

Body Parts and Appropriate Touch

Presented by: Shannon Jones (HP) and Nikki Krocker (Dept. of Ed)

Topic

- Body parts (nipples, naval, vulva, anus, stool, genitals, penis, testicles)
- Appropriate touch

Audience

- Grade K-3

Time

- 30 Minutes

Learning Standards

- Names for parts of the body, including male and female private parts
- Practices that promote health and well-being
- Appropriate and inappropriate ways of being touched

Objective or Intention

- Students will be able to identify the private parts of the male and female body
- Students will be able to identify appropriate and inappropriate touch

Intro

- **Introduce presenters and organization Shannon Jones (HP):** Shannon (HP) and Nikki Krocker (Dept. of Ed) and we our body scientists
- Today we are all going to be body scientist
- Body scientists have three rules
 1. Raise hand for a question
 2. Don't let silliness get in the way of learning
 - As body scientist when we learning something new that might make us feel silly, instead of acting silly we say **interesting**. Can everyone say "**interesting**"
 3. Use proper names for body parts
 - You might not be familiar with the proper names for all of your body parts, so that's we are going to teach you today.

Activities

Activity 1: Private Parts (nipples, naval, vulva, anus, stool, genitals, penis, testicles) Shannon Jones (HP):

- **Ask:**
 - What is your favorite place to go swimming? (*CGC, Long Lake, etc.*)
 - What do you wear when you go swimming? (*Bathing suit*)
 - Why do we wear bathing suits when we go swimming? (*Because it's a public place-other people are there too*)
 - Do you wear a bathing suit when you have a bath or shower? (*No because it's private- you are alone*)
- **Explain:**
 - Today we are going to learn the body science names for the parts of our bodies that are covered by a bathing suit.
 - It's important to know the body science names for your private parts, just like how you know the names of all of your other body parts (finger, toes, feet, hair, etc.).
 - I have brought my friends *Chris* and *Chris* to help teach the body science names for your private parts. I am going to teach you the word and then show you the body part using my doll *Chris*.

My first doll is Chris (male):

1. First the **mouth** – say **mouth**-show on doll
2. **Nipples**- say **nipples** (on the chest) – show on doll and then cover with hand
3. **Naval** – say **naval** (on the tummy) - show on doll and then cover with hand
4. **Bottom** – say **bottom** - show on doll and then cover with hand
5. **Anus** – say **anus** (on the bottom)- show on doll and then cover with hand. **Stool**-say stool (comes out of the body through the anus)
6. **Genitals** – say **genitals** (between the legs)-
 - **Penis** – say **penis**
 - **Testicles** – say testicles
 - show on doll and then cover with hand

My second doll is Chris (female)

1. First the **mouth** – say **mouth**-show on doll
2. **Nipples**- say **nipples** (on the chest) – show on doll and then cover with hand
3. **Naval** – say **naval** (on the tummy) - show on doll and then cover with hand
4. **Bottom** – say **bottom** - show on doll and then cover with hand
5. **Anus** – say **anus** (on the bottom)- show on doll and then cover with hand. **Stool**-say stool (comes out of the body through the anus)
6. **Genitals** – say **genitals** (between the legs)- show on doll and then cover with hand
 - **Vulva** – say **vulva**
 - show on doll and then cover with hand

- **Explain:**
 - Remember everybody is unique, these body parts are what many boys and girls have.
 - *Chris* & *Chris* are dolls and they are designed to help teach body parts, but it's important we actually don't show other people our private parts, unless it's for a health reasons.

Activity 2: Appropriate Touch **Nikki Krocker (Dept. of Ed)**

- **Explain:**

- Now we are going to talk about touch. Some touch makes us feel good and safe and some touch makes us feel uncomfortable and unsafe.
- I am going to read you a page from a story and then we will talk about it (read page 17 from What's the Big Secret)
- Explain the pictures:
 - When you are very close with someone you feel comfortable to use very close touch.
 - Would you rub noses with the bus driver? (no)



- What is the difference between the two faces in this picture?



- The one person doesn't look really comfortable, what could they do to ask them to stop holding hands?
 - I don't feel comfortable stop holding my hands
 - I don't want to hold hands with you right now
 - If you don't stop, I will tell my trusted adult
 - If they didn't listen what could they do?
 - Push them and run away
 - Tell a trusted adult – if the trusted adult doesn't believe you. Tell another trusted adult. Keep telling until someone deals with it.
 - It is never okay to be touched if you don't want to be.
- Close your eyes and think of someone you can talk to if someone touches you and you don't want them to. When you have that person in your mind raise your hand, but don't open your eyes until I tell you to.

Closing

- Today we talked about public vs. private places. Body science names for our bathing suit area. Appropriate touch.

Materials

- Chris and Chris dolls

- What's The Big Secret book