Proud Of Me!

Activity book for encouraging a sexually healthy child

Global Children’s Fund
Raising children in a sexually healthy manner is an important part of abuse prevention. It is so important, we decided to dedicate an entire activity book to it. As said in our other materials, preventing sexual abuse is a combination of addressing a few different vulnerability aspects in children. Miss one, and the others may not do any good when it comes to preventing an assault. This is one of the more important concepts to address.

What is a sexually healthy child?
Don’t be scared away by the wording of it. A sexually healthy child simply means that a child is open and comfortable about talking about their body, and all its parts without any shame. A sexually healthy child is also a child whose parents raise them in a manner where sexuality is addressed as it arises, and not hushed or shoved in the corner of conversation. A sexually healthy child would be able to tell you their “vagina hurts” as easily as they would tell you about a skinned elbow. If they have a question about something they saw on TV, or something they heard from a friend that involved sexuality, they would feel comfortable in asking you, and would always receive honest answers to their inquiries in kid friendly terms.

Many Americans are scared by the phrase “Sexually Healthy”, but our organization and many other parents will assure you, once you step over into the lifestyle, it is a much easier way of raising your children. Hiding kids from sexuality, (Which is a futile effort we might add) and preparing a long, uncomfortable, and dreaded talk for the both of you when the time comes, is much more work. It’s harder on you, it’s harder on them. Don’t put yourself through that. Don’t try and wait until you are losing them to peers before letting them know anything about their body or sexuality. Take advantage of the most opportune time to talk with them: When they are young, and when the situation arises naturally.

The importance of raising a sexually healthy child
There are several advantages to bringing children up in a sexually healthy environment. The first and foremost obviously, is the advantage it has in preventing sexual abuse. For too long, parents have addressed the subject of sexual abuse the exact opposite of how it should be. For years, parents thought that children who know more about sex are more likely to be abused. The opposite is true. Raising children in a sexually healthy environment, has numerous advantages, not only in preventing abuse, but in your child’s overall development.

Abuse Prevention
Molesters are not going to want a child that is open and comfortable with their body. These children couldn’t keep a secret of a sexual nature if their life depended on it. A molester will want a child who is shy and timid about their body. One who will not easily talk about what is happening with them to others, particularly their parents. Children who are raised in a sexually ashamed or closed environment, plain and simple, make excellent secret keepers, and wonderful targets for abuse.

Sexual Play
It has been shown that children who are raised in sexually open environments are less likely to engage in sexual play than their peers who have not. Most sexual play stems from body exploration. Body exploration stems from curiosity. When parents take the curiosity and taboo factor out of their body, Children are much less likely to engage in body exploration or sexual play with their peers.
It’s Easier on you! (and them)
Despise the day when you’ll have to have that “Birds and the bee’s talk? Good, you should. The great news is, if you adopt a sexually open environment, you don’t have to. Raising children in this manner is a much easier and more fulfilling way to address the tough subjects. Aside from that, it has been shown that children raised in a sexually healthy manner have far less problems as teens.

Less Likely to experiment
One unfortunate biproduct of parents hushing sexuality around children, is that it actually leads them to experiment earlier. It would be foolish to beleive children do not pick up sexual cues from adults. They are everywhere. Sex is in just about any television show you could watch these days, it is in advertising, on bilboards, in magazines, and just about any form of media you can imagine. Children are not immune to it’s suggestions. From a very young age, kids learn that sex is what life revolves around. (According to the media) They learn that adults are obsessed with it. (Again from media) and children in their natural state, unless they know better or are taught better, want to be like adults. Do you want your kids beleiving blindly the morals and standards the media puts on sex? Or would you like to throw in your opinion and help to raise them sexually?

About this book.....
There are many parts of raising a sexually healthy child that we cannot put into a kids book, it is simply up to you. For this, we suggest reading the chapter on raising sexually healthy children in our book, “A parents guide to sexual abuse prevention.” This book is designed to do one thing: Create kids who are more comfortable talking about the sexual parts of their body.

This book contains a variety of activities and short stories that are designed to do just that. They are made to bring talk of the sexual organs mainstream, and make it seem as everyday and common place as talking about their elbow. Parents, while this is an activity book for the children, it is also very important that you take time periodically to sit down with them and either read one of the easy reader stories or help them with the activities. Not only do we want to raise children comfortable in talking about the sexual parts of their body, we want to raise them comfortable in talking about the sexual parts of their body WITH YOU! This book contains:

Short stories
These are designed for emergent readers to read to their parents, or, if your children are too young, for you to read to them. They are simply stories which allow children the opportunity to read about the personal parts of their body, in everyday situations that will help bridge the sexuality gap. These are particularly good to start with for children who are particularly uncomfrotable with talk about the sexual parts of their body. These stories can be a big help in overcoming a closed environment. Remember, have children read them to YOU whenever possible. After all, it will be them needing to talk to you if something ever arises.

Body coloring sheets, nude and non-nude
There are several scene pictures in this book for children to color, which are desinged to get them more comfortable in talking about their body, and provide parents with opportunities to discuss different scenario’s.

Vocabulary sheets
There are a few vocabulary sheets for some words associated with healthy body image in sexual abuse prevention. Kids can color the picture associated with it, and then read the description on the opposite page in order to get more acquainted with some of the more important terms about healthy body awareness.

Various Activities and worksheets
There are a variety of word searches, crosswords, and other activities, that are simply designed to be fun activities for children do to which again, bring talk about the sexual organs of their body out into the open.
Color Me!
Color a picture of what you look like with your clothes on.
Color Me!
Now color a picture of what your body looks like without any clothes.
Read this story to your mom and dad. Or, if you are too little, they can read the story to you!
A is for arm. You use your arm for many things.

A is also for anus. That is the hole in your bottom which you use to go potty.

B is for my Body, with it's many parts that we will learn about in this book.
B is also for my belly, complete with its own little button.

B is for Back...

B is also for Boy. This is what a boys body looks like.

And B is for my bottom.
C is for chest. My chest is on the front of me, covered with my breasts.

D is for Deltoid.
A muscle in your shoulder that works to help you lift things.
E is for ears, elbows and eyes. Look, I can keep my eyes in disguise. My ears are for hearing. My elbows are for bending. I'm very lucky to have such wonderful parts to my body.
F is for foot, and F is for finger. I use my feet to stand. I use my fingers to grab, and write.

G is for Girl. This is what a girls body looks like.
H is for head, all covered in hair. It is also for my heart, which keeps my body alive.

H is for hand, a part of my body that I always use. I am very thankful people have hands, aren’t you?
I is for intestines...Euuw. Your intestines are below your tummy, and help take all the food your tummy chews and makes it into energy for you to use and play with.

J is for Jaw bone. Your jaw is the bone that is attached to all your teeth that you chew with.
**K** is for knee. (Even though it sounds like an N) Your knee bends and twists so that your leg can move in all different directions.

**L** is for Leg. Good thing people have legs too. Can you think of all the things you can do with your legs? **L** is also for lips. **Lips** to give a big kiss. Uuuumcha!
M is for mouth, and M is for muscle. Your mouth talks and chews food for you. Your muscles help your body move all around how you need.

N is for neck, and N is for nose. Your nose can smell and sniff all sorts of wonderful smells. You also breathe through your nose.
N is also for **nipple**. Your **nipple** is the little bumpy dots on your breast muscle. Both boys and girls have **nipples**. Girls usually keep theirs covered.

O is for **Ostriche**, wait a minute, you’re not an **ostriche**, are you? Nevermind. O is for **open**, which is what talk about your body is. Your body is always **open** for discussion. You can always talk about the different parts of your body with anyone you want to.
P is for penis. A penis is a boys personal parts. Boys can talk about their penis whenever we need to. The only thing kids use their penis for is to go potty.

Q is for quiver. My body quivers when it get’s cold. When this happens, I can wrap myself in a quilt to keep my body warm.
R is for ribs. Ribs are the bones that line the front of my chest. If I suck in all my tummy, you can see my rib bones. But nobody’s putting barbeque sauce on these baby back ribs, I need them.

S is for stomach, shoulder and skin. My skin covers all my body. My skin feels all sorts of touches. S is also for secret. Secret is the one thing that my body never is. Nothing about my body is secret, especially from my parents.
T is for toe, tummy, and touch. These are all things that I like very much.

U is for Underwear. Underwear is the clothes I wear to cover up the personal parts of me. These parts are especially for me, but they are not secret.
V is for vagina. A vagina is the word for a girls personal parts. The only thing kids use a vagina for is to go potty, nothing else. Girls can talk about their vagina's whenever they need to.

W is for waist. W is also for wrist. Both my waist and wrist bend parts of my body. My wrist let’s my hand bend how I need. My waist let’s my upper body bend and twist how I need.
X is for X-ray. An x-ray is a machine that takes a picture of your body’s inside. Pretty neat, isn’t it!

Y is for young. Young is what you are. Because you are still young and youthful, your body is still growing, and you are still learning. Because we are young, there are certain things that kids just don’t do yet, because you are so young.
Z is for zzzz's, because after that book, now my body is sleepy. Goodnight Everyone!
So now how about you? Can you name all of your different parts too?
Color the Good touch Poster
Good Touch

With your body, you feel touches that are good to you. Good touches make you feel loved, they make you feel safe, they are good for your body. Good touches are touches you like and want more of. Draw a picture of a good touch below, one that you like and want more of...
Bad Touch
Bad Touches are just the opposite of good touches. These are touches that make you feel bad or uncomfortable. They are touches that feel bad for your body, or feel bad for your feelings. They are touches that you wouldn't choose to do on your own. Draw a picture of what you would think is a bad touch, one that you wouldn't want to do?
**Confusing touch**

A confusing touch is a touch that makes you confused inside. It may not feel bad, it may not feel good, it just makes us feel weird. It might be a touch that nobody has ever given us before. We always say “No” to confusing touches until after we ask our mom’s and dads if they are Ok. Draw a confusing touch below. If you don’t know what touches are confusing touches, then just draw a touch that would be a new touch for you.
Read this story to your mom and dad. Or, if you are too little, they can read the story to you!
My mommy tells me that it is time for my bath. I walk up the stairs to my room.
I take off my clothes in my room.
My mom helps me fill the bathtub to get the water just right. I tell her what feels good to me and what is too hot or too cold. Only I know what feels good to me.
I climb into the tub and sit down. The water feels just right on my skin.
I play for a little while in the bath tub with my water toys. I like to play in the water. It makes bath’s fun.
After a little while, my mom says it is time for me to wash up. I get the wash cloth to clean my body.
I clean my chest. I wash up around my breasts and my nipples to get them clean.
I wash my arms and my shoulders.
I clean my tummy. I wash my belly button.
I wash my bottom.
I wash around my penis and get it all clean.
I sit down in the tub and wash my legs, all up and down.
My mom helps me to wash my back, because I can’t reach. I tell her what feels good to me, and she rubs my back just the way I like it!
She also helps me wash my hair. Sometimes she scrubs it hard, and I tell her, but she says she has to get it clean. Even though it hurts a little, it helps my body to get clean.
Bath Time is all done now. Time to get all dried off. My mom helps me to dry my body.
So now from my head, to my elbows, to my tummy, to my penis, to my feet, all my parts are clean now. It’s a brand new clean me!
Bath Time Art

(Draw a picture below of your bath time)
Lable Me!

Do you know all of the different parts of your body? If so, label what they are below.
Body Parts Word Search

Words: Back Body Ear Breast Nose Neck Nipple Leg Shoulder Thigh Toes Penis Knee Elbow Bottom
Across
1. Something you should be when it comes to your body
3. I’m not __________ of my body!
5. You were born a ________.
7. Two people I can always talk to
8. The person my body belongs to
9. In the middle of my breasts, I have two ____________.
10. This is what a boys personal area is called.

Down
1. The only thing kids use their personal parts for
2. It is always OK to ________ about my body
4. If I need to talk about my penis, I won’t ever feel ____________.
5. Two cheeks, and they aren’t on your face
6. Something that we never keep if it involves our body or someone doing something with us
Color these personal items
Personal means something that is just for you. It belongs to you, it is to be used by you. But it does not mean secretive, it means especially yours.

There are parts of your body that are personal to you. You are a boy, and your penis is a personal item. They are parts of your body that you usually keep covered, and they are parts of your body that are to be used just by you. Your bottom is also a personal item, and sometimes your breasts are personal items for girls. Boys personal parts of their body is their penis and their bottom. Like your underwear or your toothbrush, these parts aren’t secret, but they are parts that only you use.

These parts are personal, but never secret. They don’t have to be private. It’s Ok to talk about these parts whenever you need. It’s Ok to be bare in these parts when it’s the right occasion, like taking a bath, or seeing the doctor, or if your mom and dad say it is Ok. But we’re not ashamed of our body, and it is always Ok to talk about these parts of our body whenever we need to.
Private

Private is usually something that is kept secret between a couple people. You generally don’t share it with others.

Sometimes your mom or dad might call your penis your private parts, but what they really mean is that they are your personal parts. Private is something your personal parts never are, even if sometimes parents call them “private” by mistake. It is OK to talk about these parts. It is good to ask questions about these parts. It’s not good to keep them secret. That is not what your mom and dad want.
Read this story to your mom and dad. Or, if you are too little, they can read the story to you!
Who is that over there playing with those toys?
Ut-oh, someones stinky. Grab the baby up. Change the Baby! Set the baby on the changing table.
Take off the baby’s jumper. This baby is a girl baby. Pooey! Take the baby’s diaper off. Now that’s a stinky diaper. Throw the diaper away.
Get out the baby wipes to wipe the baby clean. Wipe around the baby's bottom and anus. Wipe all around the baby's vagina. Get it all clean. Throw the wipes away.
Get a new diaper, and put the diaper up over the baby's vagina and bottom. Put the baby's clothes back on.
Pick the baby up. Ah, much better, now that is a clean, fresh baby!
Now who is that over there trying to run a way from daddy. I'm gonna get you. Here I come.....
Got you! Snatch that baby up. Ut-oh, someone's stinky! Change the baby!
Set the baby on the changing table. Take off the baby’s clothes. This baby is a boy baby. Poooeey! Now that’s a stinky baby. Take the baby’s diaper off and throw it away.
Get out the baby wipes to wipe the baby clean. Wipe around the baby’s bottom and anus. Wipe around the baby’s penis. Get the baby all clean.
Throw the wipes away. Get a new diaper, and put the diaper up over the baby’s penis and bottom. Button the baby’s clothes back up.
Pick the baby up. There, now that is a clean, fresh baby. Much better!
Color Me!
Color the boy in this picture. Since you are a boy, you have a body that looks like this. After you are done coloring the picture, can you name all your parts to your mom and dad?
What do we use our different parts for?

Hand-

Bottom-

Arm-

Penis-

Leg-

Mouth-

Hair-

Eyes-
Color Me!
Color the picture on the opposite page, and then write a story about the picture here:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Color
Me!
Color the picture on the opposite page, and then write a story about the picture here:

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________
This is my body, yes-siree,
This is my body, it belongs to me

From head to toes, toes to head
It belongs to me, not to uncle Fred.

Not to Ms. Jane, not to Jim,
Not to my neighbor, or Tom at the gym,

Not to my teachers, my brothers, or aunt Marge,
This body is mine, and I am in charge.

My body is parts, all covered with skin,
My belly, my breasts, my legs and my chin,

My bottom, my arm, my hands and my feet,
My (penis/vagina), my mouth, and rosy red cheeks.

I am in charge, cause this body is mine,
It’s mine to take care of, and that suits me just fine!
Color a Question.....

You can ask your parents about anything. Color a picture about a question you have for your mom and dad. Something about your body, something on TV that confused you, whatever you want to ask them!
Name That Part...
Write the name of the body part in the space below:
Color the picture on the opposite page, and then write a story about the picture here:
Read this story to your mom and dad. Or, if you are too little, they can read the story to you!
This is my body! I have a boy body. Right now my body is naked, I have no clothes on. That’s Ok though, I’m not ashamed of my body. But it’s time to get dressed.
I look for some new clothes to put on. I dig through my dresser drawer and get them all picked out.
First, I put on my socks. I pick out some purple socks, because I like purple and they are pretty. I pull them up over my foot.
Next I put on my underwear. My underwear covers up the personal parts of my body that are especially for me. I pull my underwear up over my penis and my bottom.
Next, I put on my jeans. I pull my jeans up over one leg, two legs. I pull them up over and around my waist, so that I can button them up.
But these jeans are hard to button, so I have my mom help me with them. It is good for grown-ups to help us with our bodies when we need it and ask them to.
Next I put on my shirt. I try to pull it over my head, but it gets stuck. I yank it real hard, and it comes down over my breasts, my nipples, and my tummy.
Now my body is all dressed! I have my new outfit on and am ready to go to the park!
(Left Blank for cut and paste on other side)
Complete the sentence

No parts of my body are ever S ___ ___ ___ ___.

The only thing kids use their personal parts for is to go ___ ___ ___ Y.

My body belongs to ___ __.

It is always Ok to ___ ___ ___ K about our body with whoever we need to.

I was born a ___ ___ ___.

The personal parts of my body that I keep covered with my panties are my B ___ T ___ ___ ___ and my P ___ ___ ___ ___.

If I ever have questions about my body or anything I see on TV or hear at school I can ask my P ___ ___ ___ ___ ___.
Color Me!
Color the picture on the opposite page, and then write a story about the picture here:
Color the picture on the opposite page, and then write a story about the picture here:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Global Children’s fund

P.O. Box 559
Sedalia, CO, 80135

www.keepyourchildsafe.org