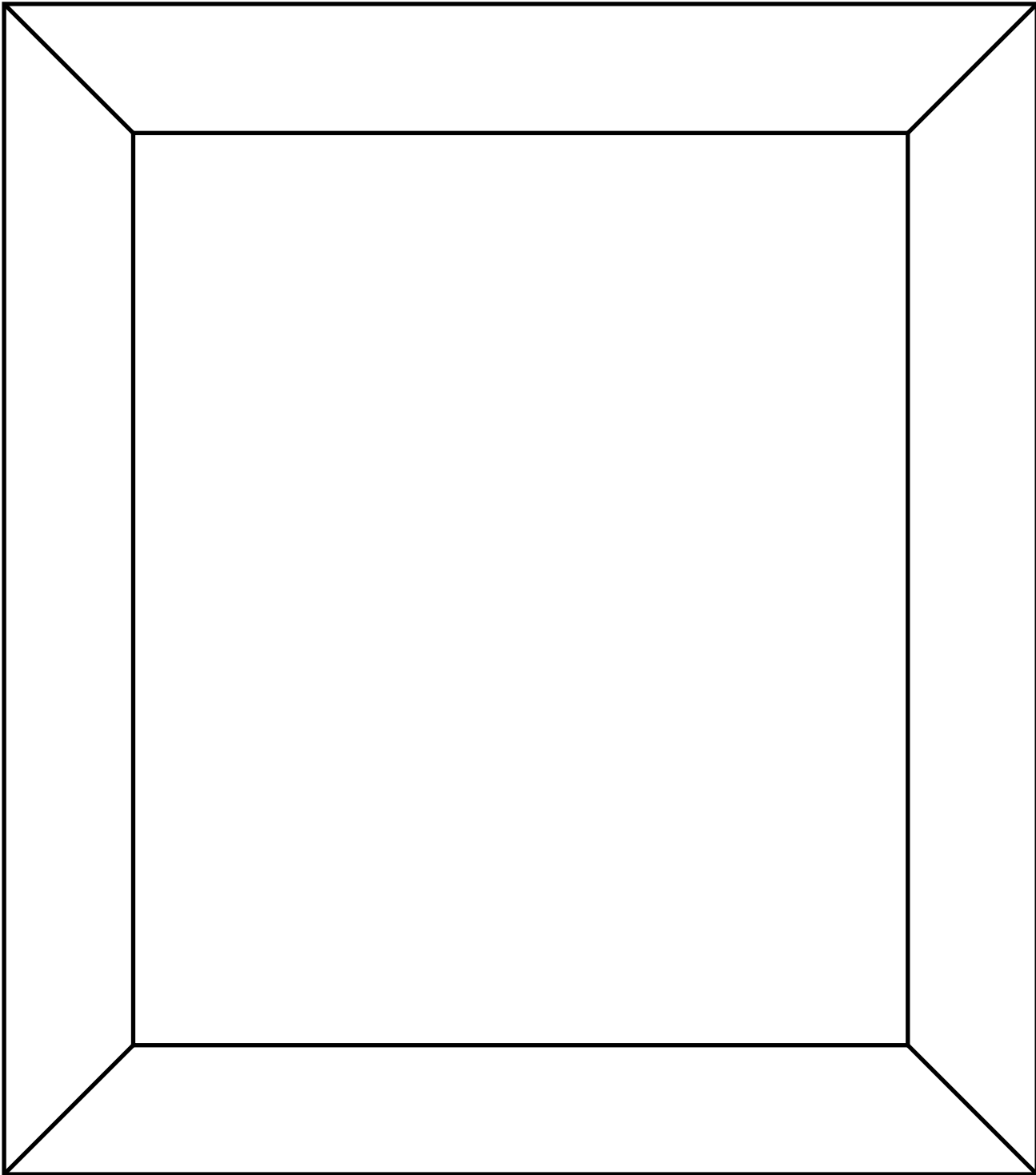


## My Body Scientist Hat

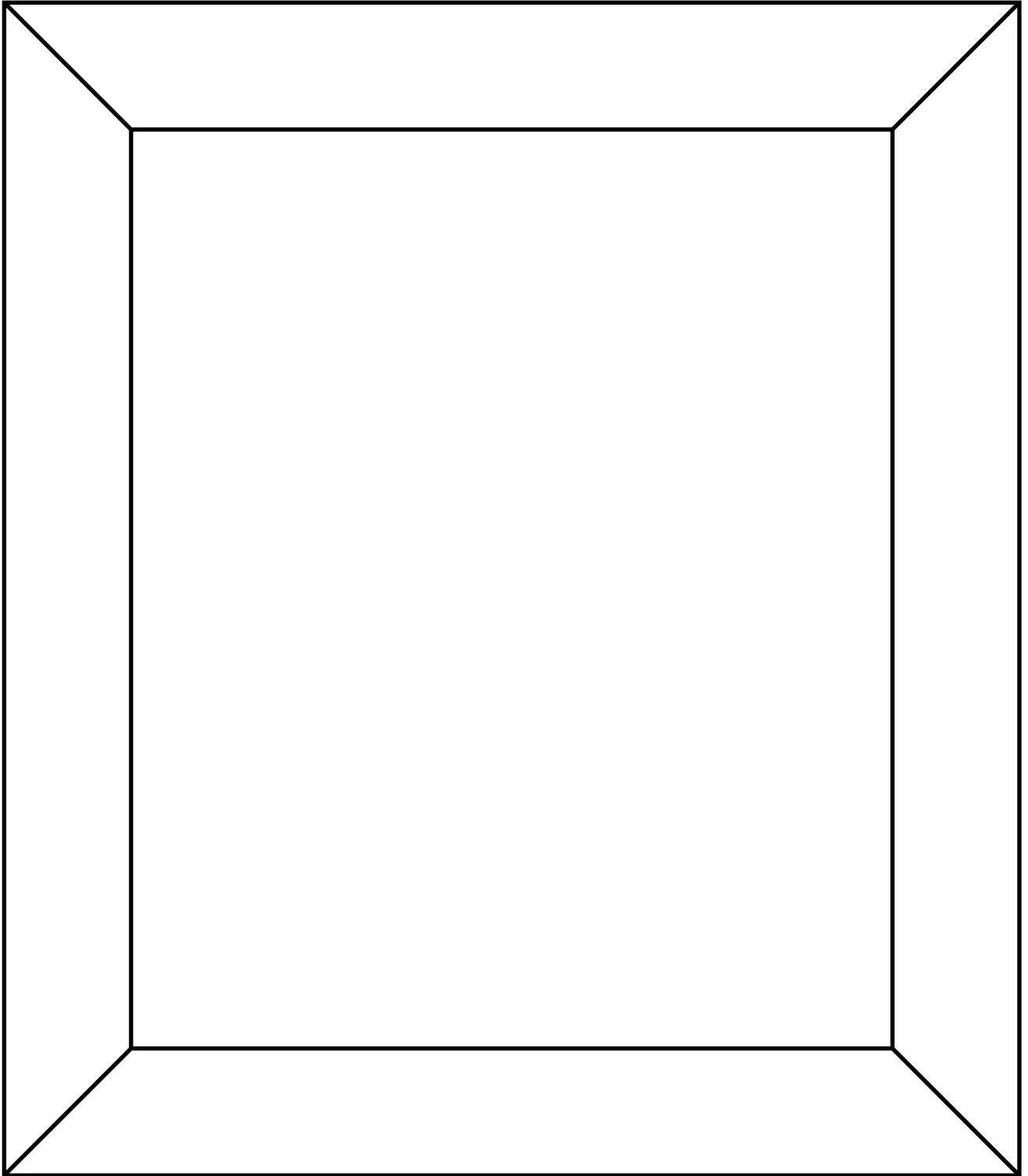


## Bodies

Everybody has a body. Our bodies are amazing.  
What can your body do? Draw a picture of your body  
doing your favourite activities.



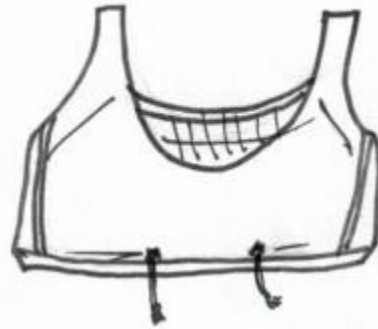
People have a lot of body parts.  
Can you draw five different body parts?  
These parts of our body let us do awesome things!



Some parts of your body are private ...

## Private Body Parts

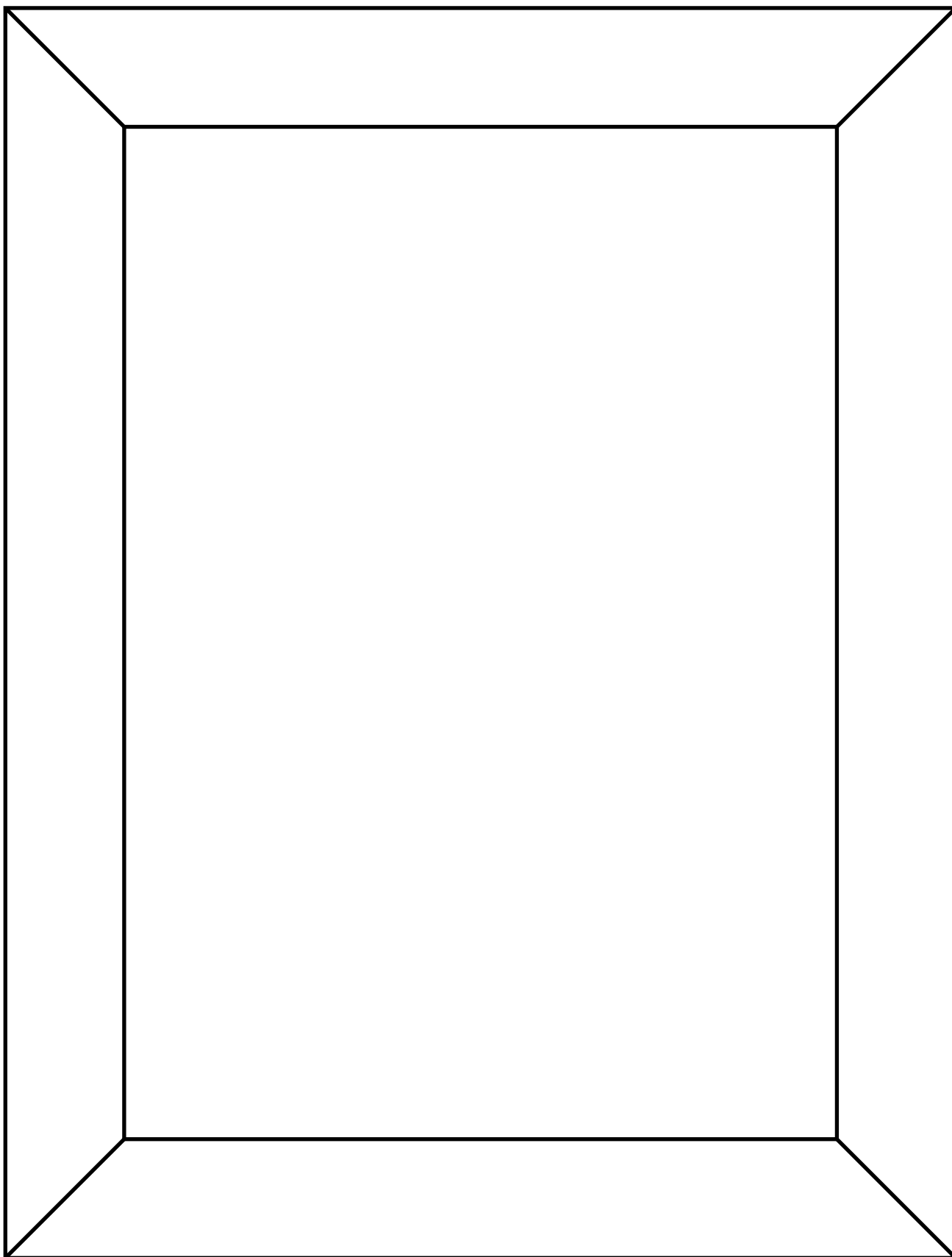
Swimsuits or bathing suits cover up our private body parts.  
Colour the swimsuits below.



Can you draw your own bathing suit?

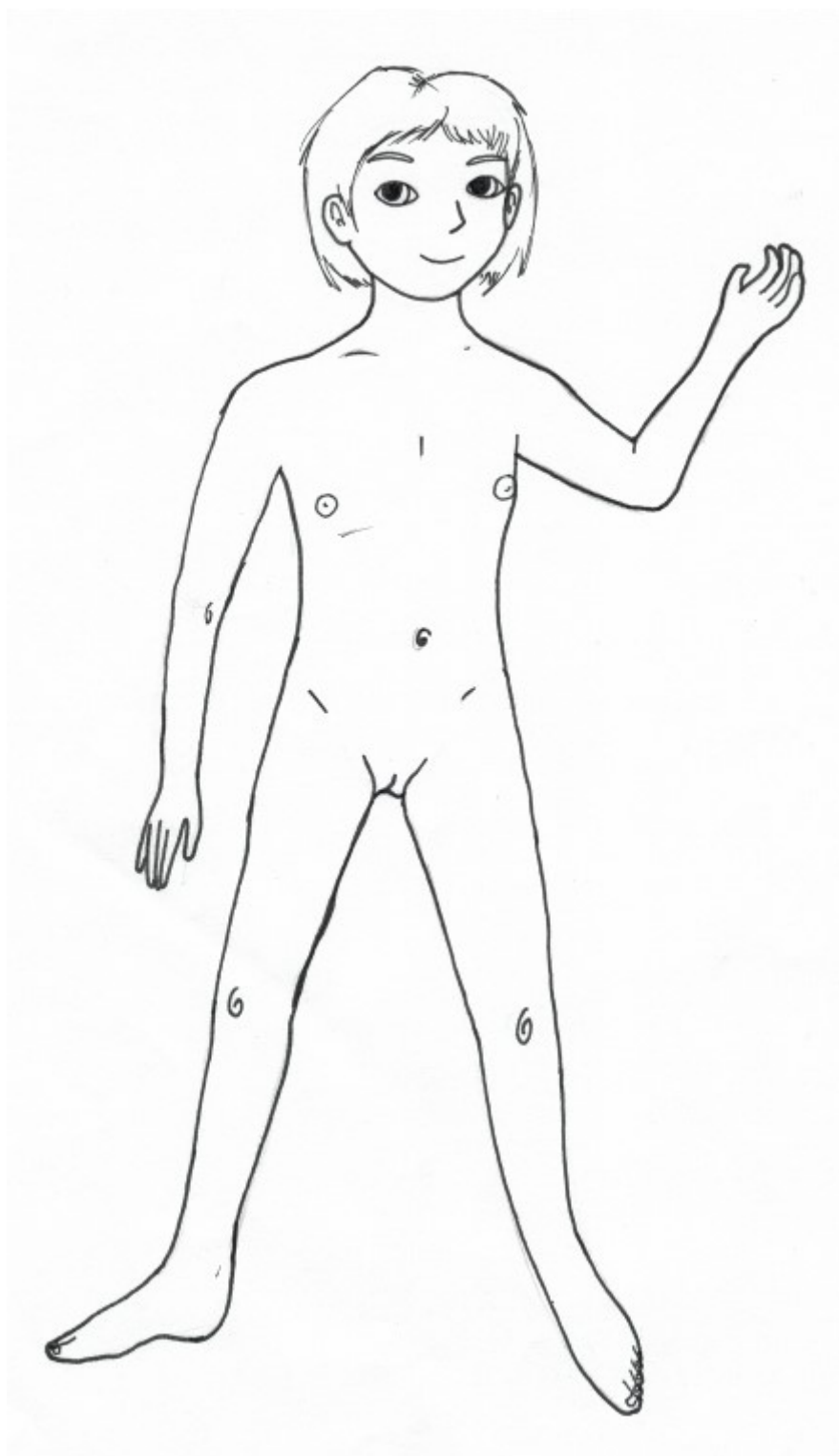


Draw your own swimsuits or bathing suits.





Dress this person up with the clothes on page 14.

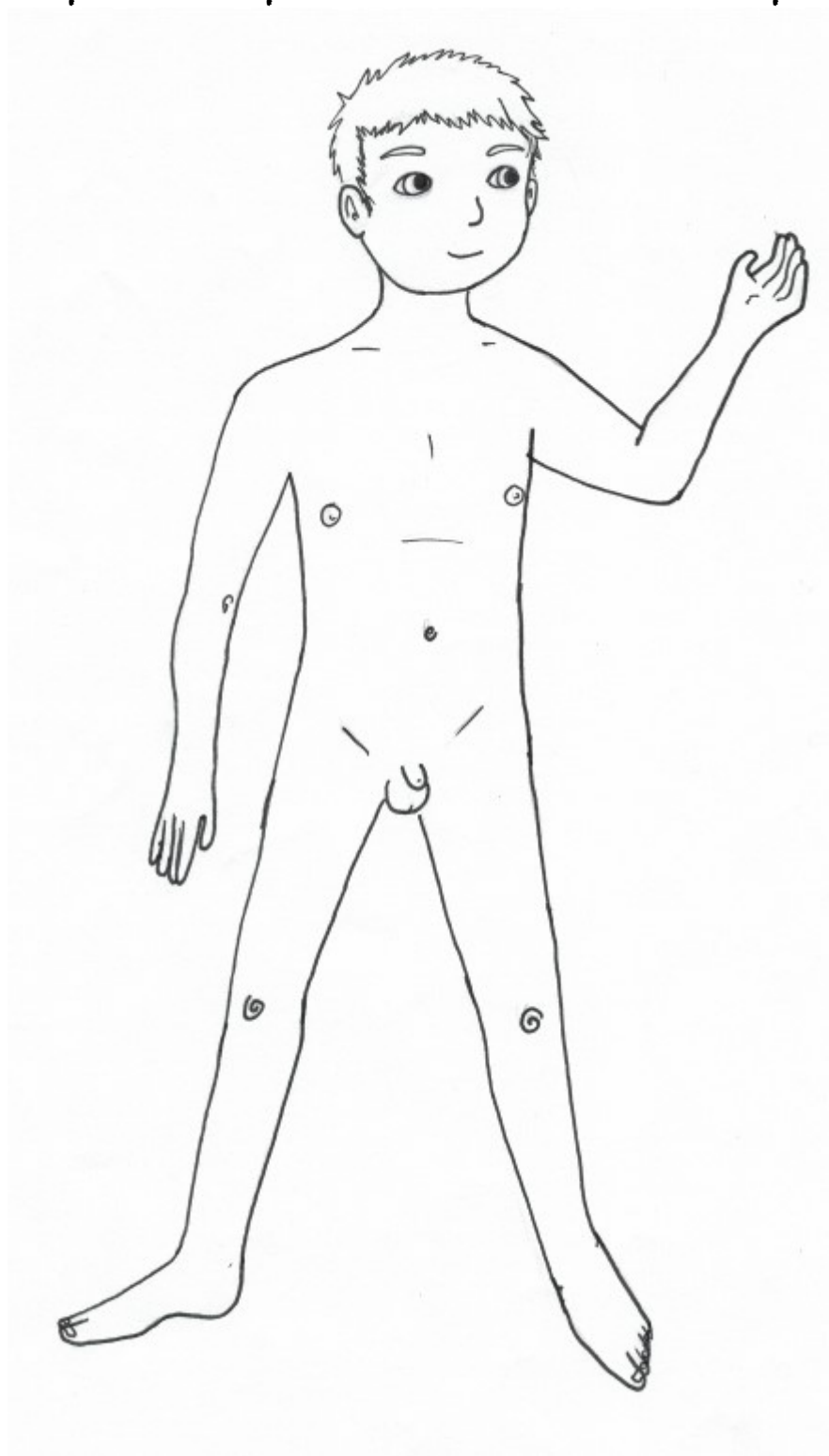


Our private body parts are found  
under our clothes and under our bathing suits.



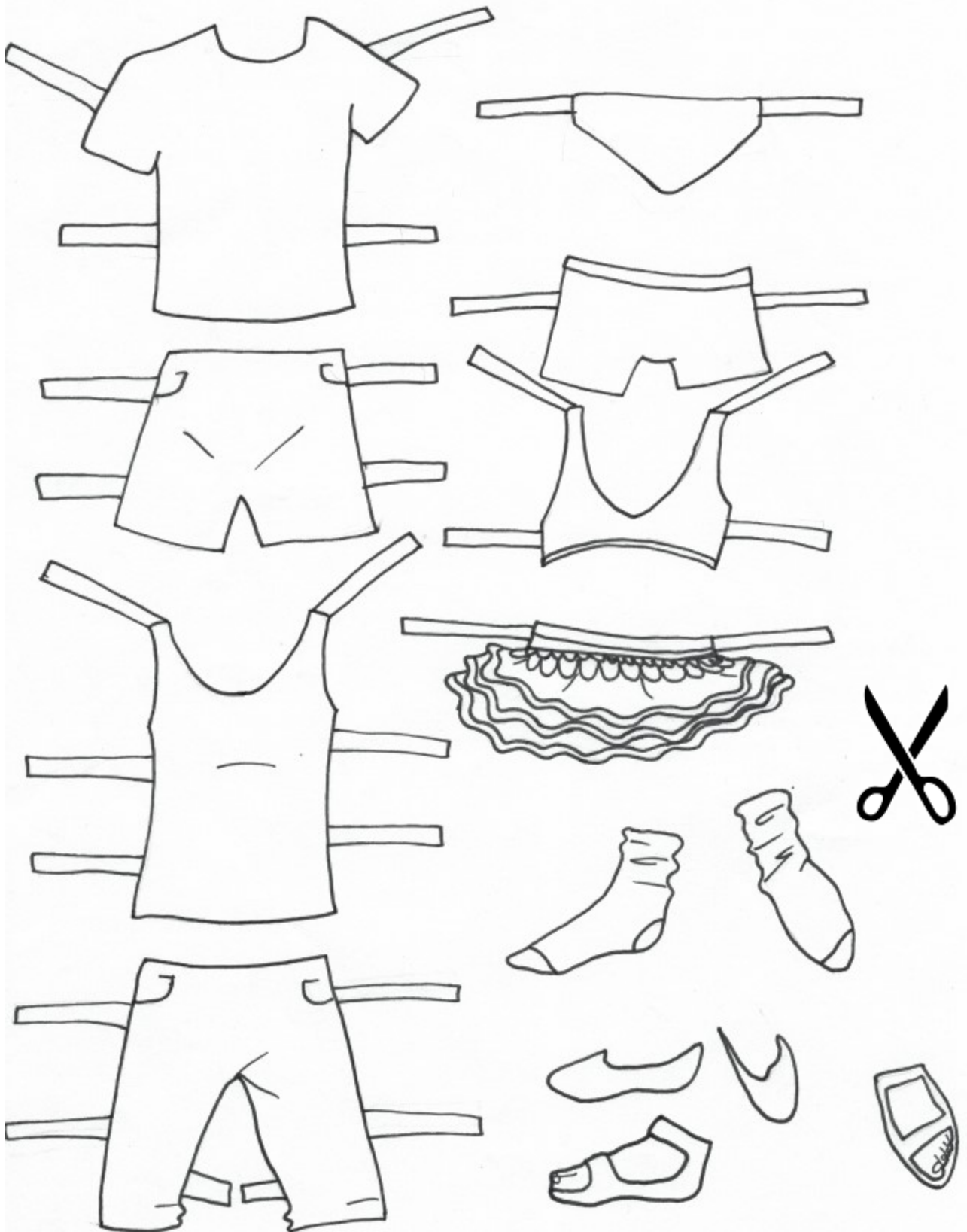


Dress this person up with the clothes on page 14.



Our private body parts are found  
under our clothes and under our bathing suits.





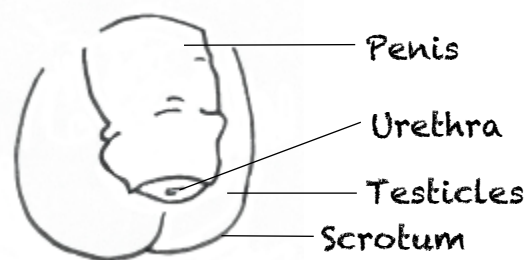


**Most boys (but not all) have four main parts of their genitals:**

1. penis - hangs on the outside of the body
2. testicles - round structures in the sac
3. scrotum - the sac that holds the testicles
4. urethra - pee leaves through this opening



Circumcised  
(loose skin removed)

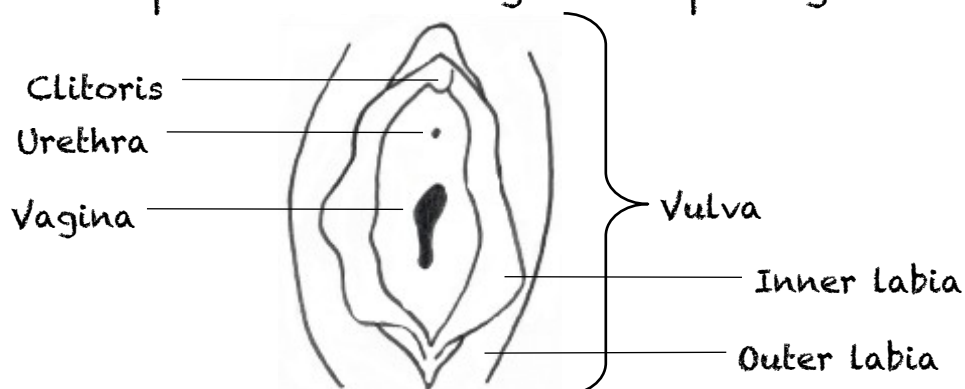


Uncircumcised  
(loose skin at end of penis)

Some boys have their foreskin removed at birth. This could be for religious reasons; birth dad was circumcised; or parent's personal preference. Some people are circumcised later in life due to repeated infections or because of personal preference.

**Most girls (but not all) have four main parts of their genitals:**

1. vulva - the part that is found on the outside of the body. Made up of the outer and inner labia.
2. vagina - the part on the inside
3. clitoris - the sensitive part
4. urethra - pee leaves through this opening

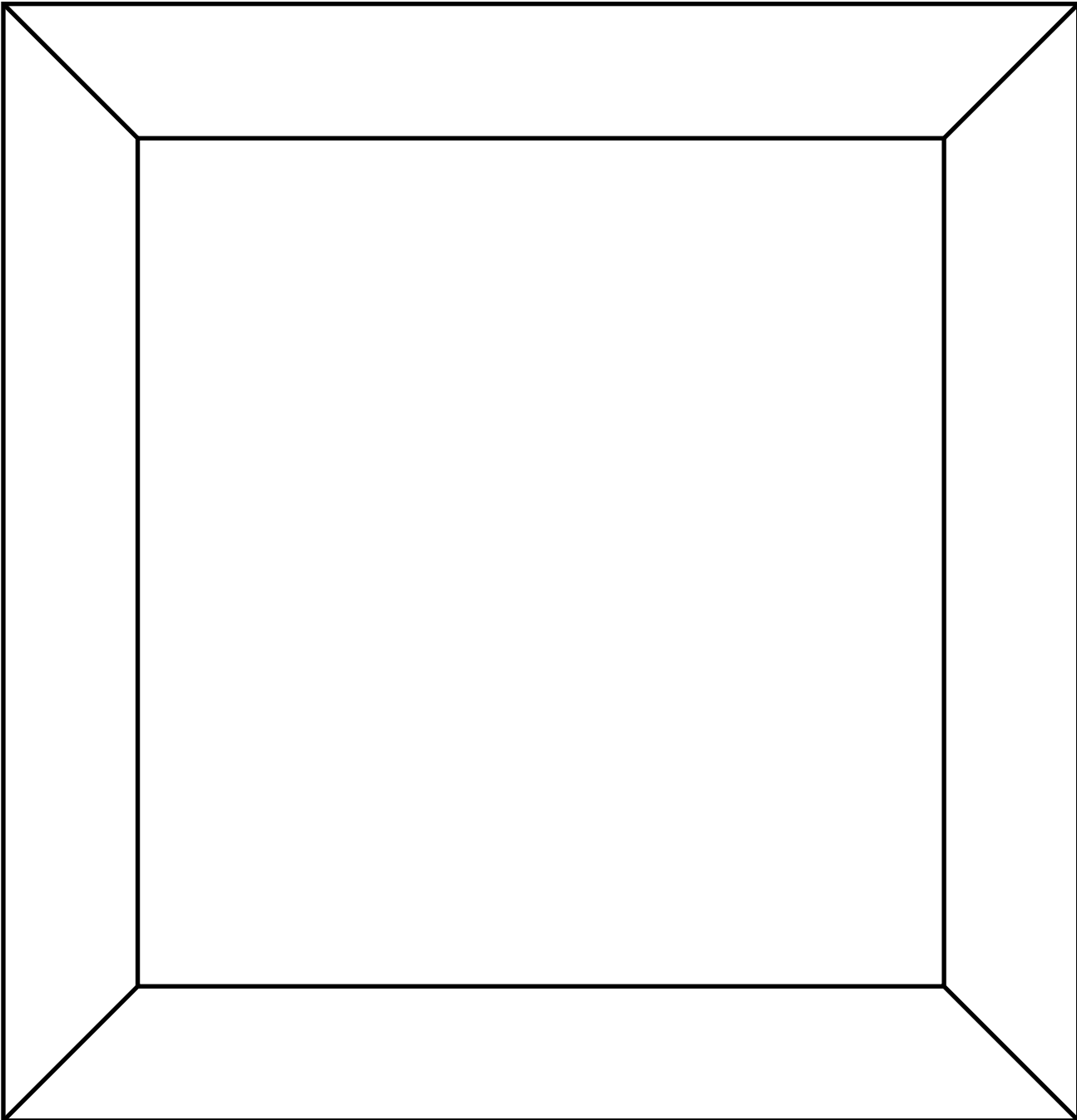


Breasts are another private body part. Some people call it their chest.

Boys and girls, men and women all have breasts.

No one should touch your breasts unless they are helping you wash your body or if you hurt yourself.

Draw your own breasts in the box below.





Some people like to call these parts by silly names. Body scientists use the body science words for these parts. You can use these words with your grown-ups, at the doctors, or nurses, if you hurt yourself, or to ask questions.

Sometimes the private body parts that you are born with do not match how you see yourself.

Some babies are born with a penis. Everyone might think they are a boy. For some children, their brain and heart tells them that they are a girl. You can be a girl even if you have a penis.

Some babies are born with a vulva. Everyone might think that they are a girl. For some children, their brain and heart tells them that they are a boy. You can be a boy even if you have a vulva.

This is called transgender.

Some people don't feel like they are a boy or a girl.

This is called agender.

Some people feel like they are both a boy and a girl.

This is called gender fluid.

How we see ourselves can and often does change as we grow up and have life experiences.

That is the way we were born!

Cool!

## Showering and Bathing

When you are in the bath or shower,  
you are in charge of your own body.

Your job is to wash your body,  
including your private body parts.

Your job is NOT to wash other people's private body parts.

Sometimes you might have a bath or shower  
with other people.

Who do you have a bath or shower with?

- |          |               |
|----------|---------------|
| ◇ mom    | ◇ cousin      |
| ◇ dad    | ◇ brother     |
| ◇ sister | ◇ other _____ |

Note to Kids: When you are in the bathtub or the shower you  
can take a warm cloth to wash your private body parts.  
Use soap only if it doesn't sting your penis or your vagina.

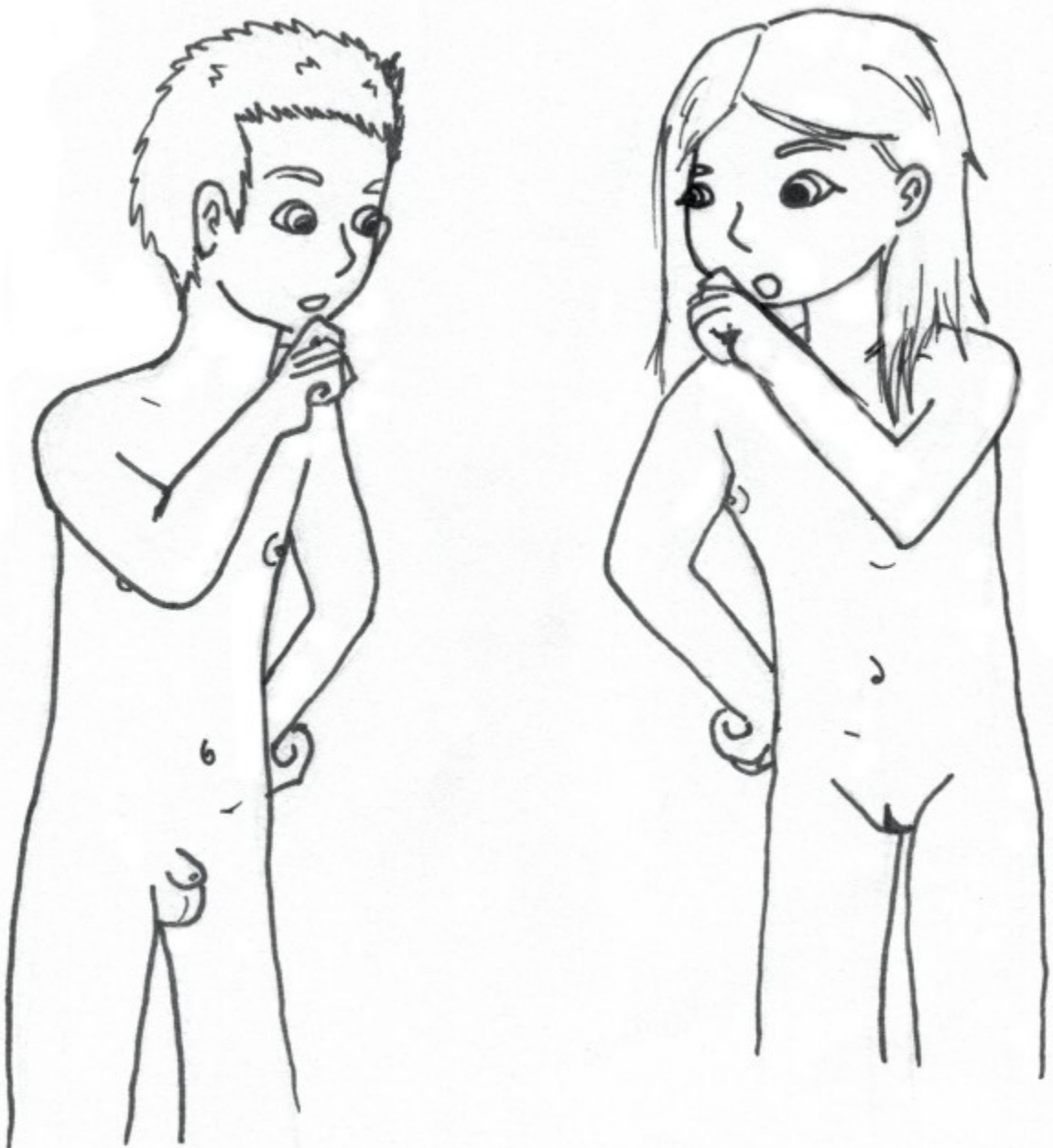


Note to Parents: If your child has a foreskin, this does not  
need to be pulled back to clean. There is an anti-bacterial  
quality under the foreskin. Inflamed, red, raw, or  
wounded foreskin should be reported/shown to caregiver  
or parent. During puberty, the foreskin should be pulled  
back for washing.

Sometimes we are curious about other people's bodies, especially when they don't have any clothes on.

That is normal. Body scientists like to learn about bodies.

A body scientist, like you, can only look at people's bodies. They do not touch. A doctor or a nurse can touch and look at your private body parts, if you are hurt. Your grown-up needs to be with you.



## Going to the Bathroom

For boys or for people who have a penis...

You may have noticed that some people stand to pee (urinate) and some people sit to pee.

Most people with a penis have a long tube inside the penis called the urethra.

This long tube allows them to aim the pee in the urinal or toilet bowl.

Now, some of the people reading this book may have heard this from their grown-ups:

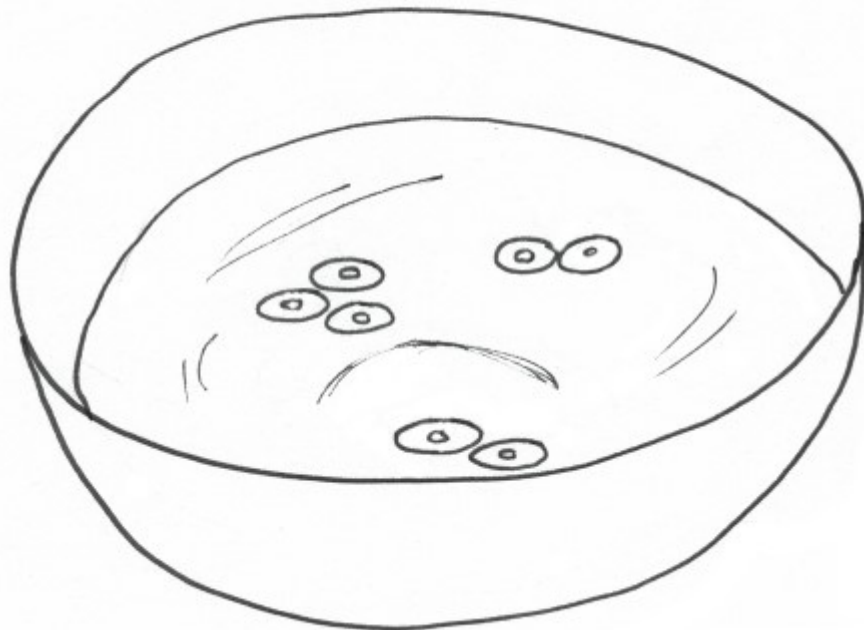
"Hey. See this round bowl?  
I want you to pee in the bowl.  
Not on the floor, not on the back wall,  
not on the cupboard and  
not on the bathtub". He he he



If this has happened to you, I have a trick that works:

1. Go to your kitchen and find the cupboard that you keep your cereal in.
2. Get a small plastic bowl and put a few pieces of cereal in the bowl.
3. Now walk to the bathroom and put the bowl on the countertop or a flat surface.
4. Drop a piece of cereal into the toilet bowl.
5. Pull your pants/underwear down.
6. Hold your penis and try to sink the piece of cereal down, like a submarine, VOILA! NO MESS!

Your grown-ups will LOVE this.



## For girls or for people who have a vulva ...

If you are a girl or if you have a vulva, the urethra is much shorter than people who have a penis.

Almost always, people with a vulva sit to pee. If they stand to pee, the pee is likely to get ALL over the place. Who would want to clean up pee every time they went to the bathroom? Not me!

When a person with a vulva has taken a poo (or a bowel movement) it is important to wipe from the front of the vulva to the back of the anus. Use fresh toilet paper for each wipe after having a bowel movement.

This way no poo (or fecal matter) will get into the urethra (opening where urine comes out).

If they wipe back to front, they are more likely to get bowel movement in their urethra. If this happens they may get a urinary tract infection (UTI).

People with a penis can get these too.

If you have a UTI:

- you might have to go pee a lot
- you may have burning feeling when you pee
- you may try to pee and nothing comes out.

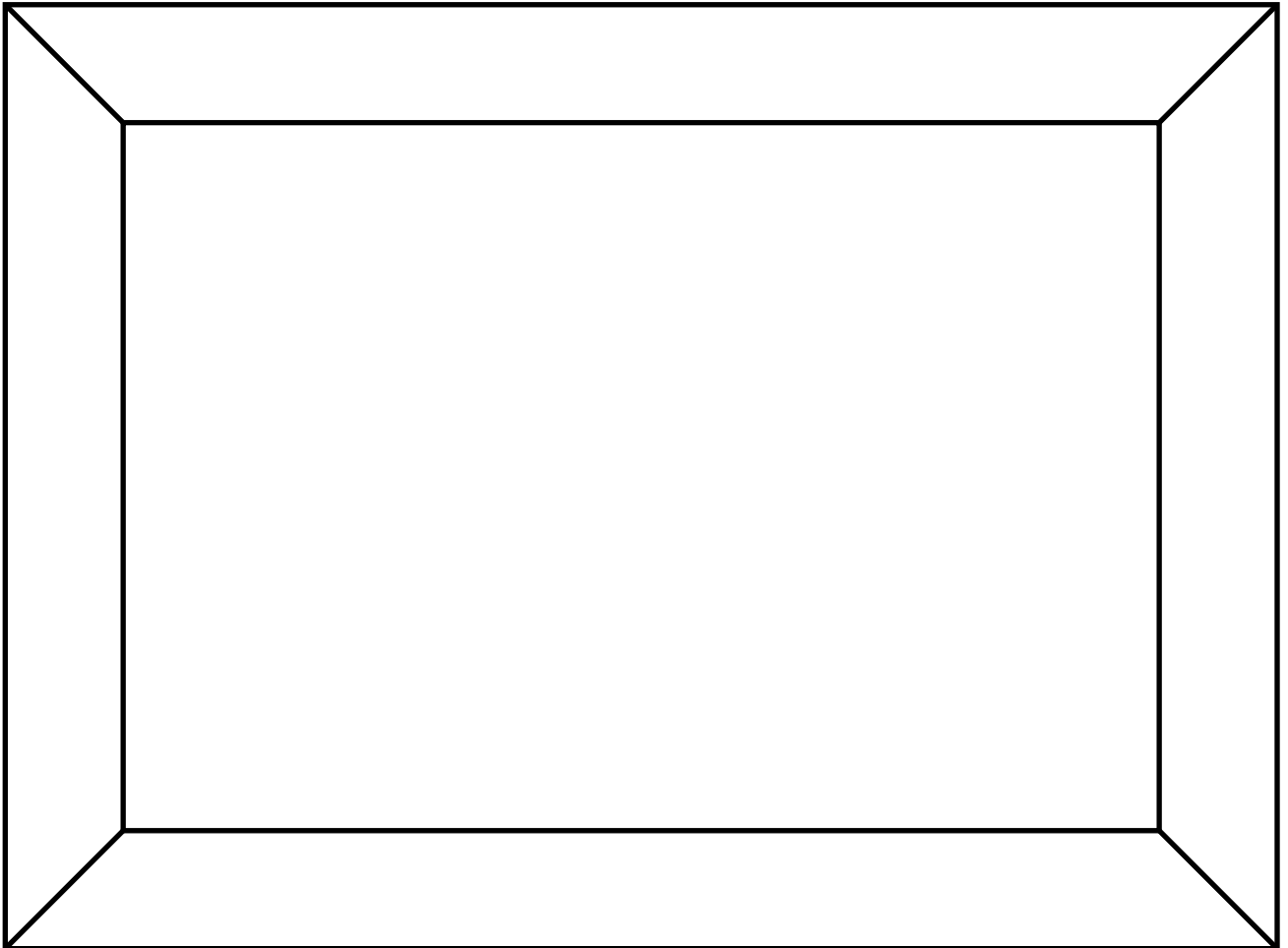
Talk to your grown-ups if this happens to you.



## The Touching Rule

Private body parts are the parts of your body that are covered by your bathing suit. Boys and girls have different body parts. Your mouth is also a private body part. Your anus (where you go poo from) is also a private body part.

Draw a picture of yourself in a bathing suit. Label your private parts: mouth, anus, penis/vulva (genitals), breasts.



**For Parents/Guardians:** There are only 3 reasons why a child needs to be touched on their private parts:

- to help with wiping,
  - to help with washing or
  - if they hurt themselves
- (usually mom, dad, doctor, nurse).

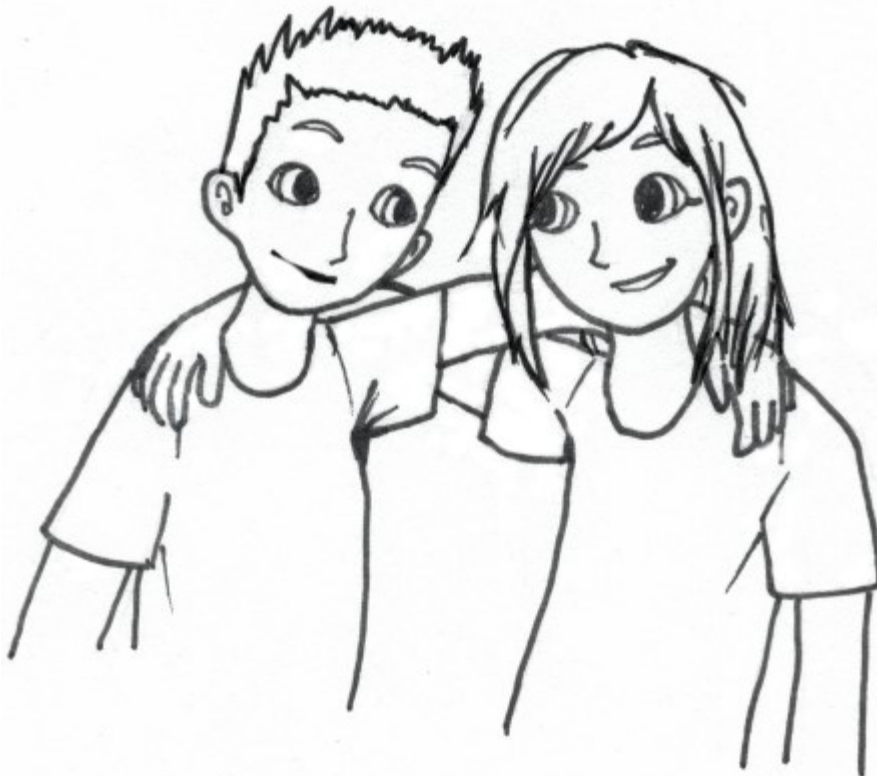


## Touching

A touch is when a part of your body comes into contact with something else. We can touch with our hands. We can touch with our feet. We can touch with our knees. We can touch with our backs. Touching is something that most people like to do.

Touches can be a great thing. Most people like being touched. Most people get a lot of touches everyday. Touches are supposed to make us feel good. Touches are not supposed to make us feel sad, embarrassed, angry or uncomfortable. Touches should not hurt us or cause us pain.

People have a personal space "bubble". Some people have bigger bubbles than others. Your space bubble gets smaller or larger depending on who you are with and how comfortable you are with them.



What kind of touches do you like?

Colour in the types of touches you like.

Arm-in-arm

HUGS

Kisses

Sitting on  
someone's  
lap

Holding  
hands

High Fives

Tickling

Tight  
HUGS

Squeezes

Side  
HUGS

Caresses  
on face

Shoulder  
rubs

Back  
rubs

Foot  
rubs

Rubbing  
noses

Wrestling

Butterfly  
kisses

My dog  
licking my  
face

Cuddling

## There are many types of touch.

Let's talk about the three types of touch.

### 1. Safe touch

- \*feels good for your body, most of the time
- \*feels good for your mind, most of the time
- \*makes you feel loved/liked, most of the time
- \*makes you feel safe, most of the time
- \*makes you want more of them, most of the time

### 2. Unsafe touch

- \*makes you feel sad, hurt, angry, embarrassed
- \*might, or might not, hurt on the outside
- \*might, or might not, hurt on the inside
- \*a touch you don't like

### 3. Secret touches

- \*makes you feel confused
- \*a weird touch that feels funny
- \*someone says don't tell
- \*involves your private body parts

If your sibling, friend, or another child is being hurt, scared or touched inappropriately, you should tell your trusted adult(s). You are being brave when you report this kind of touch.

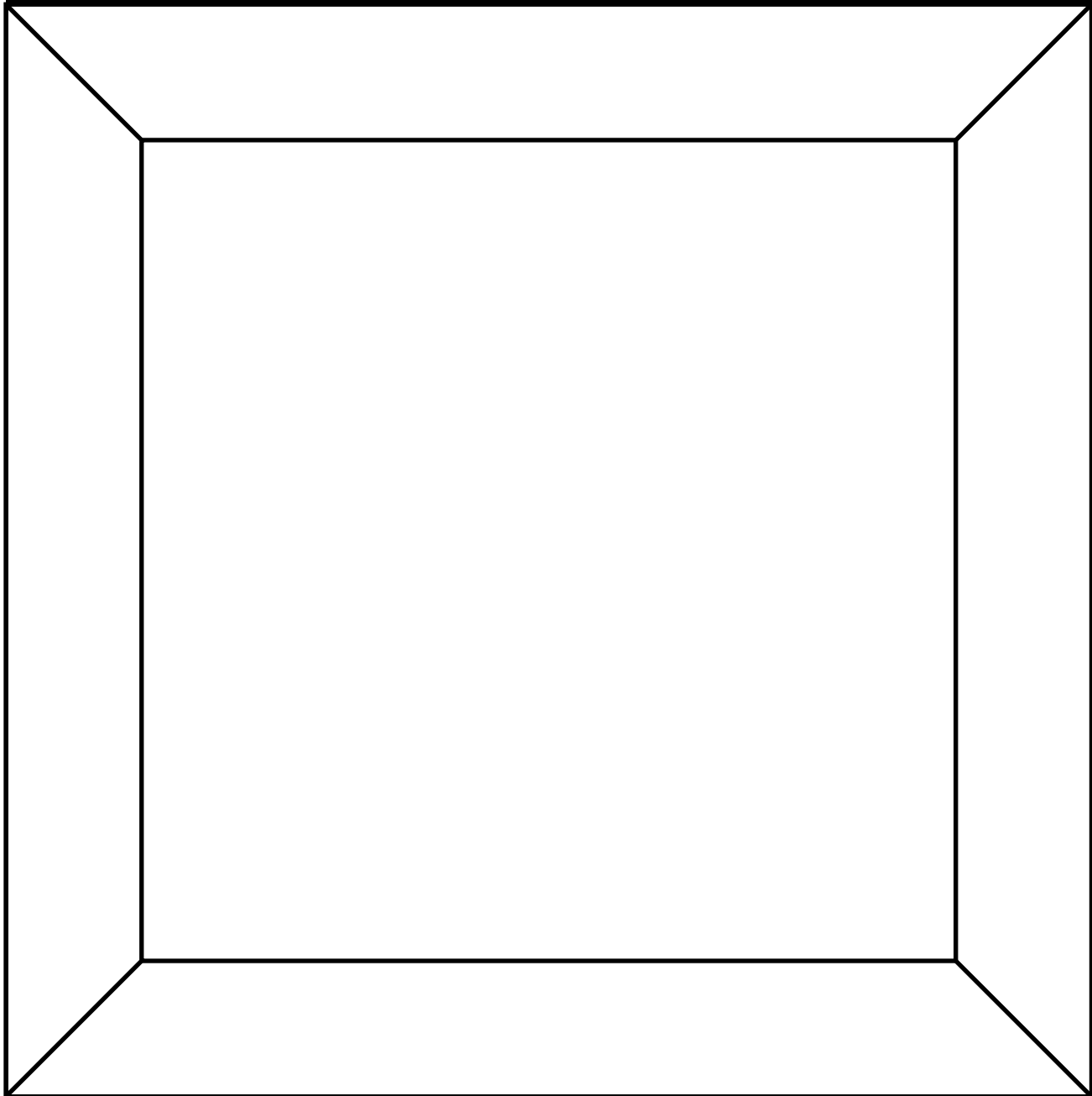
See page 46

## Kinds of Touching

<b>SAFE</b> (Feels good)	<b>SAFE</b> (doesn't always feel good)	<b>UNSAFE</b> (tell your trusted adult)	<b>SECRET</b> (tell your trusted adult)
<ul style="list-style-type: none"> <li>◇ Changing a diaper</li> <li>◇ Holding hands</li> <li>◇ Hand on someone's back</li> <li>◇ Hairdresser</li> <li>◇ Reading a book</li> <li>◇ Hugging a dog you know</li> <li>◇ High-five</li> </ul>	<ul style="list-style-type: none"> <li>◇ Stitches</li> <li>◇ Dentist</li> <li>◇ Getting a needle</li> <li>◇ Removing a band-aid</li> <li>◇ Cleaning a cut</li> <li>◇ Removing a sliver with tweezers</li> <li>◇ Doctor</li> </ul>	<ul style="list-style-type: none"> <li>◇ Pushing someone against a wall</li> <li>◇ Pinching cheeks</li> <li>◇ Pulling hair</li> <li>◇ Kicking, slapping or punching the vulva or the penis/ testicles</li> <li>◇ Pushing</li> <li>◇ Wrestling that goes too far</li> <li>◇ Playing too rough</li> <li>◇ Poking</li> </ul>	<ul style="list-style-type: none"> <li>◇ Touching anyone's private body parts</li> <li>◇ Kissing with mouth open</li> <li>◇ Putting mouth on someone else's body</li> <li>◇ Hiding touches from Parents</li> <li>◇ Someone touching your private body parts</li> <li>◇ When someone says not to tell about touching</li> </ul>

Draw a picture of the 2 types of touch.

SAFE TOUCH	
(FEELS GOOD)	(DOESN'T ALWAYS FEEL GOOD)
Hug High-five Kiss	Getting a needle Stitches Removing a band aid



UNSAFE TOUCH	
(DOESN'T FEEL GOOD)	
Kicking Punching Pushing	

## SECRET TOUCHES

NO PHOTOS OF PRIVATE BODY PARTS.

NO TOUCHING OF PRIVATE BODY PARTS.



NO VIDEOS OF PRIVATE BODY PARTS.

See Page 52

REPORT TO YOUR TRUSTED ADULT!



## What Do You Do If Someone Touches Your Private Body Parts?

Ask yourself:

Was this for wiping? No

Was this for washing? No

Did I hurt myself? No

If you answered "no" to all of these questions,  
then that person was breaking the rules of touch.

What do you do?

1. Say "NO!" or "STOP"
2. Run away if you can
3. Tell your trusted adult
4. If they don't listen or believe you,  
tell another trusted adult  
until someone listens.



If someone touches your private body parts,  
it might feel good.



If someone touches your private body parts,  
it might make you sad. You might think,  
"Hey, I trusted this person and they let me down".



If someone touches your private body parts,  
it might make you feel surprised.



If someone touches your private body parts,  
it might make you angry. You might think,  
"Hey, wait a minute. This is my body. This touch was not  
for wiping, for washing, or because I hurt myself."



If someone touches your private body parts  
and it isn't for wiping, and it isn't for washing  
and you didn't hurt yourself,  
this person has broken the rules of touch.

They are not a bad person. They just need some help.  
By telling, you are helping them.

It is NEVER your fault if someone touches  
your private body parts in a secret kind of way.  
It is THEIR fault.

They know they are doing something wrong  
and they are likely to tell you to keep it a secret.

No matter what,  
we never keep secrets  
from our trusted grown-ups,  
especially if it is about  
our private body parts!



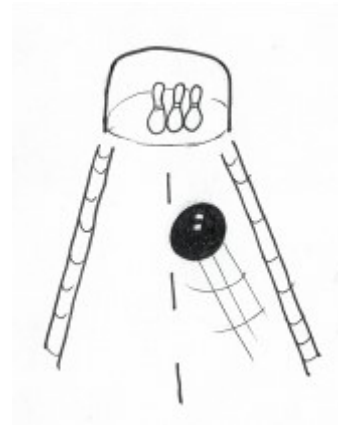
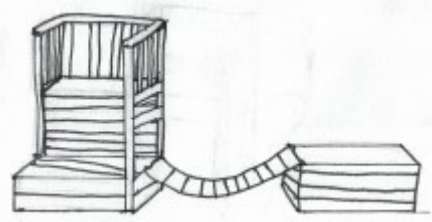
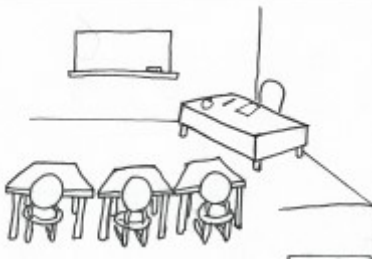
## Public Places

☒ Have more than one person.

☐ Okay to be naked. (No!)

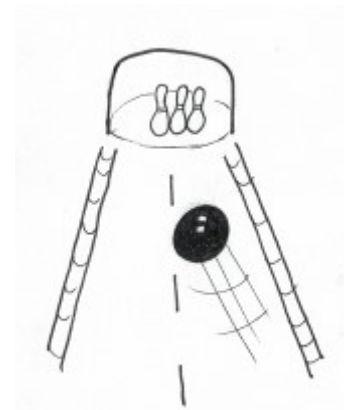
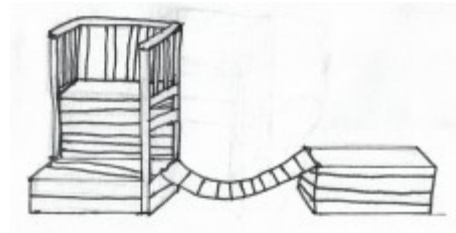
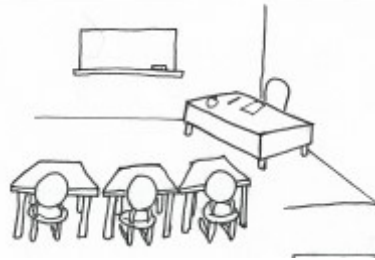
We do not show our private body parts in public places.

Circle / colour the pictures that are public places.



## Private Places

- ☒ Most of the time you are alone.
  - ☒ Usually no one can see you.
  - ☒ Okay to be naked.
  - ☒ Your caregiver or siblings might see you
- Circle** / colour the pictures that are private places.



Some children like to touch their own private body parts  
and some children don't.

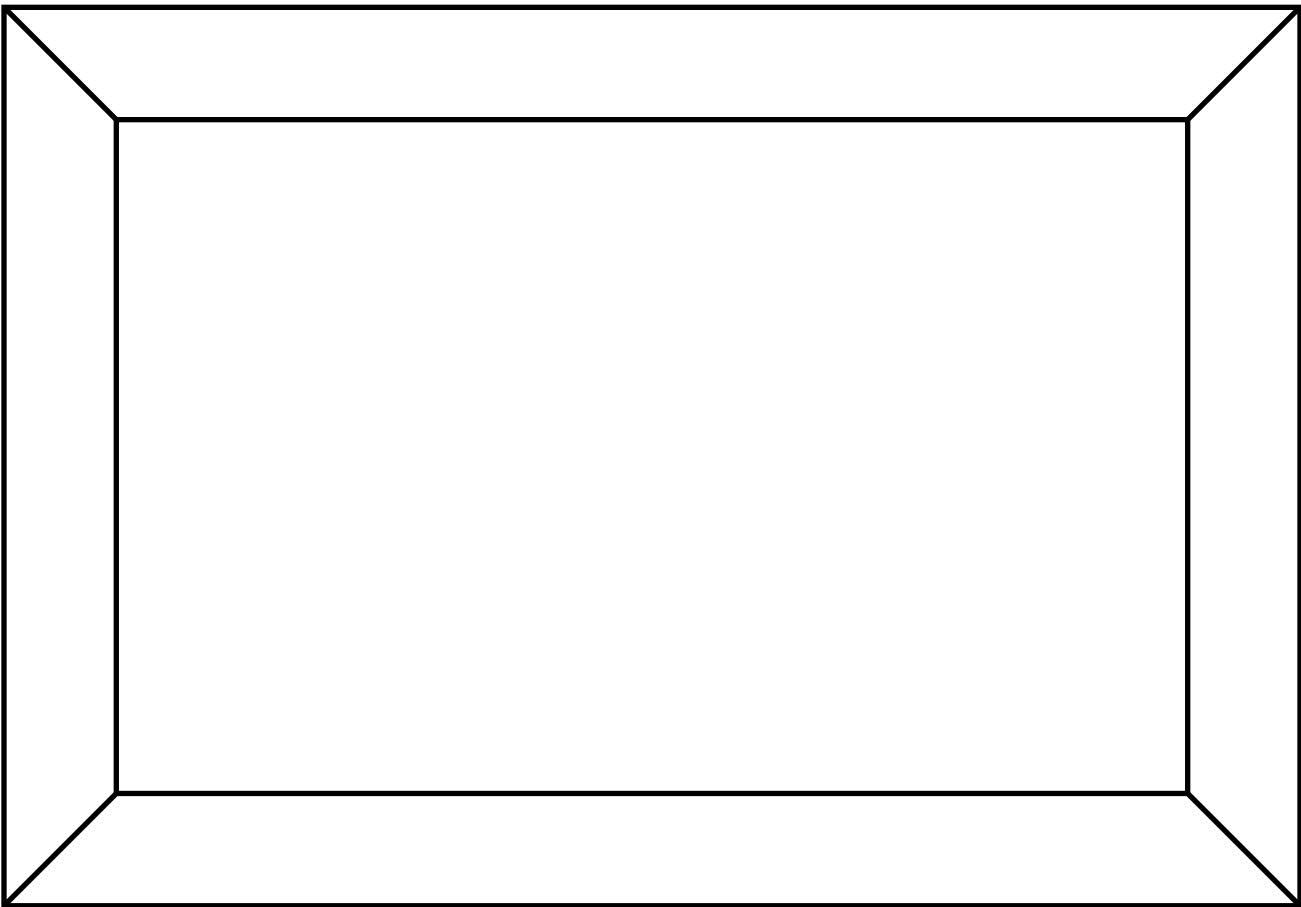
What places in your home are private?

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Draw a picture of the private places  
where you can touch your penis or vulva if you want to.

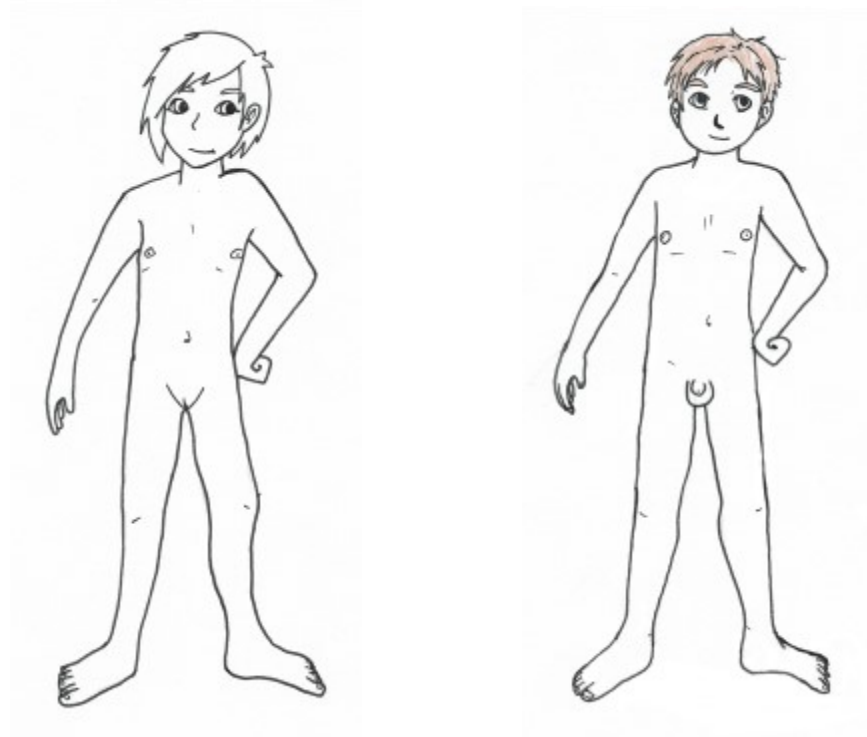


All families have different rules about masturbation  
(touching your own private parts).  
Talk to your trusted grown-ups about your family rules.



## Where do you feel comfortable being nude?

- ◇ In my room
- ◇ In the bathroom
- ◇ In front of my parents
- ◇ In front of my brothers and sisters
- ◇ In the ocean or lake
- ◇ In my living room
- ◇ In my back yard
- ◇ In my front yard
- ◇ In nature
- ◇ Other \_\_\_\_\_
- ◇ Other \_\_\_\_\_
- ◇ I don't like being nude/naked



## Surprises and Secrets

Some people think  
that surprises and secrets are the same thing.  
But actually, they are VERY different.

What is a surprise?  
Can you give four examples  
of a time you were surprised?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



SURPRISE	SECRET
Everyone finds out	Told not to tell
Usually makes people happy	Makes people feel confused, sad, angry, lonely, etc.
Usually fun	Must be reported

Surprises can be fun. Secrets are never fun. We never keep secrets from our grown-ups, especially if it is about our

P r i v a t e  
b o d y p a r t s

\*Trace over the letters to find your answer.

## The Importance of Strangers

Some people think talking to strangers is a bad idea.

I don't think that at all.

A stranger is someone you have not met yet.

I think it is important to have opportunities  
to talk to strangers.

For example:

1. If you were lost in the shopping mall, you might need to ask a stranger for help.
2. If you fell off your bike and you were too far away from home, you might need to ask a stranger for help.

Now it is your turn.

Can you think of a time  
when you might need help from a stranger?

3.

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4.

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## Saying Yes and Saying No

Sometimes you say "Yes" to an adult's request.

Sometimes you can say "No" to an adult.

Yes touch = comfortable and right

No touch = funny or uncomfortable feeling

In what situations would it be best to say no,  
even if you were afraid to say no?

- |           |   |
|-----------|---|
| Yes or No | Your grown-up asks you to clear your plate from the table                                 |
| Yes or No | Your grown-up asks you to take off your clothes to have a bath                            |
| Yes or No | When my friend asks me to steal something from another friend                             |
| Yes or No | When my friend asks me to keep a secret from my grown-ups                                 |
| Yes or No | When my mom asks me to leave the park   |
| Yes or No | When my babysitter asks me to do something that makes me feel funny or uncomfortable      |
| Yes or No | A grown-up asks me to do something that my parents have told me not to do                 |
| Yes or No | When the doctor needs to look at my body with my clothes off (my grown-up is in the room) |

- Yes or No      When an adult gives me touches that hurt me or my feelings
- Yes or No      When my best friend's mom or dad helps me with my bathing suit
- Yes or No      When someone asks me to take my clothes off on the playground at school
- Yes or No      When my grandma/grandpa wants to give me hugs and kisses
- Yes or No      When I kiss and hug my grown-up good night
- Yes or No      When my cousin asks me to keep the touching he/she does to me a secret.

Can you think of some ideas of your own?

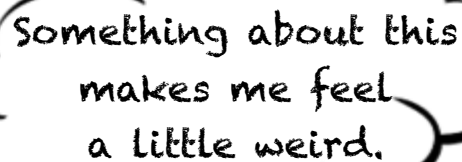
- Yes or No      \_\_\_\_\_  
\_\_\_\_\_
- Yes or No      \_\_\_\_\_  
\_\_\_\_\_
- Yes or No      \_\_\_\_\_  
\_\_\_\_\_
- Yes or No      \_\_\_\_\_  
\_\_\_\_\_
- Yes or No      \_\_\_\_\_  
\_\_\_\_\_

## Our Little Voice Inside

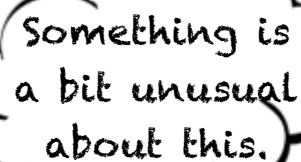
Everyone has a little voice inside themselves.  
This little voice is a feeling you get in your body  
(head, stomach, etc.) that tells you  
when something isn't quite right.  
Your little voice will always tell you the truth.  
You need to listen to this special voice.  
You need to take this voice seriously.

When things don't feel quite right,  
you may feel this in a specific part of your body.


You might think ...



Something about this  
makes me feel  
a little weird.




Something is  
a bit unusual  
about this.



Something isn't  
right about this.


You might feel ...



Like you  
have to pee  
or poop



Embarrassed



Hot or  
warm on  
your ears/  
face



Shy



Weird



Flutters in  
your  
tummy



Unsure




Scared




Sick



Frightened



Uneasy

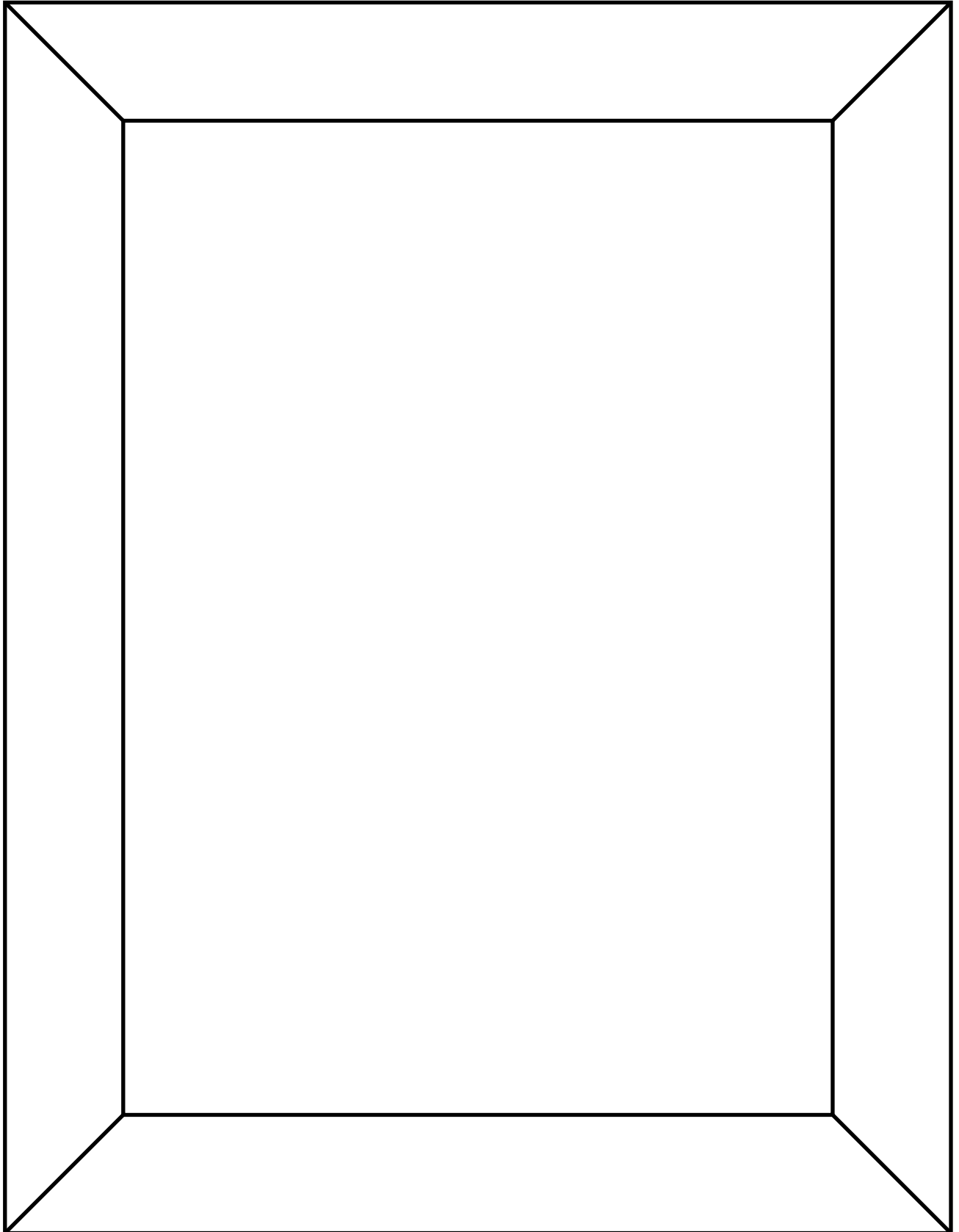


Confused



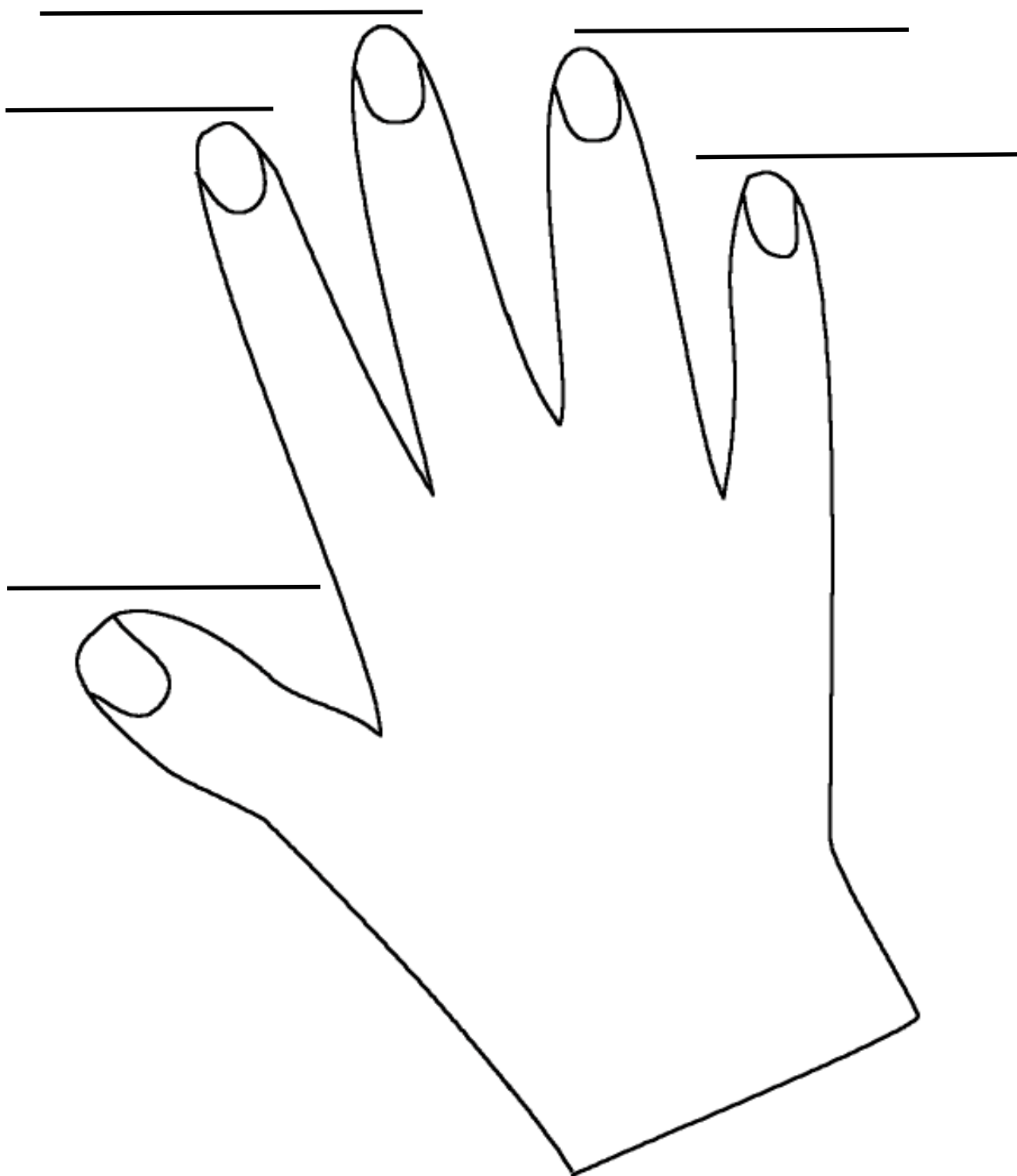
Uncomfortable

Draw your body and label where you feel your body is talking to you when something is just not quite right.





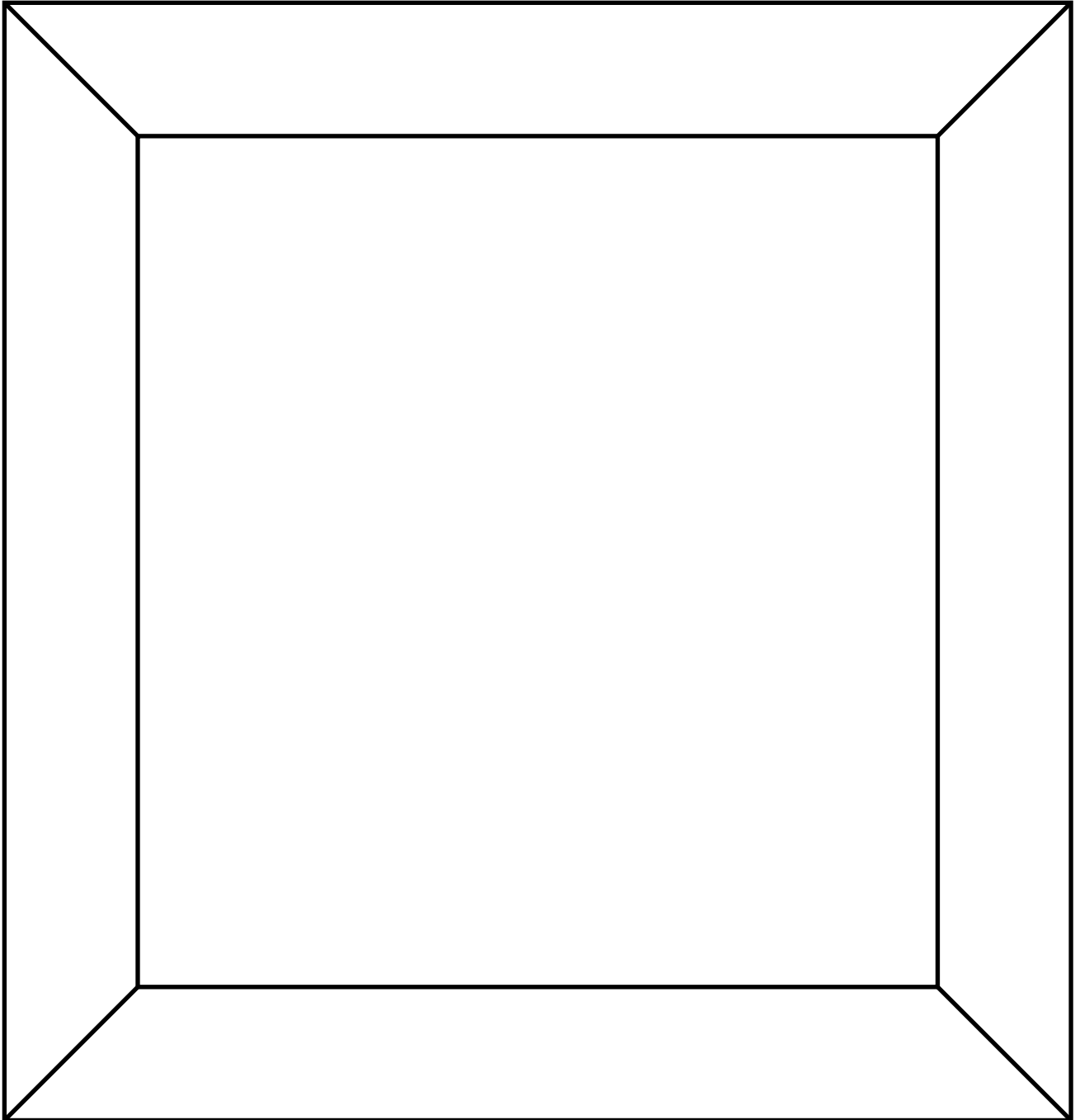
## Trusted Adults



Here is a hand. On each fingertip, print the names of your trusted adults.

Not all trusted adults have permission to touch your private body parts. Which adult(s) can help you with wiping, with washing or if you hurt yourself?

Draw a picture with the names of your trusted adults.



If one of your trusted adults touches your private body parts and it wasn't for wiping, it wasn't for washing and you didn't hurt yourself, who would you tell?

There are certain times  
where you may see someone's genitals:

- ☒ At the pool or in the changeroom
- ☒ After your grown-ups/siblings have a bath or shower
- ☒ In your home (some people walk around naked)
- ☒ When a baby or toddler gets a diaper change

Can you think of another time?

☒

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☒

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☒

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☒

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☒

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☒

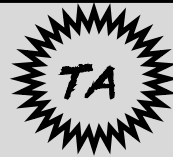
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☒

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☒

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# CONGRATULATIONS!

You have been awarded the  
**TRUSTED ADULT**  
certificate.

If I am feeling sad,  
scared, or uncomfortable,  
I will come and talk to you.

This certificate is presented to:

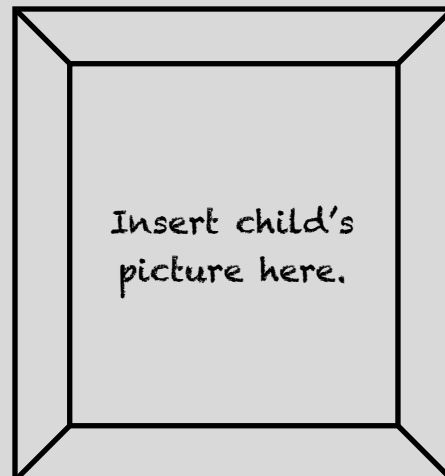
\_\_\_\_\_  
(Trusted Adult's name)

From (My Name):

\_\_\_\_\_

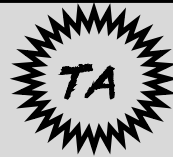
Date:

\_\_\_\_\_



Tear Out and Present to the Adult





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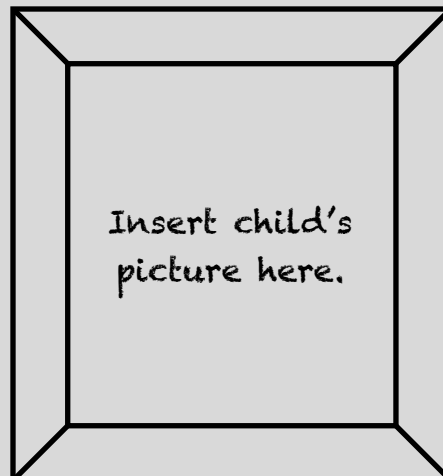
\_\_\_\_\_  
(Trusted Adult's name)

From (My Name):

\_\_\_\_\_

Date:

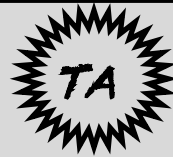
\_\_\_\_\_



Tear Out and Present to the Adult







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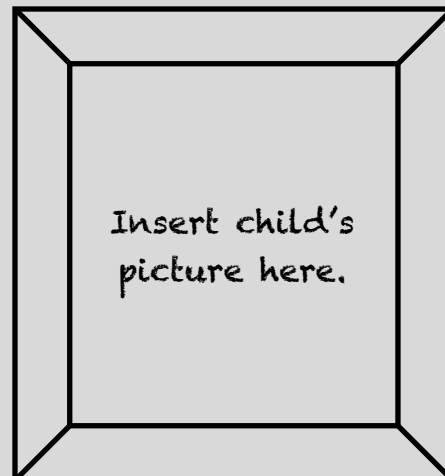
\_\_\_\_\_  
(Trusted Adult's name)

From (My Name):

\_\_\_\_\_

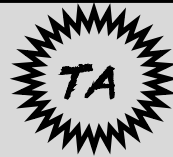
Date:

\_\_\_\_\_



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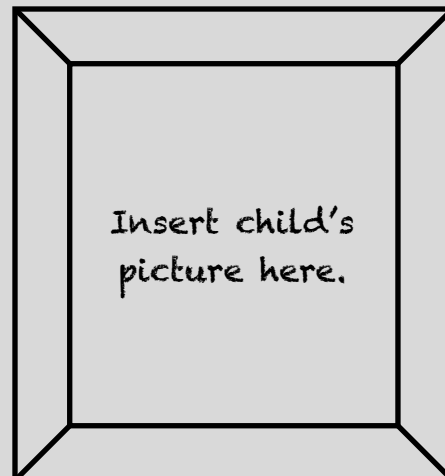
\_\_\_\_\_  
(Trusted Adult's name)

From (My Name):

\_\_\_\_\_

Date:

\_\_\_\_\_



Tear Out and Present to the Adult





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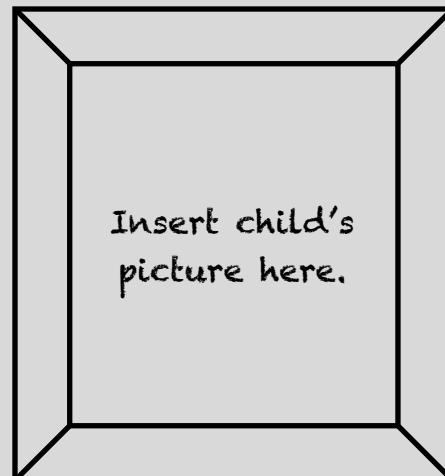
\_\_\_\_\_  
(Trusted Adult's name)

From (My Name):

\_\_\_\_\_

Date:

\_\_\_\_\_



Tear Out and Present to the Adult



## Calling for Help



My home  
phone number

-----



My grown-ups  
cell phone number

-----

9 1 1

(Safe, call day or night, free)

Sometimes our grown-ups are not around  
to help us right away.

We need to learn our parents' and trusted adults'  
phone numbers in case we need their help.



## Fill in the Blanks

My \_\_\_\_\_ belongs to \_\_\_\_\_

and no one has the right to \_\_\_\_\_ my

\_\_\_\_\_ unless they are helping me with

\_\_\_\_\_ or if I \_\_\_\_\_ myself.

private

touch

me

body

body

washing

wiping

hurt

parts

# Parent's Appendix

## Play Dates / Party

Engaging in a safety conversation after  
a play date / party.

- Did you enjoy yourself?
- How did you spend your time?
- What was your favourite part of the playdate / party?
- What was the least favourite part?
- Did you feel safe?
- Was there anything else that you wanted to share?

## Our Body Safety Rules (sample)

1. No one is allowed to touch your private parts.
2. You should not touch someone else's private parts.
3. No one is allowed to take pictures of your private parts.
4. If someone tries to touch your private parts,  
Say: "No".
5. When playing with friends,  
play with your clothes on.
6. You are allowed to have privacy when  
bathing, dressing, using the toilet.
7. You have permission to say "No"  
and get away if someone tries  
to touch your private body parts  
or breaks any of your body safety rules.
8. We don't keep secrets in our family,  
especially if it is about our private body parts.  
If someone tells you to keep a secret,  
tell an adult.

## Statistics on Child Abuse

Sexual abuse is not rare.

1 out of 4 girls and 1 out of 6 boys will experience some form of sexual abuse before the age of 18.

Children with disabilities are most at risk.

75-85% of offenders are family members. Sexual abuse by a stranger is rare.

1/4 of offenders were the father or stepfather of the child victim.

1/4 of reported cases of child sexual abuse are perpetrated by individuals under the age of 18.

Incest happens in families from all classes, races, economic and social backgrounds.

Abuse can, and does, happen in all types of families. Most parents want the best for their children, but, due to stress, social isolation and lack of available resources some parents harm their children.

Most sexual abuse is perpetuated without force or violence.

Offenders tend to attribute sexual meaning to normal expressions of affection and attention. Incest is the adult's responsibility, no matter who initiates the behaviour.

Generally, at the time of disclosure, a victim does not reveal the full extent of the abuse. Full disclosure is usually a slow and gradual process.

Children rarely false report. Children speak from their own experience. They cannot make up this information unless they are exposed to it.

Victims of sexual abuse may:

- \*develop a negative self-image
- \*have difficulty in developing relationships, which involve trust and sharing
- \*have difficulty forming satisfying sexual relationships

Treatment from a mental health professional can minimize the physical, emotional and social problems of children who have been abused. It allows them to process their feelings and fears related to the abuse.

## Signs and Symptoms of Sexual Abuse

### Behaviours

Sudden changes in your child:

Quiet, sullen or sad

Having nightmares, sleeping problems, fear of the dark

Being unusually anxious or fearful

Avoiding social situations

Afraid of being left alone with someone in particular

Exhibiting irritability

Angry outbursts

Aggressive behaviour towards others

Enacting sexual play between dolls, stuffed animals or other children

Using sexual language or knowing information that you wouldn't expect them to

Becoming withdrawn or clingy

Becoming unusually secretive

Regressing to younger behaviours (bed wetting, thumb sucking)

Changes in eating habits

Excessive masturbation

### Physical

Anal or vaginal soreness (bruises)

Pain during urination/bowel movements

Unusual discharge, or bleeding from genitals

Sexually transmitted infection

Self-harm

Difficulty walking or sitting

## Simple Tools to Increase Abuse Resistance in Children

1. Teach children about times they are allowed to say no to an adult.
2. Use scientific names for the private body parts.
3. Teach children about different kinds of touching.
4. Help your child identify their trusted adults.
5. Explain the difference between surprises and secrets. We never keep a secret from our grown-ups, especially if it is about our private body parts.
6. Education is the best prevention of inappropriate sexual behaviour.
7. No games should include the private body parts: the mouth, the vulva, the anus, the breasts and the penis.
8. Teach your child that they have the right to decline touch.
9. Private body parts are found underneath our bathing suits.
10. Teach your child that any touching which has to be kept a secret is not okay. They need to tell you right away.
11. Talk to your child while you are wiping or washing their private body parts. Tell the child what is happening and leave some time and space for the child to respond and participate willingly and helpfully.



## Things people might say when they want you to keep a secret about private body part touching

- ◊ If you tell anyone about our secret, I am going to hurt you.
- ◊ If you tell anyone what I did, God will not love you anymore.
- ◊ If you tell your parents about what we did, they will punish you for a long time.
- ◊ If you tell your parents our secret, they won't love you anymore.
- ◊ If you tell anyone about what we did, people will try to kill me.
- ◊ I will bring you money every time we do this, so don't tell. You want the money don't you?
- ◊ Everyone does this kind of touching. It is normal.
- ◊ This will be our special secret because you are my special boy/girl.
- ◊ No one will believe you. They will think you made it up.
- ◊ If you tell anyone what I did, I will hurt your parents.
- ◊ If you tell anyone what I did, you will have to go live with ...
- ◊ If anyone finds out what you did with me, no one will want you.
- ◊ If you tell anyone, I am going to hurt your pet.
- ◊ If anyone finds out, you won't be able to see your cousins.
- ◊ If you don't let me do this to you, I will do it to your sister.
- ◊ If you don't let me do this to you, I will do it to your brother.
- ◊ You need me to help you get into the championship/to make the team, etc.
- ◊ There is nothing to tell. I am just "loving" you.
- ◊ Can you really keep a secret? Prove it.
- ◊ My parents do this and they don't talk about it.
- ◊ I won't be your friend if you tell.
- ◊ If you tell, I will say you asked me to do it.
- ◊ My other friends really like this. No one needs to know.
- ◊ If you tell anyone, I will go to jail and it will be your fault.
- ◊ If you tell your parents, they will be very angry with you.

## Things Children May Experience While Being Groomed to Accept Abuse

- ◊ Showing the child pornography.
- ◊ Pretending that they are just checking the child's body to see if it is healthy. Convincing the child that this is normal for an adult to do.
- ◊ Including other siblings in the secret touch so that they can normalize the behaviour.
- ◊ Being very loving and kind to the child to gain trust and to have needs met.
- ◊ Exposing genitals from the time the child is very young to further foster body curiosity.
- ◊ Asking the person to snuggle and then taking things to a sexual level.
- ◊ I know you like it.
- ◊ Convincing the child that they are an animal and this is how animals play.
- ◊ Child is told it is unhealthy to wear underwear to ensure easy access to the genitals.
- ◊ Child learned to compete for the affection of the abuser in order to feel more special.
- ◊ Getting the child to watch adults have sex live so they would know what to do.

## What to Do If A Child Discloses Abuse

(<http://www.safekidsbc.ca/disclosure.htm>)

- ◇ Stay calm
- ◇ Go Slowly
- ◇ Be reassuring
- ◇ Be supportive
- ◇ Get only the essential facts
- ◇ Tell the child what will happen next
- ◇ Report to a child protection worker  
(Local Law Enforcement\*/MCFD\*/RCMP\*)
- ◇ Make Notes

Dear Parent/Teacher/Care-giver:

When a child reports abuse, you have a legal, moral and ethical responsibility to report the abuse whether you believe it to be true or not.

\* Local Law Enforcement = 9 1 1

\* MCFD = Ministry of Child & Family Development

\* RCMP = Royal Canadian Mounted Police

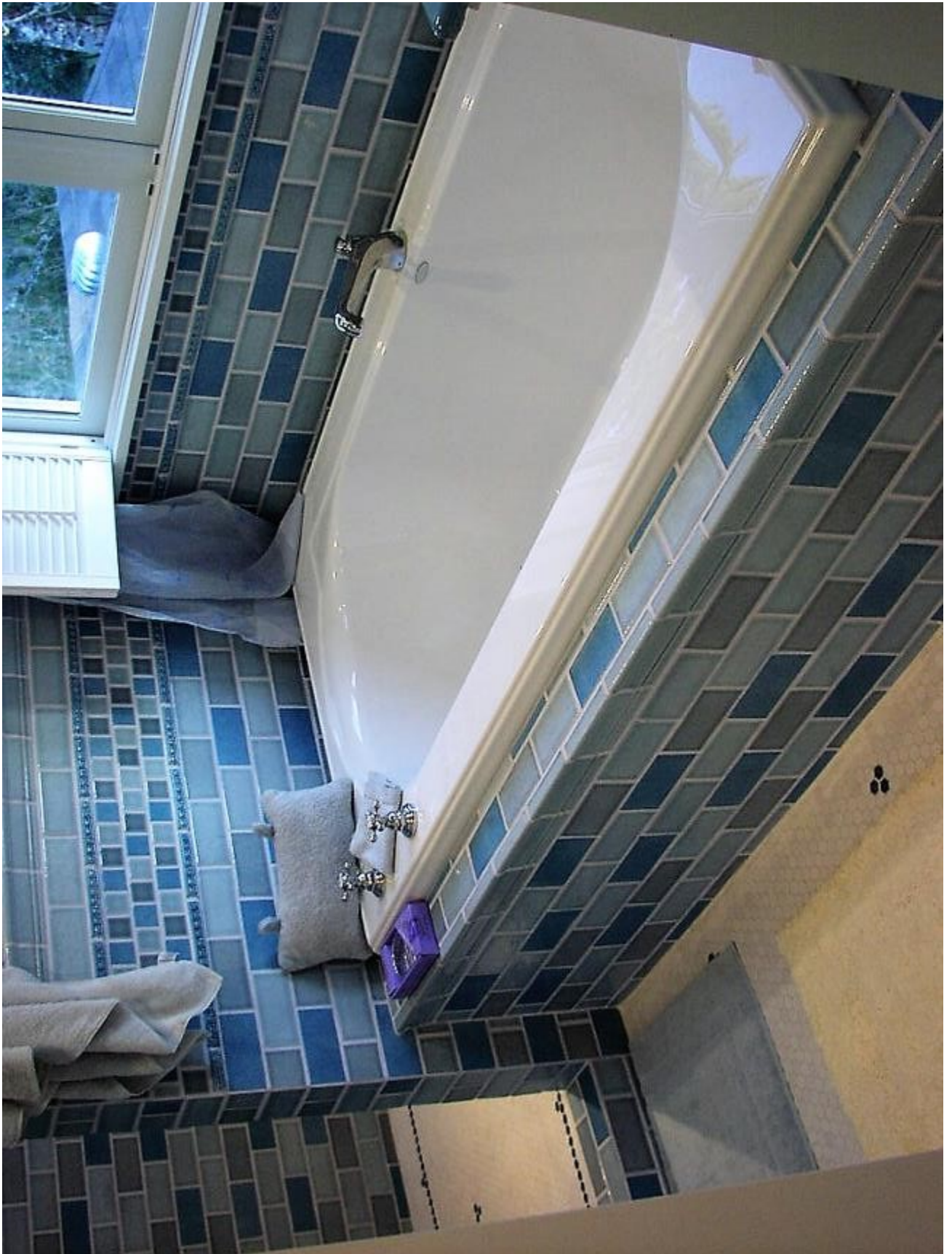
## Flashcards Public / Private Spaces

Use the following flash cards to stimulate discussion between yourself and your child/student about private versus public spaces.



PUBLIC WASHROOM  
with  
PRIVATE STALLS  
(Once the door is closed.)



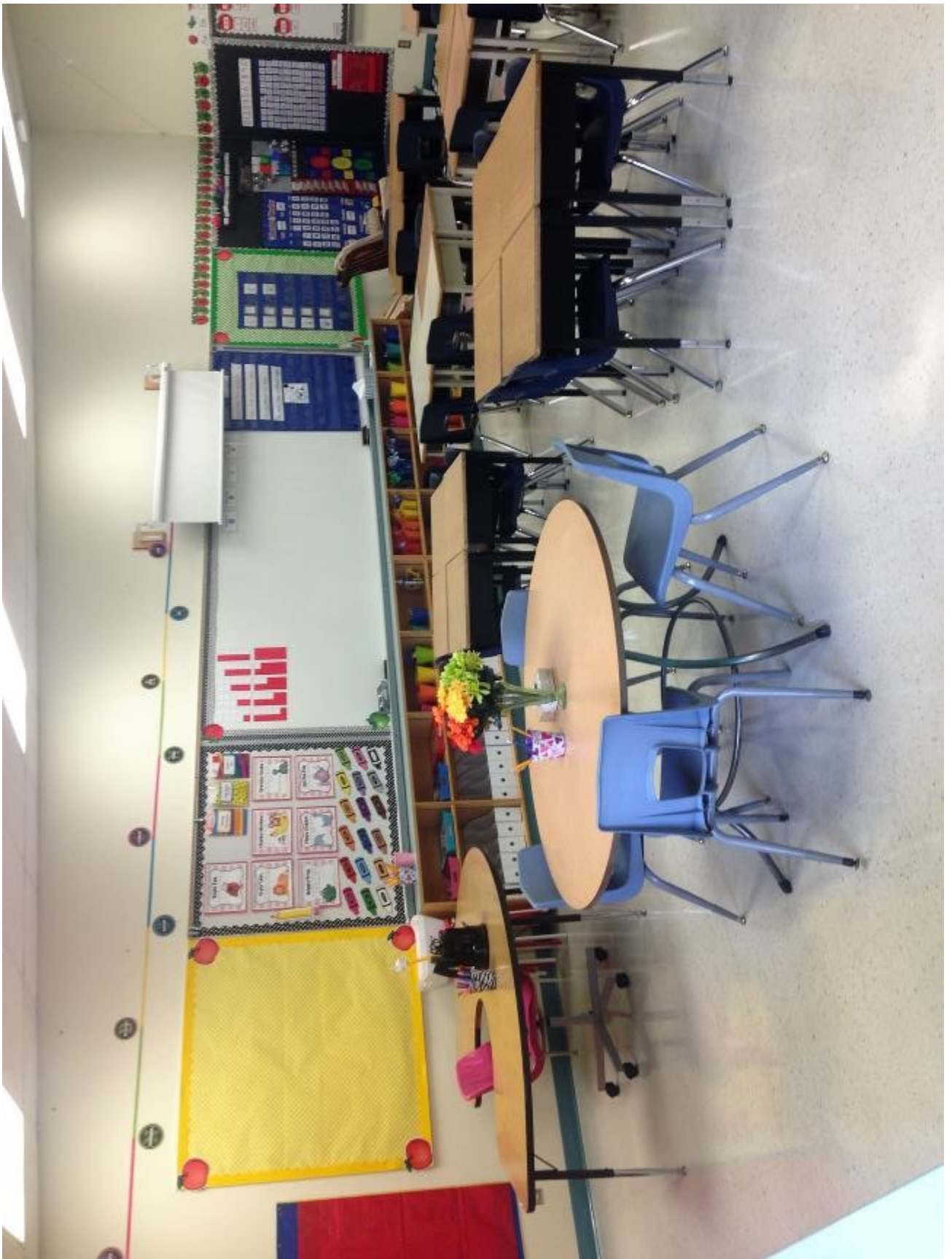


PRIVATE



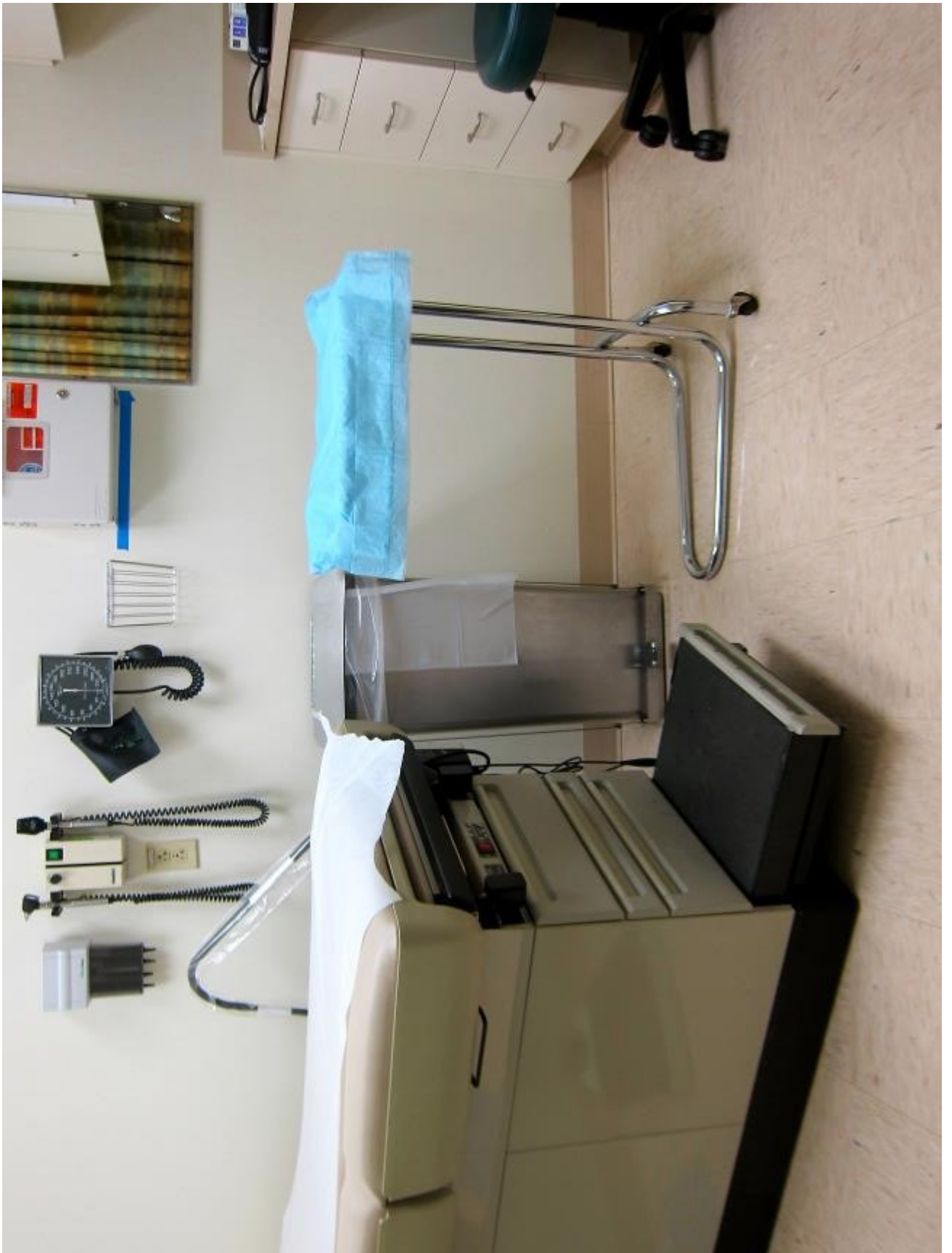


PRIVATE



PUBLIC





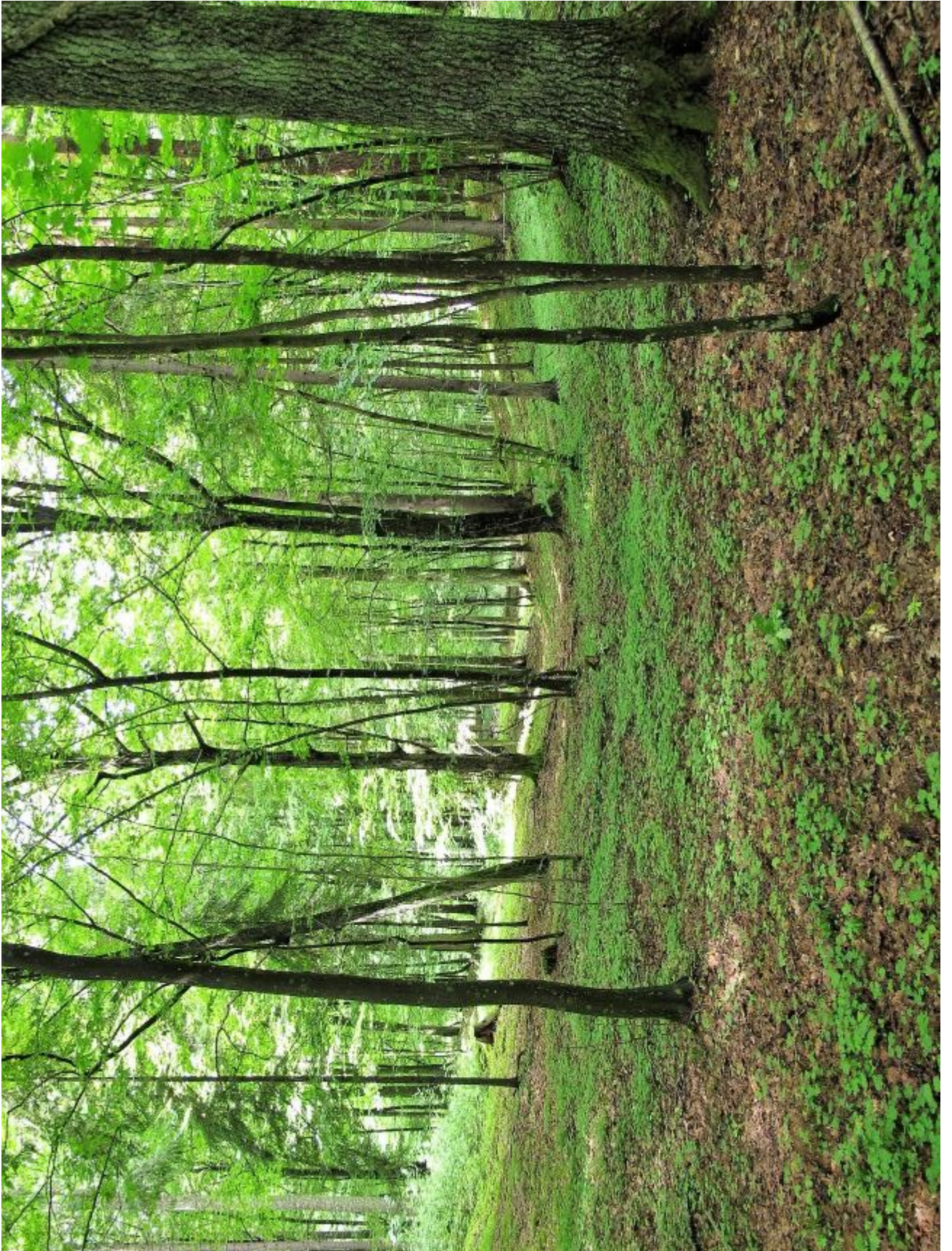
PRIVATE





PUBLIC







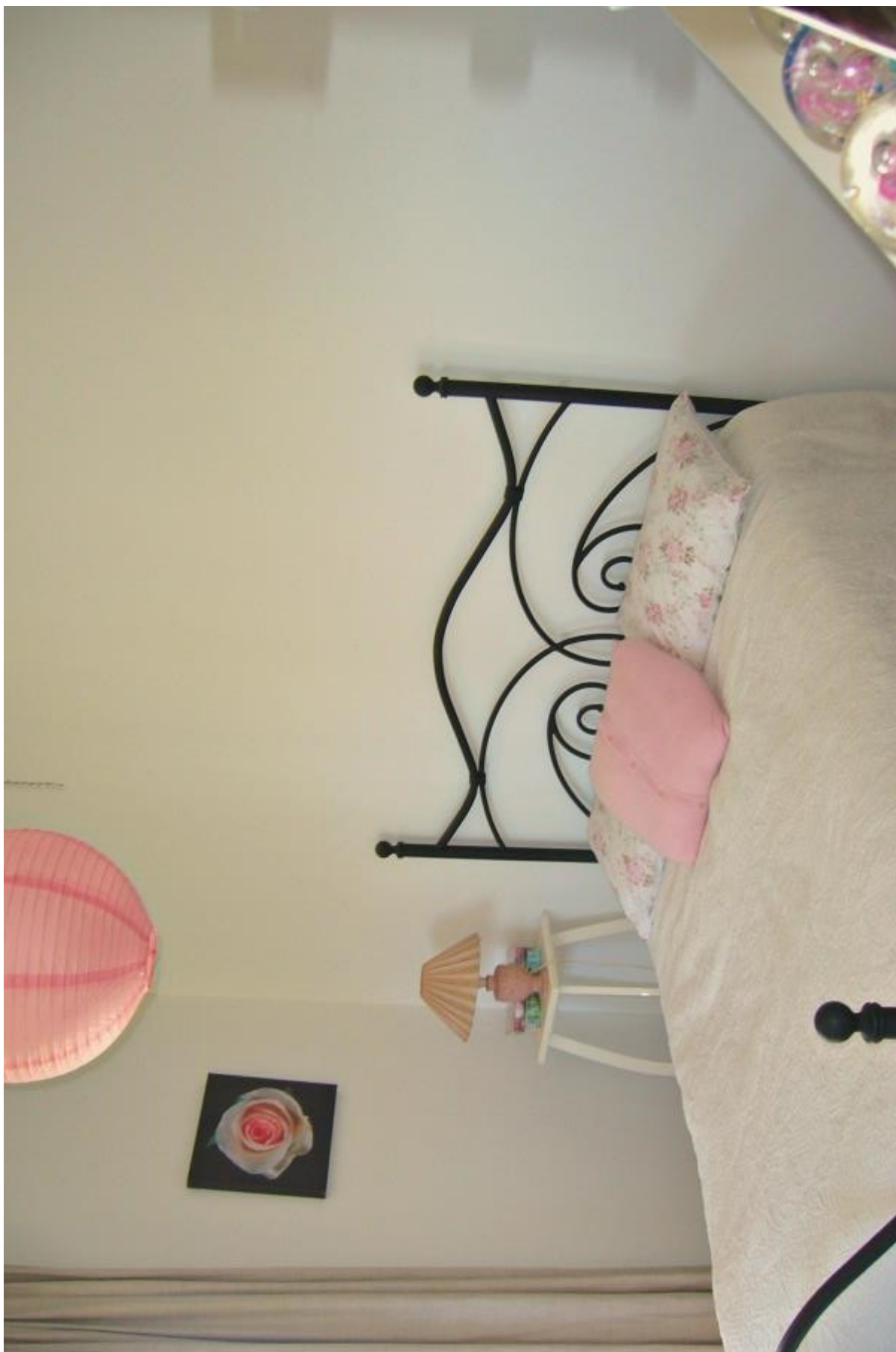
PUBLIC SPACE

Unless you really need to go.

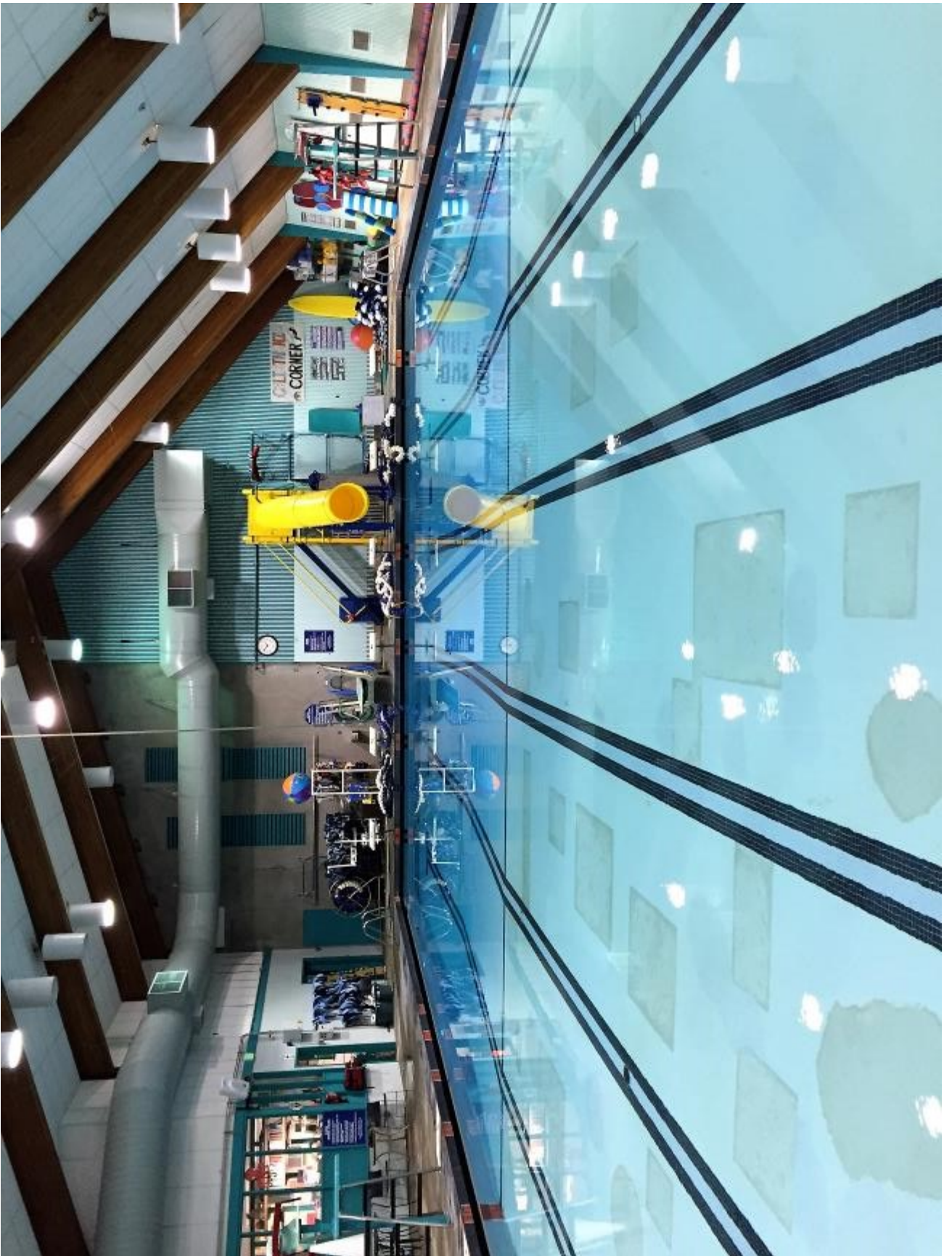
Then find

PRIVATE SPACE

BEHIND PLANTS OR TREES

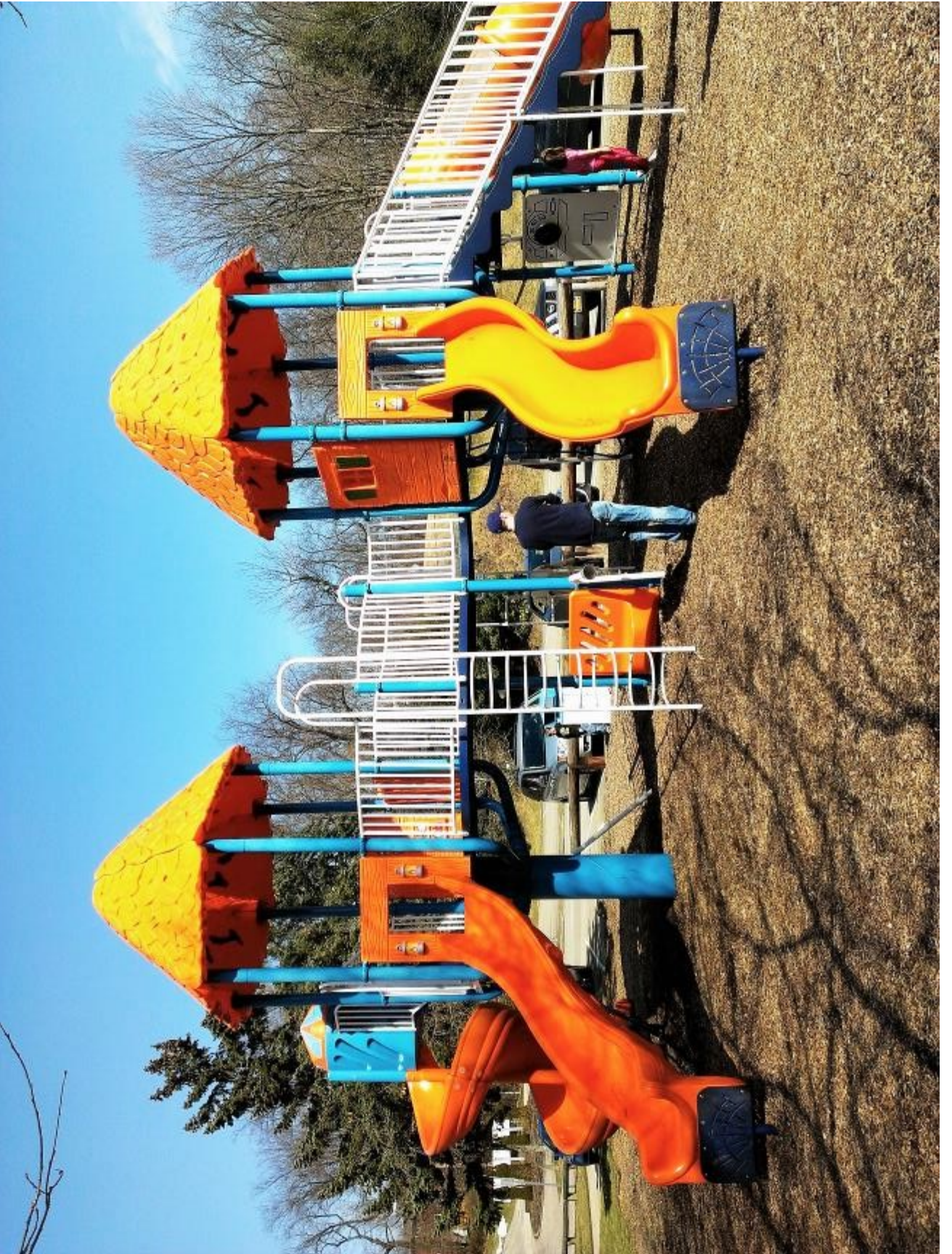


PRIVATE



PUBLIC





PUBLIC





PRIVATE  
When door is closed

## Book List / Resources / Apps

### Books for Kids

Amazing You	By Gail Saltz
Bare Naked Book	By Kathy Stinson
Belly Buttons are Navels	By Mark Schoen
Boys, Girls and Body Science	By Meg Hickling
My Body Belongs to Me	By Jill Starishevsky
Some Secrets Should Never Be Kept	By Jayneen Sanders
What Makes a Baby	By Cory Silverberg
What's the Big Secret	By Marc Brown
Who Has What?	By Robie H. Harris
Your Body Belongs to You	By Cornelia Spelman

Birdees



(iPad app)

### Books for Adults

The Transgender Child: A Handbook for Families and Professionals	By Stephanie Brill
The New Speaking of Sex	By Meg Hickling

## Flash Card Photo Credits

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Bathtub	Andre Chinn via Flickr
Bunk Beds	Miguel Andrade via Wikipedia.com
Classroom	Thea Miscavish, Nanaimo
Doctor's Office	Jennifer Morrow via Flickr
School Bus	Die4kids via Wikimedia.com
Forest	Krzysztof Kundzicz via Wikimedia.com
Girl's Room	Creative Commons CCO
Indoor Pool	Seath Parks via Flickr
Playground	Ragesoss via Wikimedia.com
Bathroom Stall	@Mystic CT via Flickr

Dear British Columbia Teachers,

This resource was created to help you to teach the Physical and Health Education Curriculum for Kindergarten to Grade 3.

## Kindergarten

Big Ideas:

Knowing about our bodies and making healthy choices helps us look after ourselves.

Curricular Competencies:

- ◊ Identify sources of health information.
- ◊ Identify and describe a variety of unsafe and/or uncomfortable situations.
- ◊ Develop and demonstrate respectful behaviour when participating in activities with others.
- ◊ Identify caring behaviours among classmates and within families.
- ◊ Identify and describe feelings and worries.

Content

- ◊ Names of the parts of the body, including male and female private parts.
- ◊ Appropriate and inappropriate ways of being touched.
- ◊ Reliable sources of health information.
- ◊ Caring behaviours in groups and families.

## Grade 1

### Big Ideas:

Knowing about our bodies and making healthy choices helps us look after ourselves.

### Curricular competencies:

- ◊ Recognize basic health information from a variety of sources.
- ◊ Describe ways to prevent and respond to a variety of unsafe and/or uncomfortable situations.
- ◊ Develop and demonstrate respectful behaviour when participating in activities with others.
- ◊ Identify caring behaviours among classmates and within families.
- ◊ Identify and describe feelings and worries.

### Content

- ◊ Names of the parts of the body, including male and female private parts.
- ◊ Appropriate and inappropriate ways of being touched.
- ◊ Reliable sources of health information.
- ◊ Caring behaviours in groups and families.
- ◊ Emotions and their causes and effects.

## Grade 2

### Big Ideas:

Adopting healthy personal practices and safety strategies protects ourselves and others.

Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.

### Curricular Competencies:

- ◇ Describe ways to access information on, and support services for, a variety of health topics.
- ◇ Identify and describe avoidance or assertiveness strategies to use in unsafe and / or uncomfortable situations.
- ◇ Develop and demonstrate respectful behaviour when participating in activities with others.
- ◇ Identify and describe characteristics of positive relationships.
- ◇ Identify and describe feelings and worries, and strategies for dealing with them.

### Content:

- ◇ Strategies for accessing health information.
- ◇ Strategies and skills to use in potentially hazardous, unsafe, or abusive situations.
- ◇ Factors that influence self-identity.

## Grade 3

### Bid Ideas:

Adopting healthy personal practices and safety strategies protects ourselves and others.

Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.

### Curricular Competencies:

- ◊ Describe ways to access information on support services for a variety of health topics.
- ◊ Identify and describe avoidance or assertiveness strategies to use in unsafe and / or uncomfortable situations.
- ◊ Describe and apply strategies for developing and maintaining positive relationships.
- ◊ Describe physical, emotional and social changes as students grow older.
- ◊ Describe factors that influence mental well-being and self-identity.

### Content:

- ◊ Strategies for accessing health information.
- ◊ Strategies and skills to use in potentially hazardous, unsafe, or abusive situations.
- ◊ Relationship between worries and fears.
- ◊ Factors that influence self-identity.

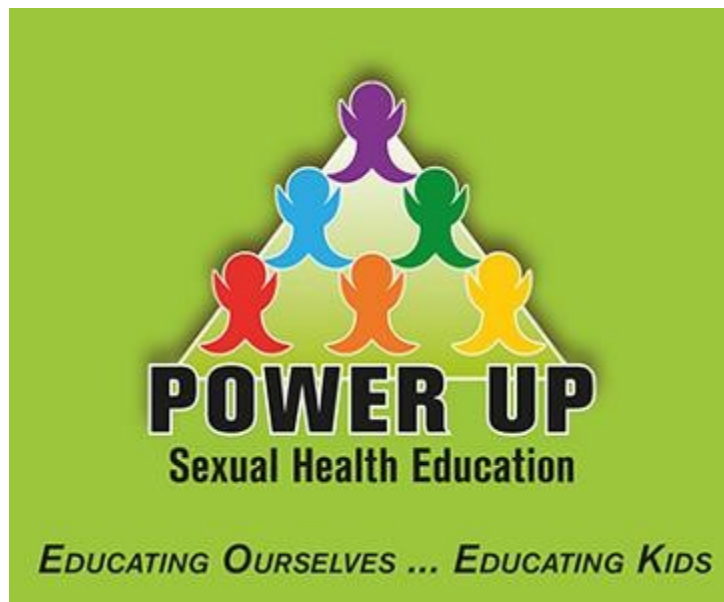


# Body Smart



## Right From The Start





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[www.powerupworkshops.com](http://www.powerupworkshops.com)

