



Body safety

While the 'Puberty Power Up' course focuses on puberty and anatomy learning for children, the PLUS topics or add ons offer extra learning experiences across a number of topics. Some families find they need more information in other areas of learning; perhaps because their child is asking more questions about friendships, body safety, keeping happy online, gender identity or sexuality. We offer these extra topics for those parents/caregivers who wish to scale up their child's learning at home.

'Body Safety' talks about how we are all the boss of our own bodies. And that as a child, their body belongs to them and they are in charge. No one is ever allowed to ask to touch or see a child's private parts without a good reason (such as seeing a doctor or when babies and toddlers need older people to change their nappies or wipe their bottoms etc). We also talk about secrets—how nobody should ever ask a child to keep a secret—especially about bodies or touching.

We also say if anybody ever makes a child feel uncomfortable or unsafe by their behaviour or talking or even looking (or asking for or sending images or inappropriate messages online) that the child can tell a trusted adult straight away.

Related Puberty Plus topics we recommend:

- Gender identity
- Consent
- Friendship