



Sophie's Place

Child & Youth Advocacy Centre



Talking about Private Parts

It can be challenging to talk with children about how to keep their bodies safe- especially the private parts of their bodies. A helpful starting point can be talking with our children about bathing suits. We can explain that where a bathing suit covers is private and that no one should be asking to look at or touch those parts of their bodies. And other people should not ask us to look at or touch where their bathing suit covers.

The visual of bathing suits helps us to show that boys wear swim shorts because they have two private parts and girls wear a bathing suit on the top and the lower part because they have three private parts. Don't shy away from using anatomically correct names for private parts. Research shows that children who have some understanding about personal body safety are more likely to disclose if something were to happen.

It also helps to give them specific examples of what would and would not be okay. The clearer we are, the more they'll be able to figure out if a situation is okay or not.

The following worksheets are for parents/caregivers to complete with their children. The first sheet will help children to understand the idea of private parts and the second will help them to develop a sense of situations that would or wouldn't be okay.



Source: <https://www.allianceforchildren.org/>

Child Abuse Reporting

Emergency: 911

1-800-663-9122 (Ministry of Children & Family Development)

Police: 604-599-0502

Contact Us

Phone: 604-588-0727

www.the-centre.org/sophies-place

Email: spinfo@the-centre.org



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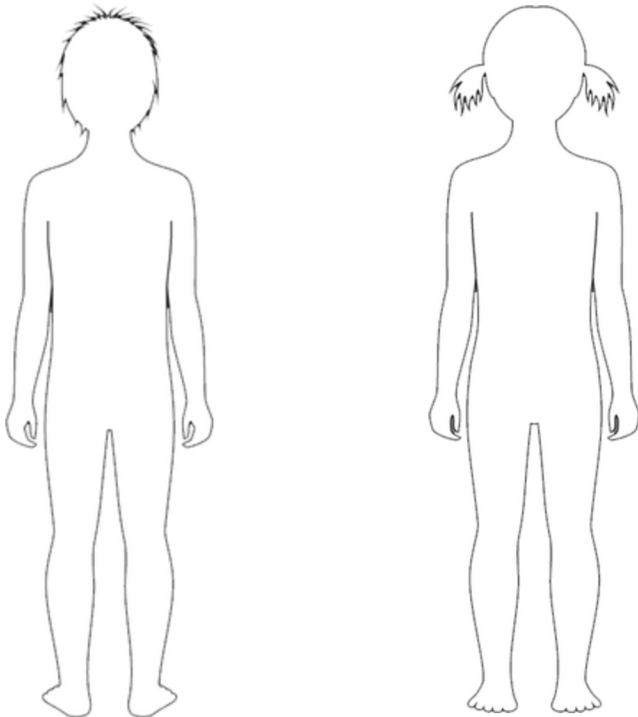
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Bathing Suit Activity

Where a swimsuit covers is meant only for us, these are our private areas.
Boys and girls wear different swimsuits. Draw swimsuits on the people below:



No one should be asking to look at or be trying to touch those private parts of our bodies.

No one should be asking us to look at or touch where their swimsuit covers.

If this ever happens, we need to say “NO!”, get away and go tell a trusted adult.

Those adults would not be mad at us or upset, they just want to help us to stay safe!

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"Is this okay?" Activity

Decide if each situation below is okay or if you need to go and tell a trusted adult.
Circle the adult hand if you need to tell someone or the thumbs up if the situation is okay:

Your mom is helping your baby brother by changing his dirty diaper. Is that okay?



You're at the doctor and they need to check to make sure your private parts are healthy and safe. Your parent / guardian is in the room with you. Is that okay?



You are at school and someone shows you a video where you can see someone's private parts. Is that okay?



A friend of your parents ask you to touch their private parts but tells you not to tell your parents. Is that okay?



Your grandparents help give your 3 year old brother a bath. Is that okay?



Your bottom is itching and something doesn't feel right, so you mom checks to see if everything is okay. Is that okay?



Someone tries to touch your private parts but tells you that you would be in trouble if anyone found out. Is that okay?



One of your friends tells you that his uncle touches his private parts. He asks you not to tell anyone about it. Is that okay?



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