



PSHE and Citizenship

Relationships | My Body Is Mine

My Body Is Mine



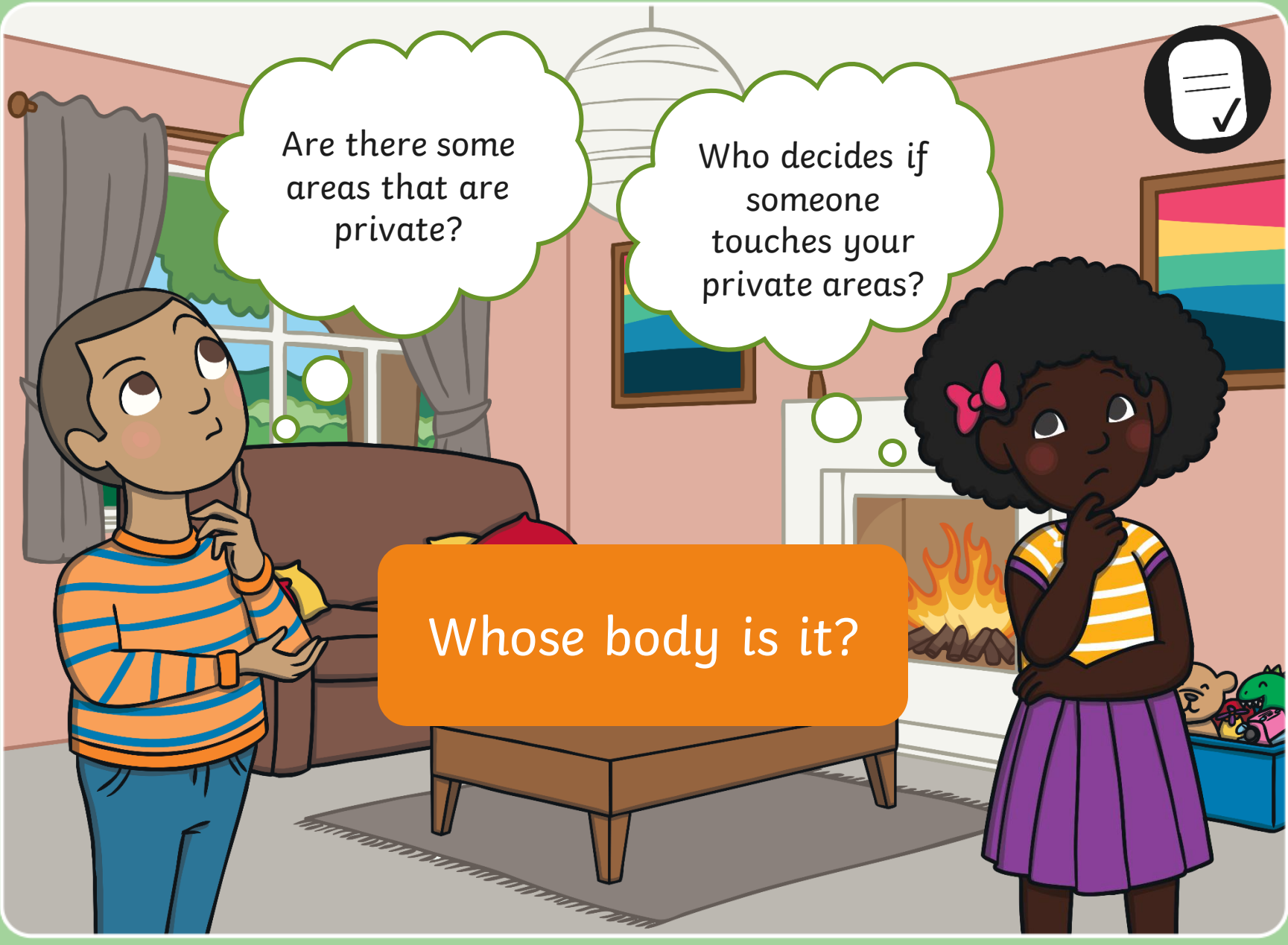
Aim

- I know my body belongs to me.

Success Criteria

- I know the private areas of my body.
- I know I can decide what happens to my body.
- I know who I can ask for help.

The Big Questions

An illustration of a living room. On the left, a boy with brown hair, wearing an orange and blue striped shirt and blue pants, stands with his hand to his chin, looking thoughtful. On the right, a girl with dark skin and curly hair, wearing a yellow and white striped shirt and a purple skirt, also has her hand to her chin, looking thoughtful. In the center, a brown sofa and a coffee table are visible. In the background, there is a fireplace with a fire, a window with grey curtains, and a framed picture on the wall. A circular icon with a checklist and a checkmark is in the top right corner.

Are there some areas that are private?

Who decides if someone touches your private areas?

Whose body is it?

Reconnecting

Can We Touch People When We Want To?



No one gets to touch you in a way you don't like.
You get to choose.

Sometimes, someone might touch your body in a way you don't like. In this situation, you need to let the other person know you didn't like it.

No matter how old, how clever, how scary or how powerful they are - you choose what happens to your body.



Can We Touch People When We Want To?



Your granny wants a kiss.
Do you have to give her one?

Answer

Can We Touch People When We Want To?



Other people get to decide what happens to their body too. You can't hug someone if they don't like it. You can't kiss them or hold their hand if they don't want you to.

This doesn't mean you aren't friends. It just means they don't want you to touch them like that at that moment.

They might love a hug later. You need to check what other people want.



Can We Touch People When We Want To?



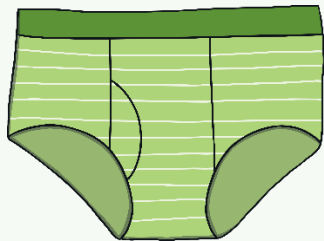
I want to hug my best friend.
Can I?

Answer

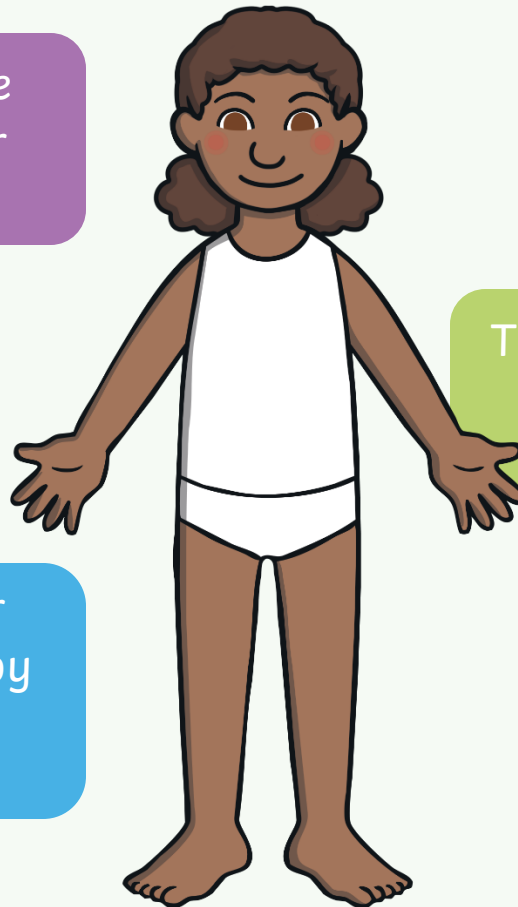
Can We Touch People When We Want To?



Your private areas are those covered by your underwear.



This is the underwear rule. What is covered by your pants and underwear is private.



That means your bottom, your genitals and your chest are all private.



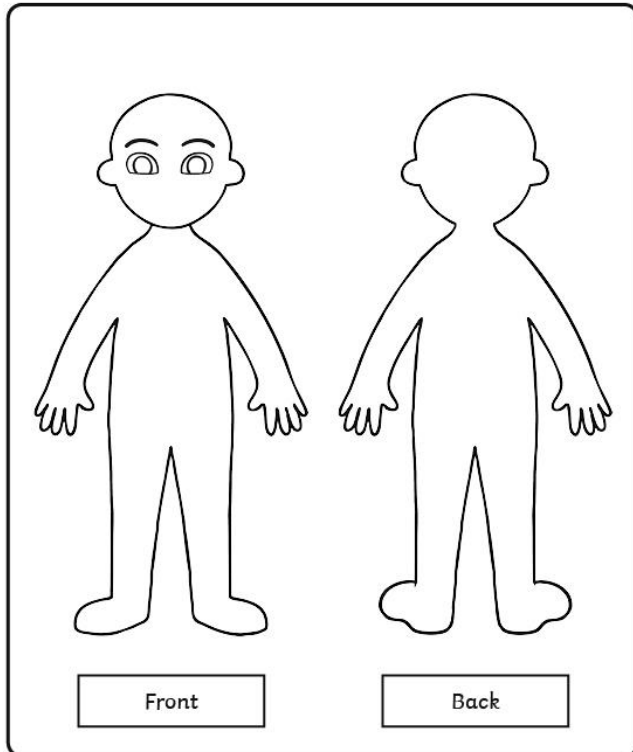
Exploring

This Is Private



This Is Private

Colour in the parts of your body that are private. Think of the underwear rule. Think of the areas where no one should ask to see or touch.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study



PSHE and Citizenship | KS1 | Relationships | Consent and Body Awareness | My Body is Mine

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Colour the areas that are private using the sheet provided.



Can I Say No?



If someone says it is a secret or makes you feel scared, they are doing wrong if they touch your private areas.

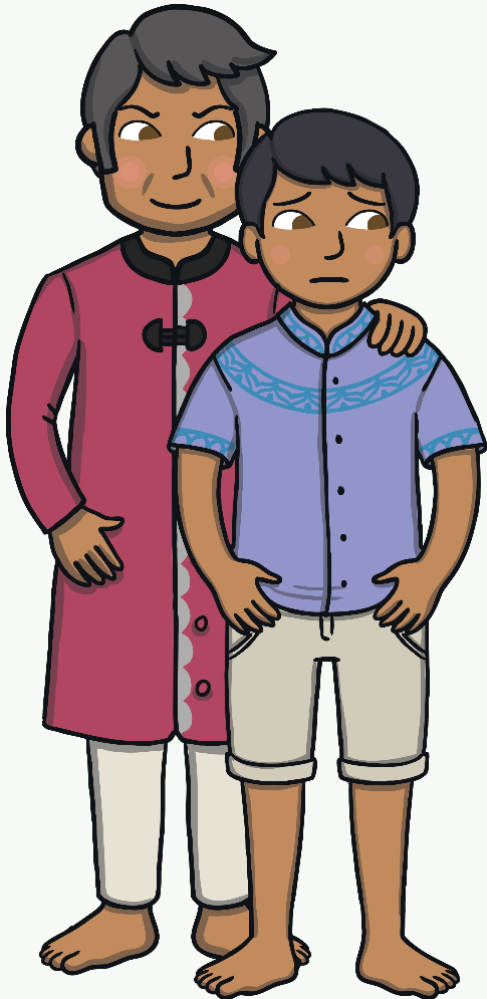
You can

No one can touch you if you don't want them to.
This is called consent.

It's not your fault if someone touches your private areas when you don't want them to and there are people who can help you.



Can I Say No?



If an uncle touches you and says to keep it secret, should you?

Answer

Can I Say No?



If you are hurting someone else, then things might happen to your body that you don't like so the other person is protected.

You have to be kind and respectful to other people's bodies.

Sometimes, a doctor or parent might need to touch your private areas to keep you healthy. If this happens, the touch will be to find out what is wrong or to give medicine. If your life is in danger, the doctor will get to decide, not you.



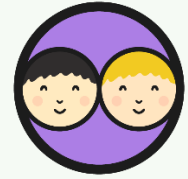
Can I Say No?



I am hitting my friend. Do I still get to choose what happens to my body?







Answer

Can I Say No?



I Can Say 'No' Worksheet

Colour **red** where you can say 'stop', 'no' or 'no thank you'.

<p>1 Someone touches you.</p>  <p>You are playing with an uncle and they put their hands on your chest and tummy.</p>	<p>2 Someone kisses you.</p>  <p>Your granny says goodbye and kisses you.</p>	<p>3 Someone hugs you.</p>  <p>You are waiting in the dinner queue and someone puts their arms around you.</p>
<p>4 You hug someone.</p>  <p>You give your teacher a hug at the end of school.</p>	<p>5 You kiss someone.</p>  <p>You are playing with a friend and you kiss them.</p>	<p>6 You touch someone.</p>  <p>You think a classmate's legs look interesting so you touch them.</p>

Once you've completed this, colour the situations **yellow** in which someone else can say 'stop', 'no' or 'no thank you' to you.

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Colour in the situations when you get to decide what happens to your body on the sheet provided.

Can I Say No?



It's a small problem if someone pushes you in the line. It's tricky if it happens every day or if an older child hurts you. Sometimes, things are more serious.

It's very serious if an adult hurts you or is unkind to your body. It's very serious if an adult touches your private areas. If something serious happens, it's not your fault and you do need to get help.

Most children don't have to worry about this, but it's important to know what to do if it's serious.



Can I Say No?



The person being unkind might say it's a secret or that bad things will happen if you tell. It's more upsetting and difficult. If someone says it's a secret, it's especially important to get help.



A friend could tell you a serious problem and ask you to keep a secret. It's important you tell an adult.

If it's serious – **tell.**

Can I Say No?



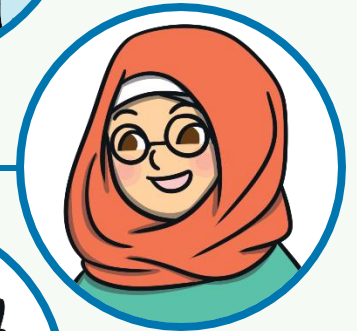
If it's serious, get help.

Tell.

Tell a grown-up you trust.

Tell your teacher or someone else at school.

Call Childline on
0800 111.



Who would you ask for help? Tell your partner three people you could tell if you needed help.



Consolidating

Reflecting

Consolidating

Calling Childline for Help



Childline is a national help centre in the UK. It's for children, so you will speak to someone kind and friendly. It is free, so all you have to do is remember the number.

You can contact them online:
www.childline.org.uk

You can contact them by phone by calling **0800 1111**.

Reflecting

Remember



Discuss in small groups.

What are the most important things to remember?



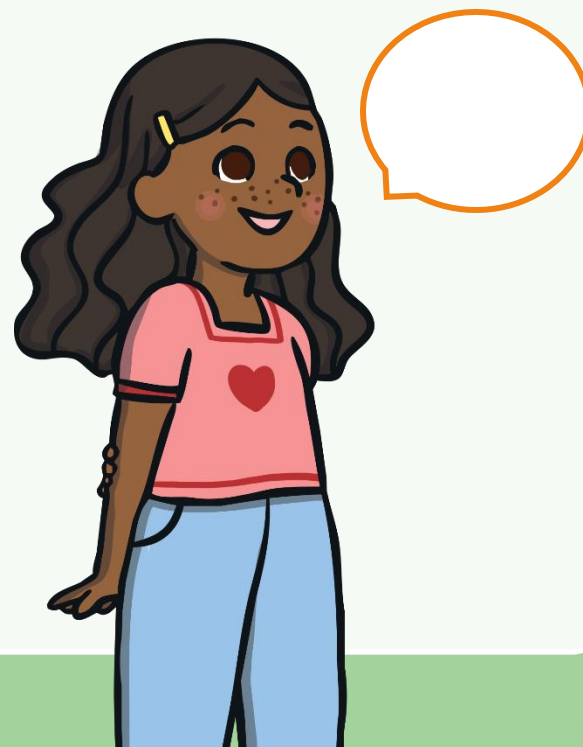
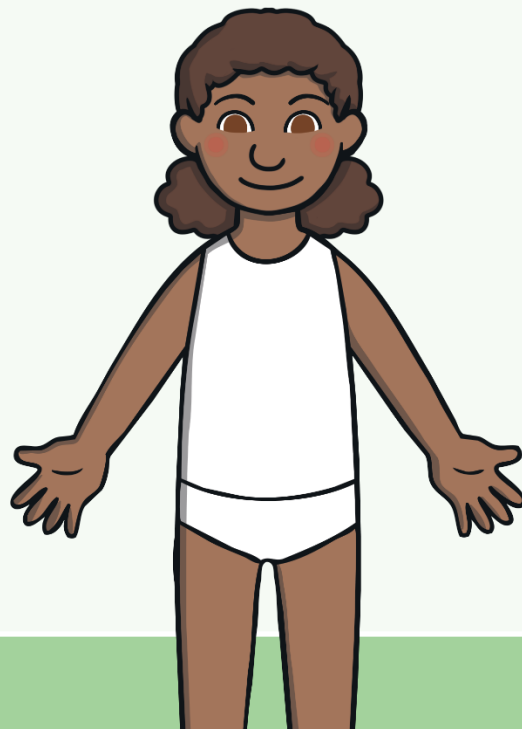
Remember



It's my body.

What's under my
underwear is
private, always.

If it's serious – tell.

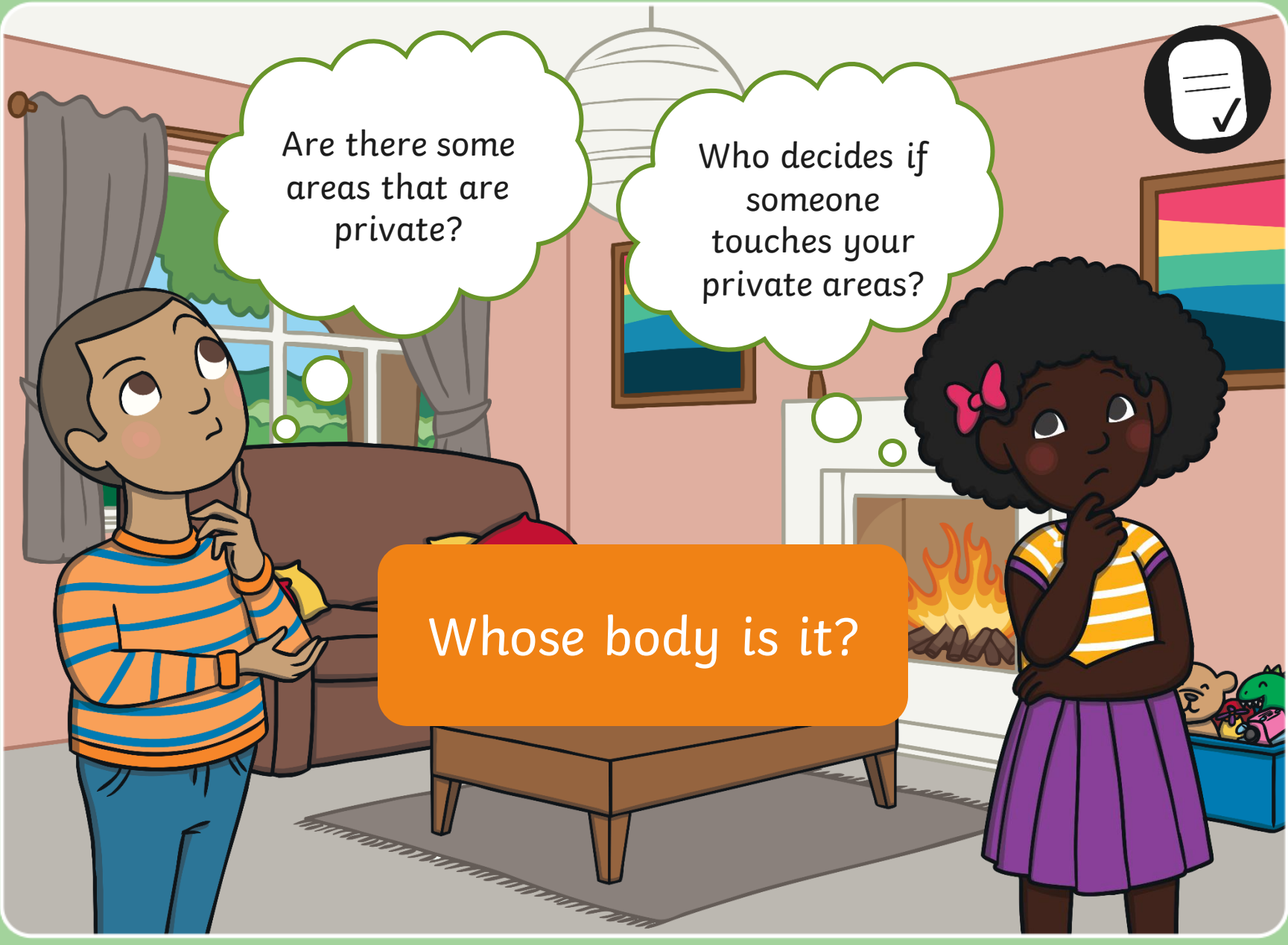


Remember



It's serious
and I'm going
to tell so I can
get help.

The Big Questions

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Are there some areas that are private?

Who decides if someone touches your private areas?

Whose body is it?

Remember



Your body is precious and you deserve to be safe.

Aim

- I know my body belongs to me.

Success Criteria

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