

My Body Book



Body Book

This book is a fun book designed to encourage healthy body concepts and a sexually open child.

Children who are raised in a closed environment, where sexual issues are hushed, where they feel embarrassed to talk about their penis or vagina, or even say the words, remain very vulnerable to sexual abuse.

Many parents in an attempt to protect them from such an issue, tell them that their sexual organs are private. They are not to be discussed. The only thing this does is close the child off to the adults they depend on, while leaving the door wide open for a molester.

This book is designed specifically for school programs, so it is toned down to be suitable for classroom learning environments. However, it still teaches some very important and fundamental concepts:

- *That children should not be ashamed of their body
- *That it is Ok to talk about ALL the parts of their body
- *That Kids can come to their teachers if they feel embarrassed with their parents

It is also written to play on children's natural body humour, to get that out in the open and help combat the upbringing that will have children giggle or shy away from any talk about their sexual organs.

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My name is Justin, and I am
a boy
My name is Christina, and I
am a girl.
We both have bodies, and so
do you,
Let's learn about our bodies,
and what they can do.

Bodies under the Sun.
Bodies at play.



Bodies in the water.
Bodies at work.
Bodies sleeping.
Ssshhhhhhh!



Bodies eating.
Bodies exercising.
Bodies being silly.



Bodies doing.....Well, we're not quite sure **what** they are doing.

Our bodies are used for many things. Different bodies like different things. What does your body like?



Bodies in all different shapes and sizes,
And lot's of different colors too...
Bodies unique, and Bodies special,
Bodies that belong to me and you.

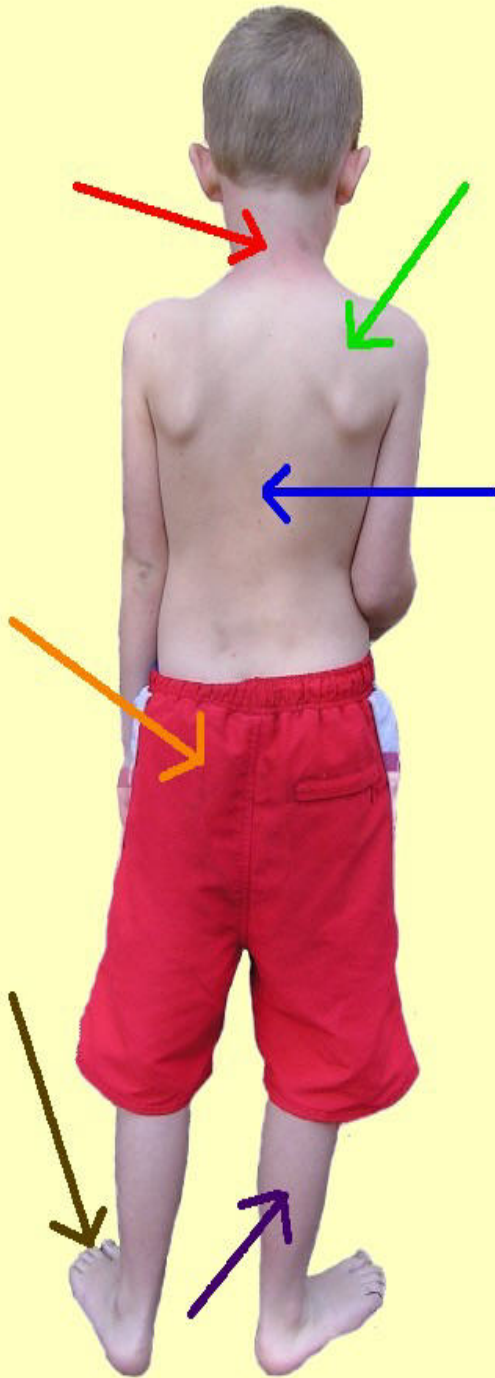


Bodies covered, and bodies bare,
Bodies, bodies everywhere!

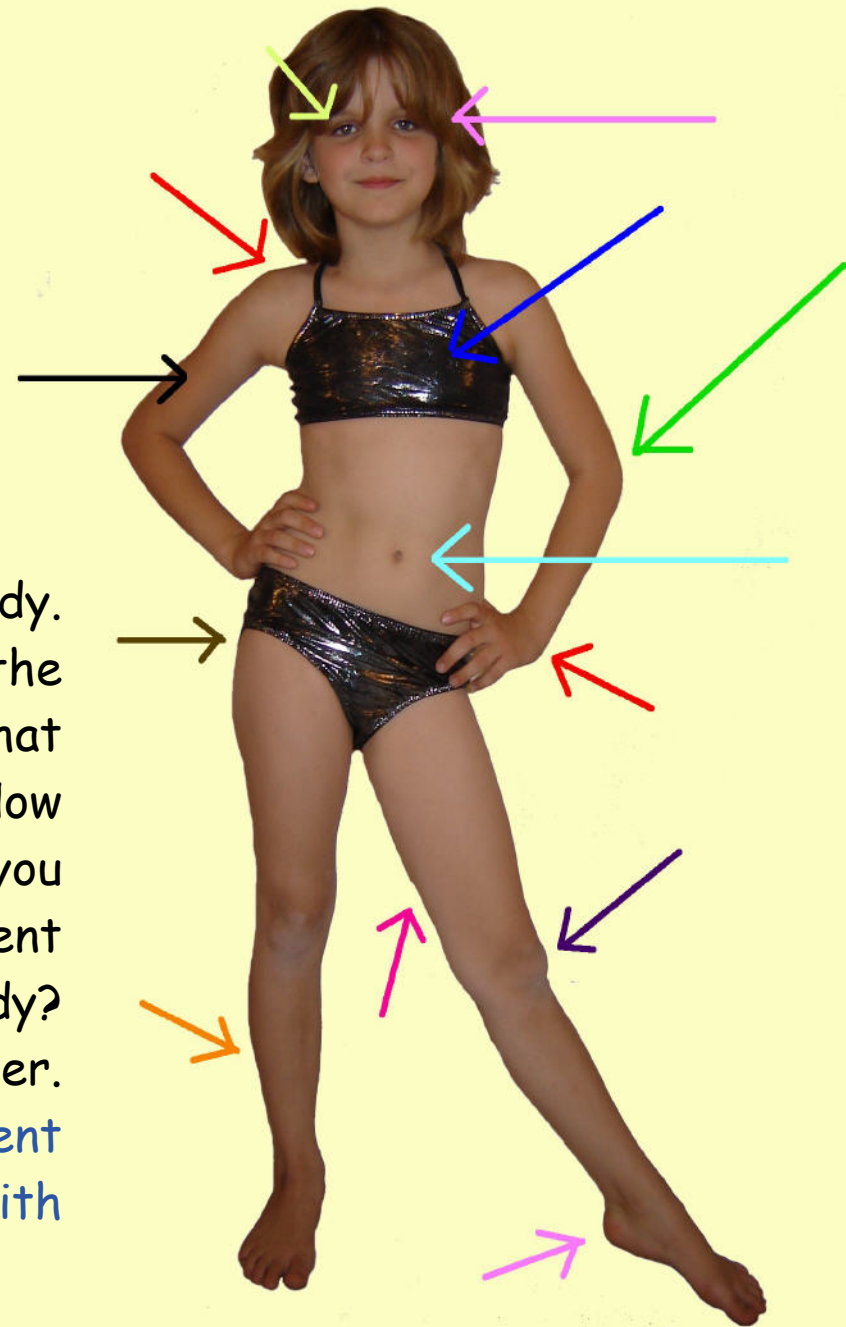
How about you? Do you have a boy body, or a girl body? Who does your body belong to?



I was born with a boy body. And I was born with a girl body. Our bodies belong to us. They are who we are.



I'm proud of my body.
I'm proud of all the
different parts that
make up me. How
about you? Can you
name all the different
parts of your body?
Let's do so together.
(Go over the different
parts of the body with
your child[ren]).





Some parents call these your private parts. But what they really mean is, they are personal to you. They are personal parts, which means they are parts of your body that are especially for you. Sort of like your toothbrush or your underwear, they are parts that only you use.

There are also the personal parts of your body. These are the parts that you keep covered when you wear your bathing suit. For boys, this personal area is called your penis. For girls, this personal area is called your vagina. Your mom or dad might have nicknames for these parts. Both boys and girls also have buttocks, which is also a personal area on your body. Your parents might call this your rear end, your bottom, your caboose, a pooper, your butt, a tutsche, your behind, your backside, your gluteous maximus, your rump, your fanny, or quite possible your booty.

Everybody has either boy or girl parts. Those parts should not be embarrassing to talk about, they are just another part of your body, the same as your arm or your knee. You can talk about these parts with anyone. With your mom or dad, with your teachers, or with any other grown-up you need to.



**But it's OK to talk about these parts.
It's OK to ask questions about these parts.
There's nothing embarrassing about your
personal parts. There's nothing to be
ashamed of with these parts.**

We take care of our bodies in many ways. We always *choose* to eat good foods. We be sure to get plenty of exercise. We get lots of sleep and we brush our teeth.



Adults probably help you to make the right decisions in these areas to keep your body healthy and in good shape.



Oftentimes, our parents or other adults might help take care of our body, and that's fine. It's OK for others to take care of us. People may help you get dressed. Adults may help to give you baths when you are dirty. We're not ashamed of our body, and when people help take care of us in ways that makes us feel good or help keep our body clean and in shape, that's just fine.



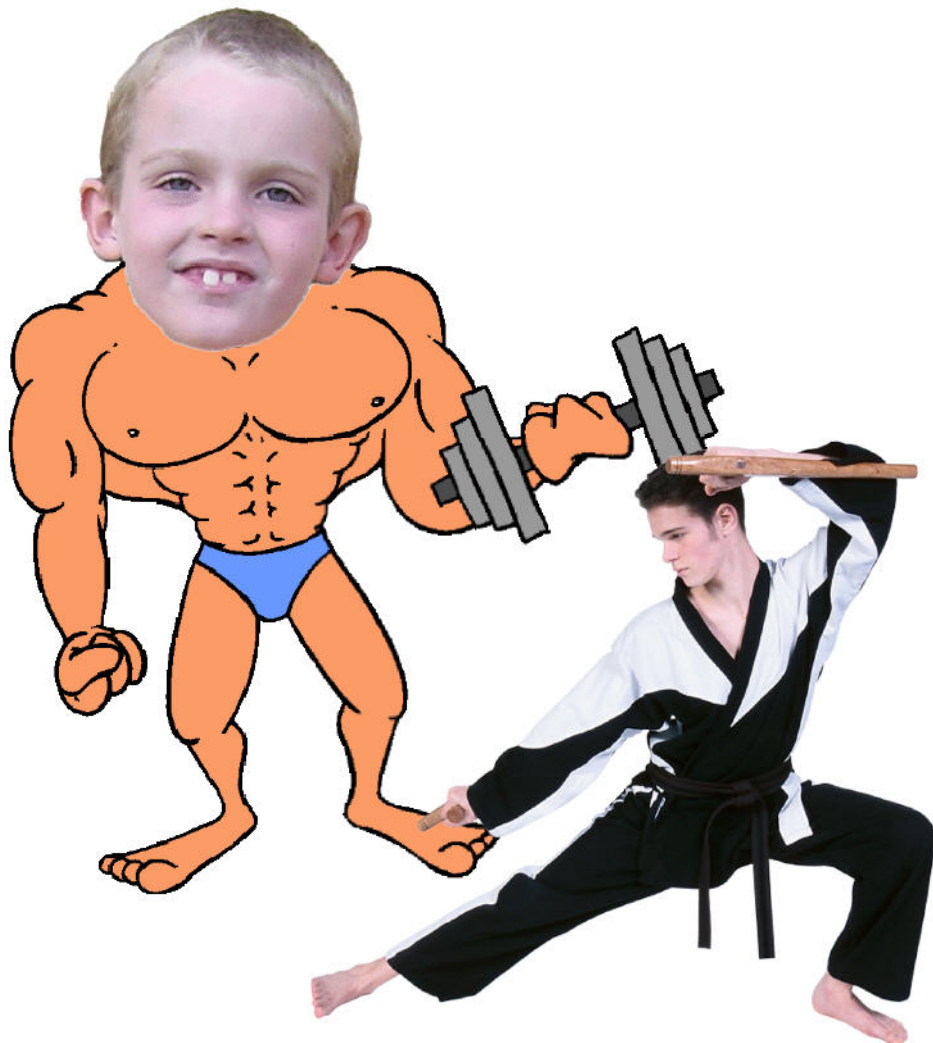
Just remember, when people take care of us, it is never a secret. It is always OK if others know how we are taken care of.

We also take care of our bodies by never keeping any parts of it secret. Body secrets are bad secrets, and can hurt us. If someone asked me to keep a secret that involved something about my body...I would say Nope, Nope, Nope! That's not what my body is for.



No adult who cares about you would ever ask you to keep secrets about your body, Especially a secret that involves something they are doing with your body. That's not what caring adults do.

I'm proud of my body. Because I take care of my body in these ways, I can get strong muscles. So strong I could lift the earth! And I could be able to run so fast that nobody else in the world could catch me.



I could be the best ballerina, or a super ninja karate guy. There are all sorts of things you can be with your body, when you take care of it, so remember to take care of your body just how we did in this book. Tell me, what things would you do with your body?



THE END



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