

Body Safety

WHAT YOUR CHILD WILL LEARN:

- The correct words for private body parts such as penis, scrotum, testicles, anus, nipples, breasts, vagina, vulva, and bottom.
- The Body Safety Rules:
 - Nobody should see, touch or take a photo of their private parts (without a good reason). As parents we can help talk to our child about what some of those good reasons could be, such as needing to help clean/wash themselves, or going to the doctors if a private part is sore.
 - If someone looks or touches the private parts of their body, they can tell an adult.
 - If they have questions about their private parts, or their private parts are sore, they can tell a trusted adult.



WHY IS THIS IMPORTANT?

Teaching the anatomically correct terms for private body parts empowers children to have shared language about their bodies.

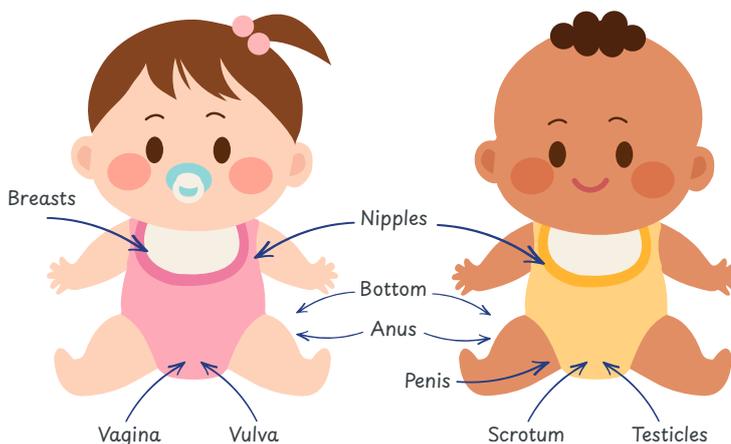
Teaching body safety to children gives children the language and confidence to speak up if something doesn't feel right and to recognise unsafe or inappropriate behaviour. It helps them understand what is private, recognise when something doesn't feel right, and know how to speak up. Body safety also supports a positive body image, builds confidence, and encourages open, healthy communication. It helps children learn about personal boundaries, safe and unsafe behaviour, and who they can turn to for help. These early lessons lay the foundation for respectful relationships as they grow.

WHAT YOU CAN DO AT HOME AND PLAYGROUP:

We can start teaching our children body safety messages from birth, by simply using the anatomically correct terms (penis, scrotum, testicles, anus, nipples, breasts, vagina, vulva, bottom) for the private parts of their bodies.

Look for moments in everyday life where you can use the correct terminology for the private parts of bodies and reinforce body safety messaging:

- when helping your child get changed
- bath time
- nappy change time
- toileting
- bed time





GAMES & ACTIVITIES:

You can normalise the correct terminology for the private parts of the body through play. It helps to have anatomically correct dolls available for your child to play with at home and at playgroup.

When your child plays with the dolls, you can reinforce the correct names and body safety messaging. You can role model body safety messages whilst playing alongside your child washing, drying and changing the dolls clothes.

Watch: Daniel Morcombe Foundation: [Safety School - Body parts](#)



SONGS:

Learn '[My Body Belongs to Me](#)' song and sing it together with you child (to the tune of 'A sailor went to sea'):

My body belongs to me, me, me
My body belongs to me
From my head down to my feet, feet,
feet

My body belongs to me
My body feels like jelly, jelly, jelly
My heart beats like a drum
(**BOOM BOOM**)

I've a feeling in my belly, belly, belly
I'll go and tell someone!
(**TALK TALK TALK**)

Here's another song from WA Child Safety Services: [Body Safety Song](#) written by Jane Heskett



BOOKS:

- **Everyone's got a bottom:** Tess Rowley
- **Only for me:** Michelle Derrig
- **My body your body:** Melita Rose
- **From my head to my toes I say what goes:** Charlotte Barkla & Jacquie Lee
- **Little Big Chats - Private Parts are Private:** Jayneen Sanders



Use anatomically correct baby dolls during playtime