Curriculum links

WA HPE Curriculum

Sub-strand: Personal identity and change

- Body parts, visible and private, and where they are located.

Sub-strand: Staying safe

- Protective behaviours and help-seeking strategies to keep safe.

International technical guidance on sexuality education

Key concept: 6.1 Sexual and reproductive anatomy and physiology (5-8 years)

- It is important to know the names and functions of one's body and it is natural to be curious about them, including the sexual and reproductive organs.

Materials

- Book: *Everyone's Got a Bottom* by Tess Rowley
- Pictures from *Everyone's Got a Bottom* online reading 2min 20sec OR anatomically correct dolls
- Blank A3 paper - 1 per student
- Student activity sheet: *Child body outline - public vs private* (A3 copy)
- Student activity sheet: *Speech bubble* - 1 per student

Before you get started

- This activity extends the students' knowledge from the Pre-primary Learning activities: My body inside and out *and* Bodies - similarities and differences.
- Children need to know the correct names for the parts of their body. Using the correct terminology helps them to speak without embarrassment so that they have the language to ask questions, seek help and explain any changes of concern accurately. This is particularly important for protecting children against sexual abuse. The correct names of the private parts are vulva, vagina, breasts, penis, testicles, anus and buttocks (or bottom). People often use the word 'vagina' when they mean 'vulva'. The vagina is the inside tube leading up to the uterus (womb). The vulva is the outside part made up of the clitoris and the labia (inner and outer lips).
- Read Educators note: Protective behaviours education so teachers are aware of the concepts of protective behaviours education.

- 'Public' body parts depend on cultural contexts. Some cultures consider hair, face, arms, stomach, etc 'private' body parts in the sense that they are covered up in public. However, for the purpose of protective behaviours, 'private' body parts refers to the sexual body parts.
- Body diversity - approximately 1.7% of the population are born with intersex variations. It is possible that there will be children in the class that have intersex variations - some may be aware of this and others may not. It is important to acknowledge this diversity when facilitating lessons on physical sex characteristics. For more information read the Background teacher note: Intersex variations.
- Gender diversity - it is estimated that between 1.2% and 4% of Australian young people are gender diverse or transgender. This is when someone's sense of being male or female is different from the se they were assigned at birth. When teaching lessons about physical sex characteristics, it is important to understand and acknowledge this diversity. It is possible that children in the class may be gender diverse and may disclose this information in discussions. For more information read the Background teacher note: Gender diversity.

Learning activities

Group agreement

5 mins

Teaching tip: A group agreement must be established before any Relationships and Sexuality Education (RSE) program begins to ensure a safe learning environment. Read: Essential tools: Establishing a group agreement for tips on how to create one and what to include.

1. Revise or create the class group agreement.

Book: Everyone's got a bottom

10 min

2. Conduct a shared reading of a picture book that explains public and private body parts such as *Everyone's Got a Bottom*.

Private parts

15 min

3. Revise the external body parts from Learning activity: My body inside and out.
4. Say:

   "We are going to talk about private body parts now. There are some names for these body parts that may be considered 'rude words' or 'swear words'. We are going to use the correct names for them, not rude words. Sometimes we giggle or laugh when we feel embarrassed, especially when we are talking about things like private parts. It is ok to a laugh but also important to be able to learn about our bodies."

Teaching tip: If you have not set up a group agreement, this can be a good way to start building one. Add 'using correct terms' and 'it's ok to laugh' to the start of your group agreement.

5. Ask:

   Are there any parts of the body in this story that we did not add to our body pictures from our last lesson? (Learning activity: My body inside and out)

   (*Genitals - penis, testicles, vulva, vagina, breasts, nipples, etc).*

Teaching tip: Students may have different names that they use for these body parts. Acknowledge the name the student has used and explain the correct term.

6. As the names of the genitals are listed, use the pictures from Everyone's got a bottom (online reading 2min 20sec) or anatomically correct dolls to point to each part - vulva, vagina, breasts, penis, testicles, anus and buttocks (or bottom).

7. Say:

   "These body parts are 'private' body parts. These are the parts that are covered by underwear or bathers and we don't show other people or let other's touch them. The other parts of the body (that we can usually see) are 'public' body parts. Male and female bodies have many parts that are the same and some that are different. The private body parts are different for male and female bodies."

3-2-1 Reflection

Independent or Small Group

8. Explain:

   "**We are in charge of our own bodies. 'From my head to my toes, I can say what goes.' These are rules to help keep us safe."**

9. Have students recite the saying, "*From my head to my toes, I can say what goes*".

Teaching tip: You can practice this over and over, saying this to a tune, or doing a dance/body movement to align with the saying.

10. Optional activity: Student activity sheet: speech bubble - trace around the words and decorate the speech bubble.

Health promoting schools

Background teacher note: Health promoting schools framework.

Environment

Policy

- There is clear policy on responding to discloses of abuse and it is located in an accessible location.

Professional development

- Teachers are trained on what to do and how to respond if a student discloses their nudes have been leaked or posted online without their consent.

Partnerships

Family

- Talk Soon. Talk Often: a guide for parents talking to their kids about sex is a free hardcopy resource that can be bulk ordered by schools and website. Send a copy home to parents prior to starting your RSE program. The booklet offers ages and stage related information on puberty (and other topics) so that parents can reinforce the topics covered in class. (How to order hard copies.) Provide the link to parents on school websites and social media.
- Run a parent workshop and run this activity with parents to model the content that will be covered in your RSE program.
- Run a parent and child evening session, where the children can teach the parents what they have been learning about.



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