

Proud Of Me!

Exercises

Activity book for encouraging a sexually healthy child



Global Children's Fund

About this Activity Book

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 believe 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 billboards, in magazines, and just about any form of media you can imagine. Children are not immune to its 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 believing 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 uncomfortable 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 designed to get them more comfortable in talking about their body, and provide parents with opportunities to discuss different scenarios.

Vocabulary sheets

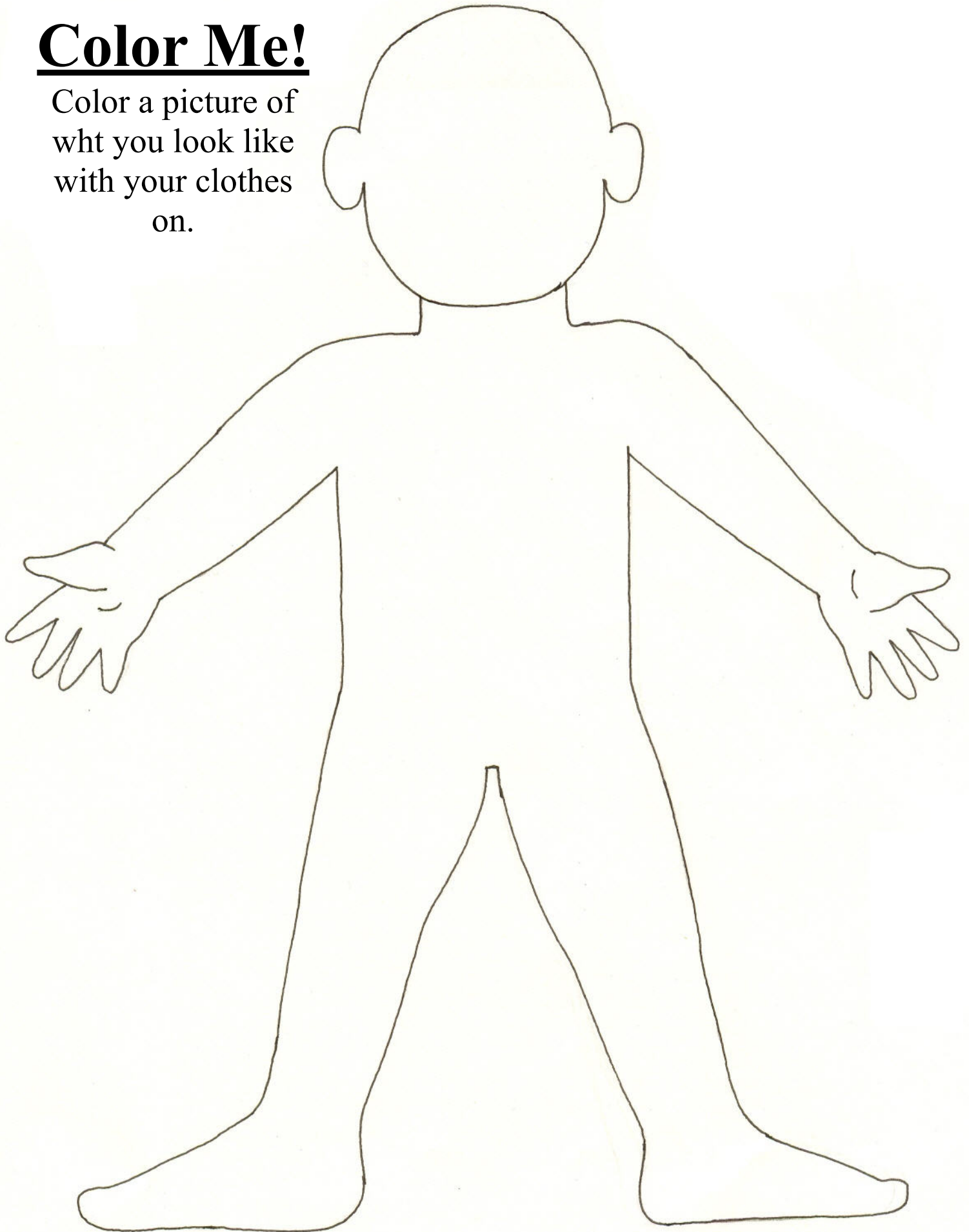
There are a few vocabulary sheets for some words associated with healthy body image in sexual abuse prevention. Kids can color the picture associated with it, and then read the description on the opposite page in order to get more acquainted with some of the more important terms about healthy body awareness.

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 to do which again, bring talk about the sexual organs of their body out into the open.

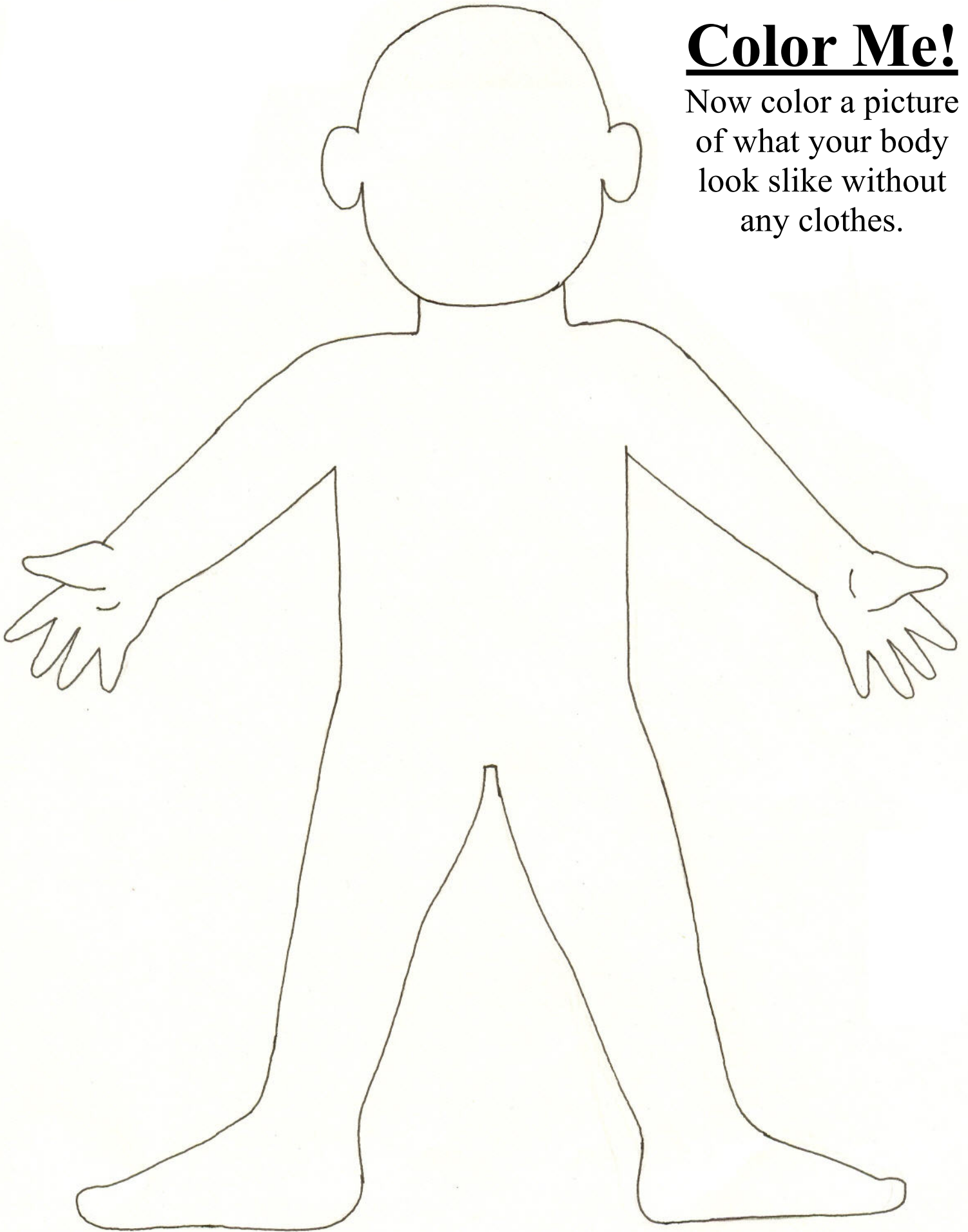
Color Me!

Color a picture of
wht you look like
with your clothes
on.

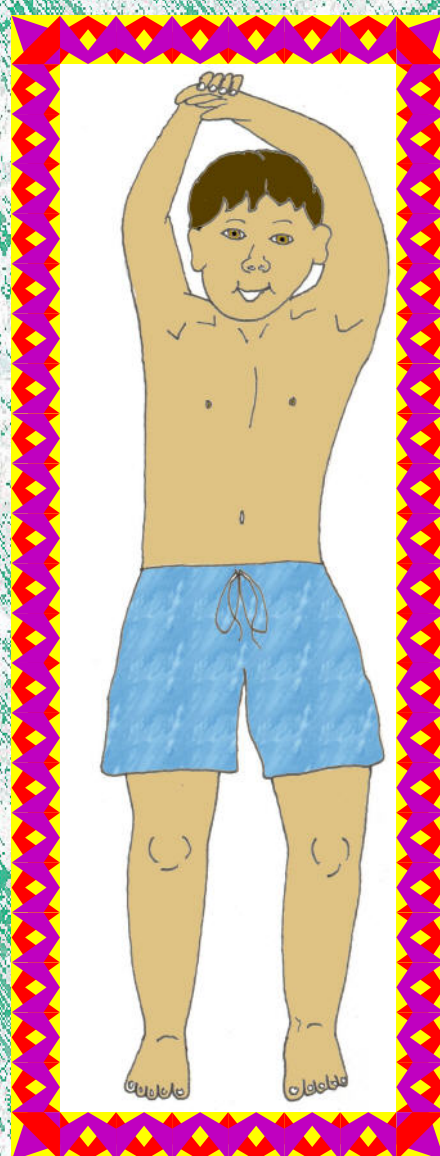
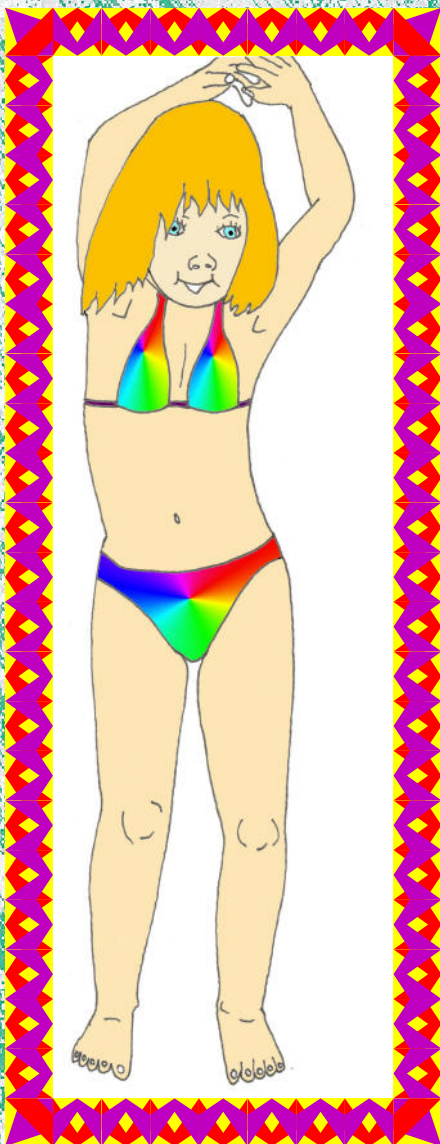


Color Me!

Now color a picture
of what your body
look slike without
any clothes.



Body Parts ABC



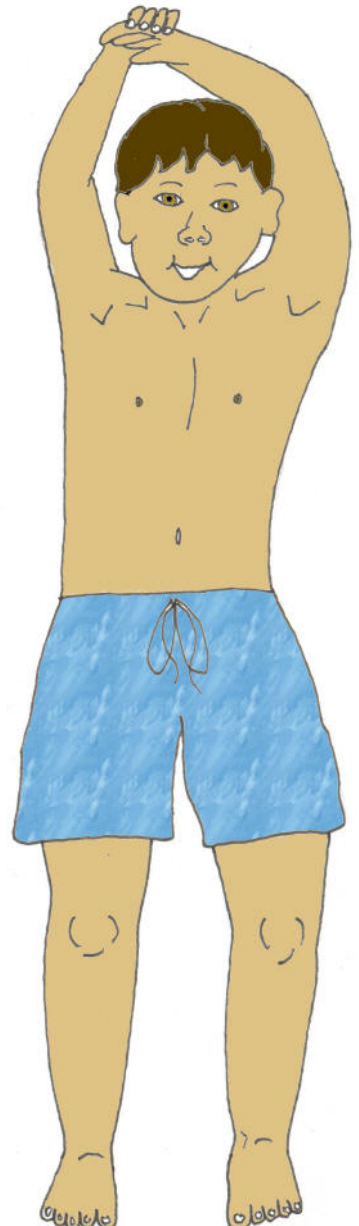
**Read this story to your mom
and dad. Or, if you are too
little, they can read the story to
you!**

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.

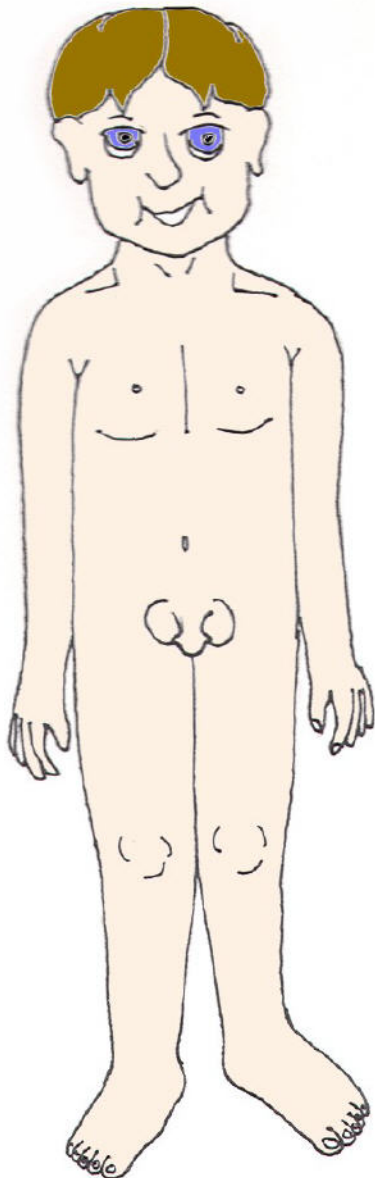




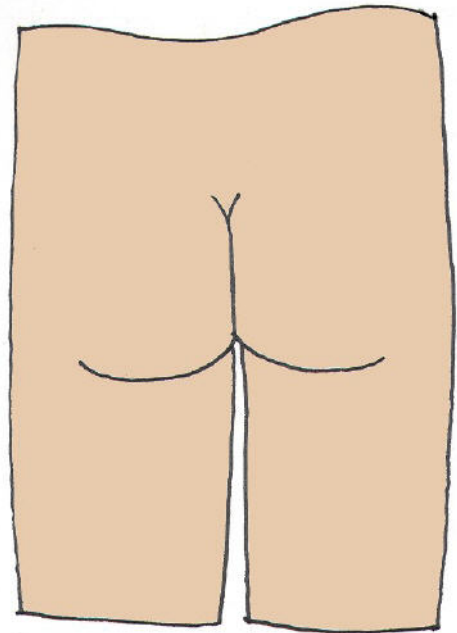
B is also for my
belly, complete
with it's own little
button.



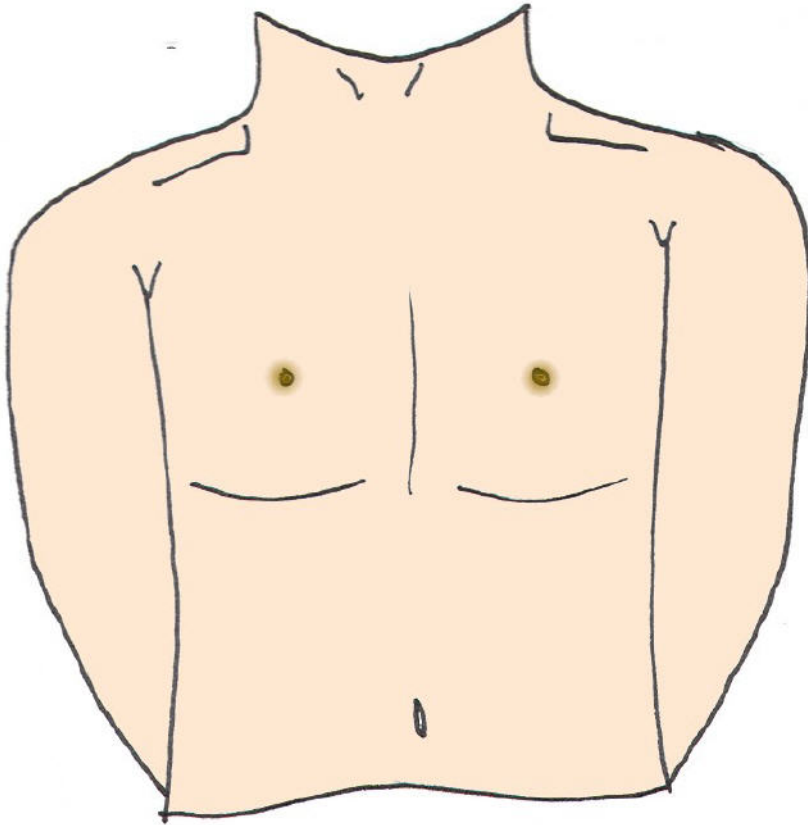
B is for **Back**...



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

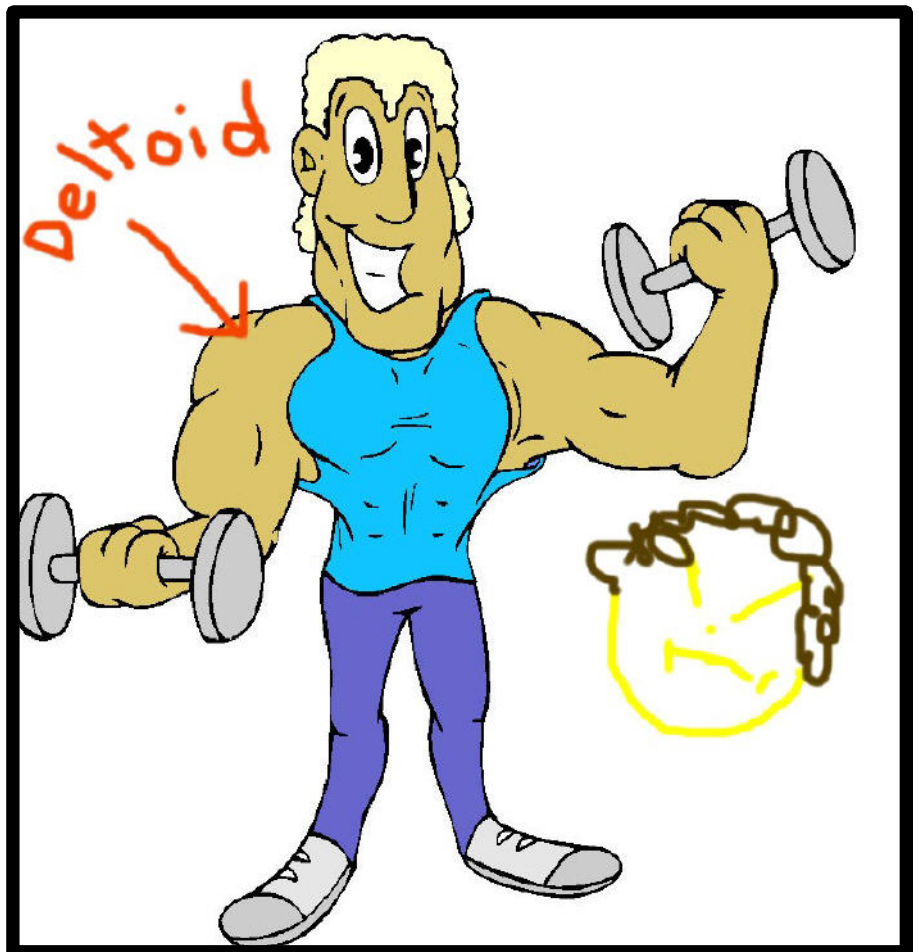


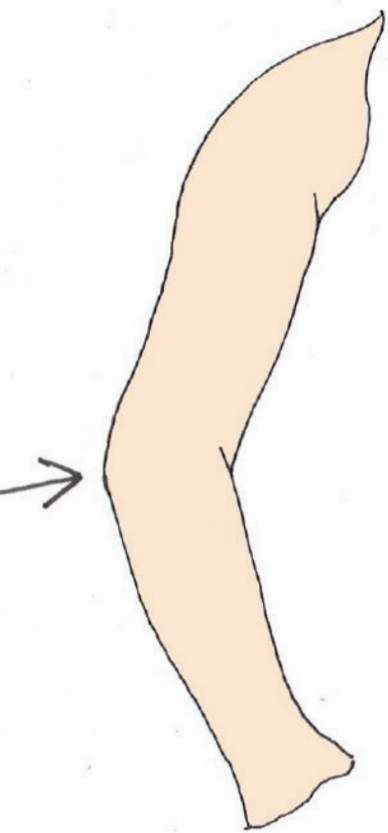
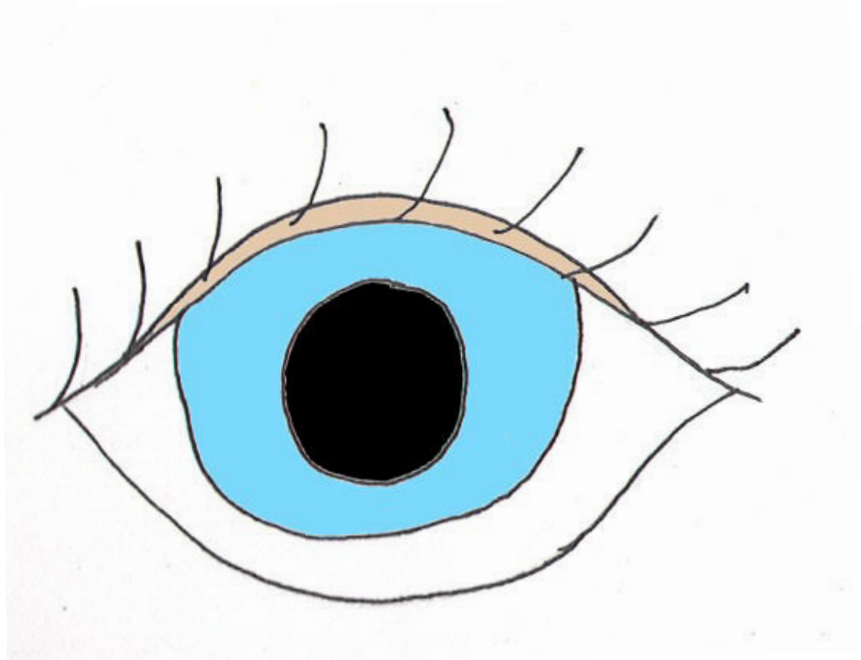
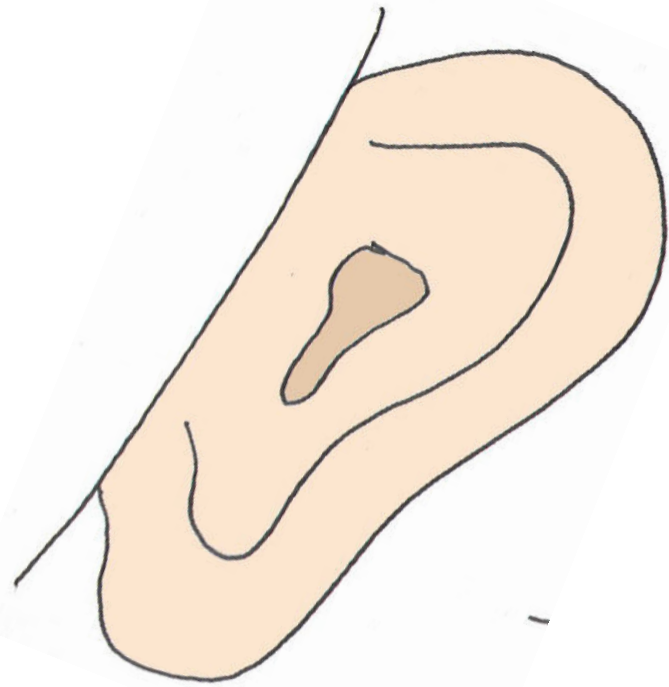
And **B** is for
my **bottom**.



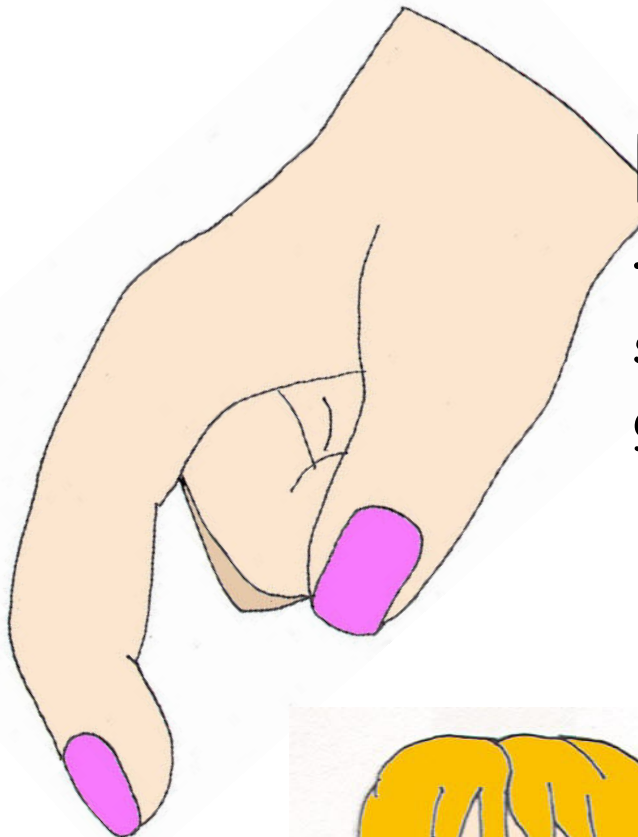
C is for **chest**. My **chest** is on the front of me, **covered** with my breasts.

D is for **Delttoid**.
A muscle in your shoulder that works to help you lift things.

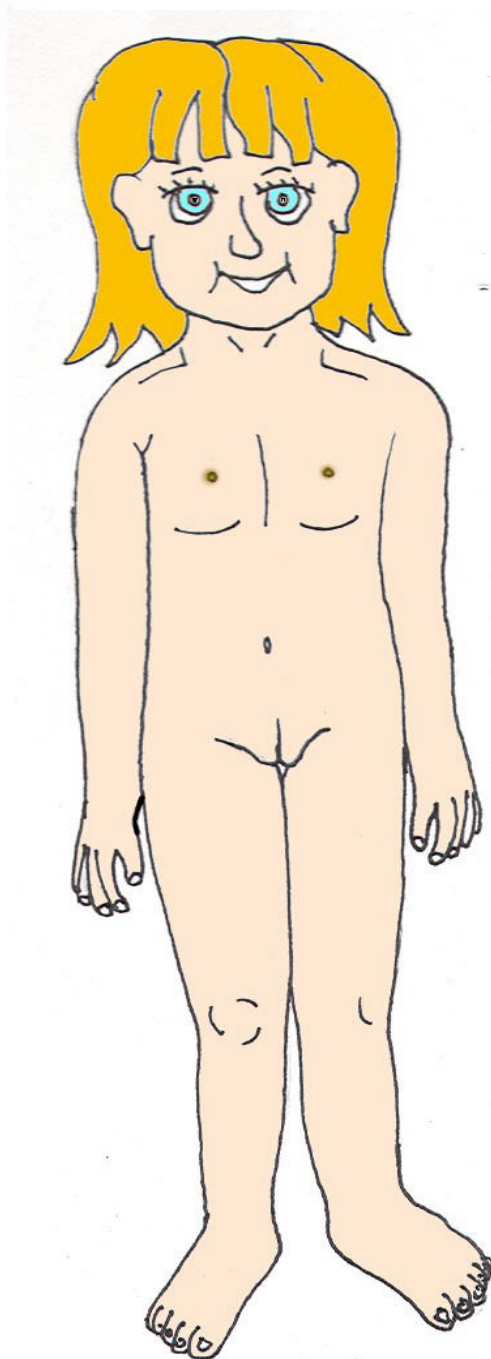
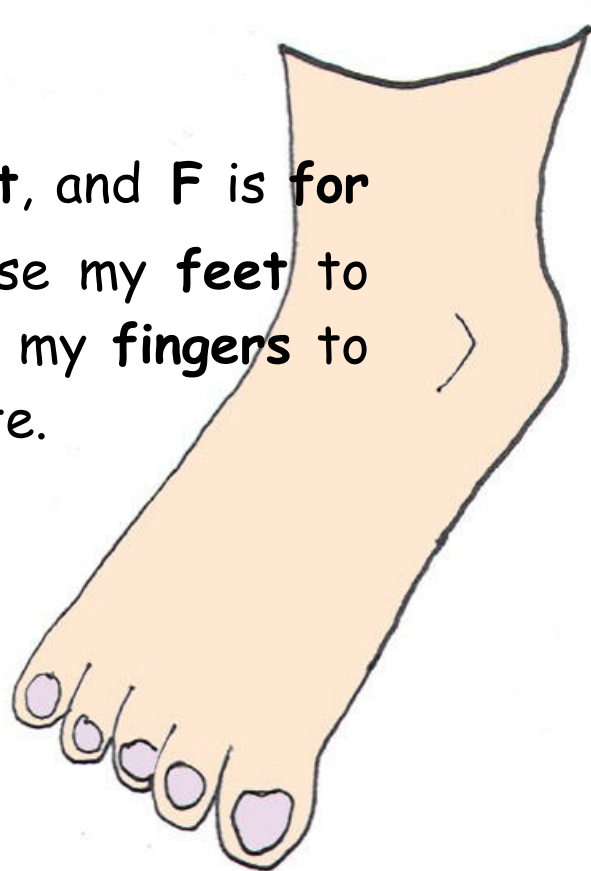




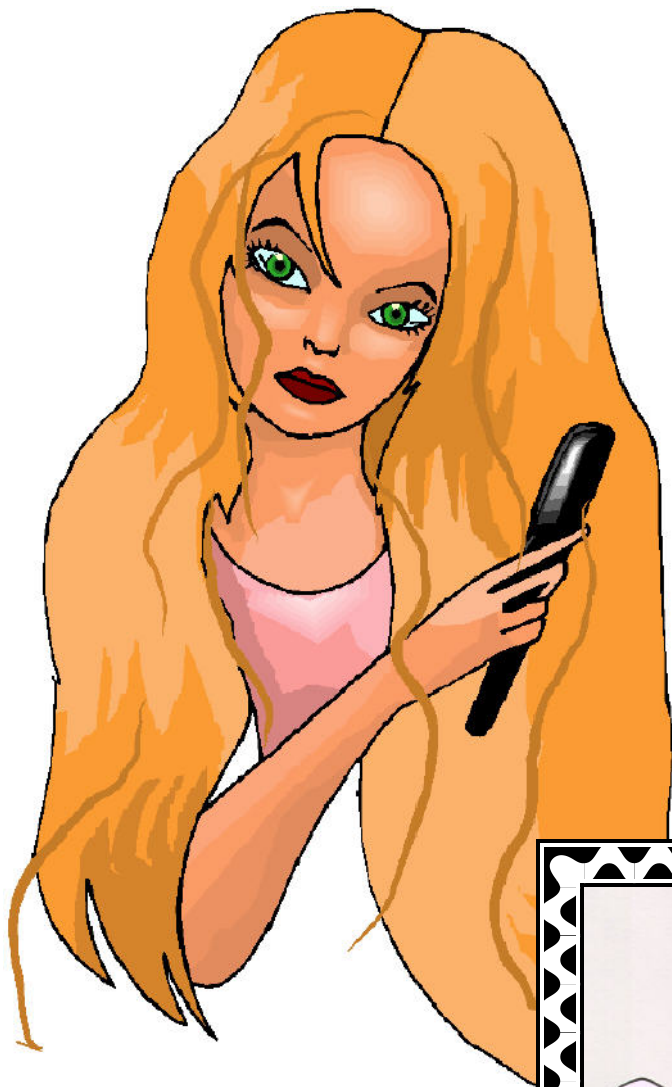
E is for **ears**, **elbows** and **eyes**. Look, I can keep my **eyes** in disguise. My **ears** are for hearing. My **elbows** are for bending. I'm very lucky to have such wonderful parts to my body.



F is for foot, and **F** is for finger. I use my feet to stand. I use my fingers to grab, and write.

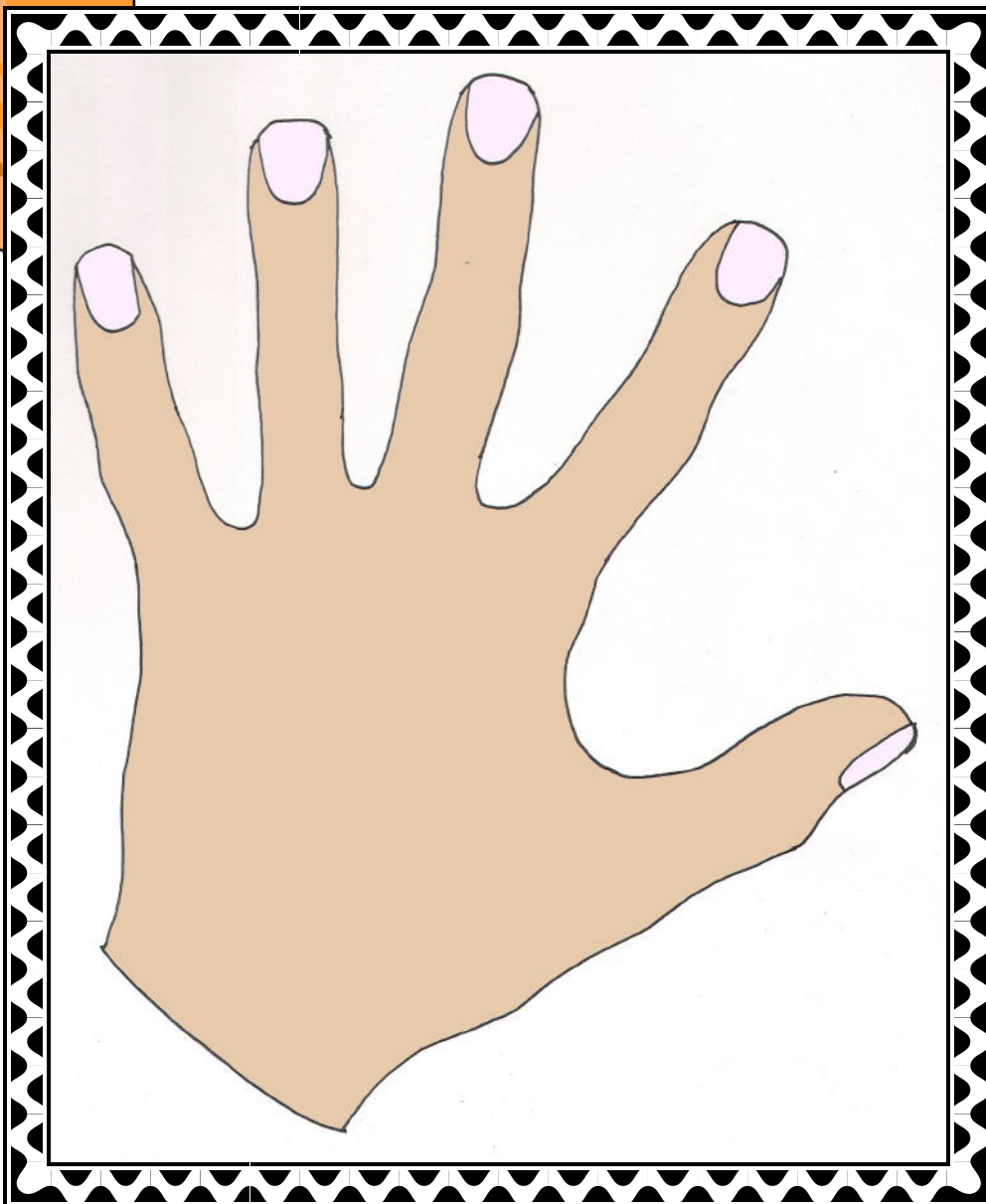


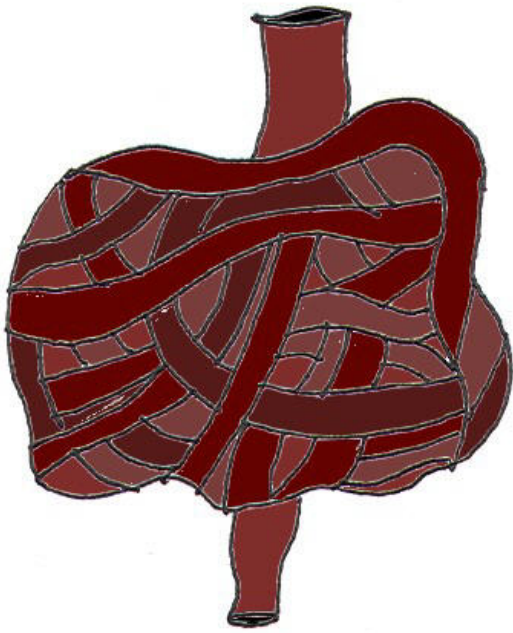
G is for Girl.
This is what a girls body looks like.



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?

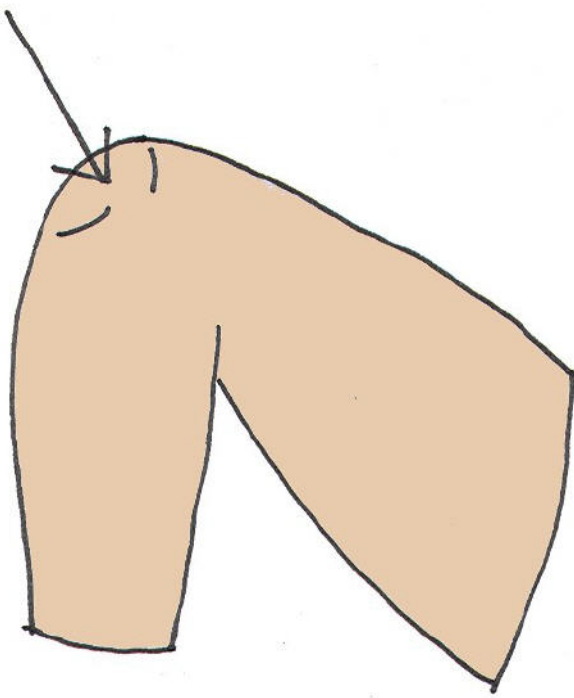




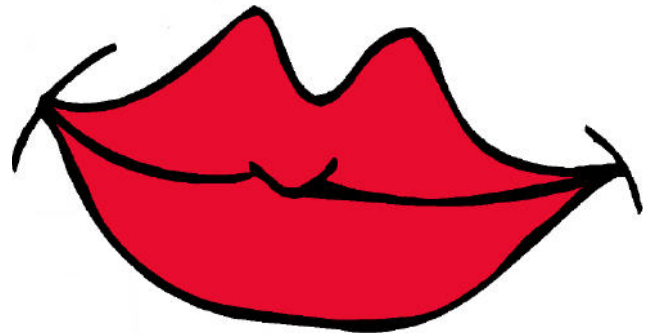
I is for **intestines**...Euuw. Your **intestines** are below your tummy, and help take all the food your tummy chews and makes it **into** energy for you to use and play with.

J is for **Jaw** bone. Your **jaw** is the bone that is attached to all your teeth that you chew with.



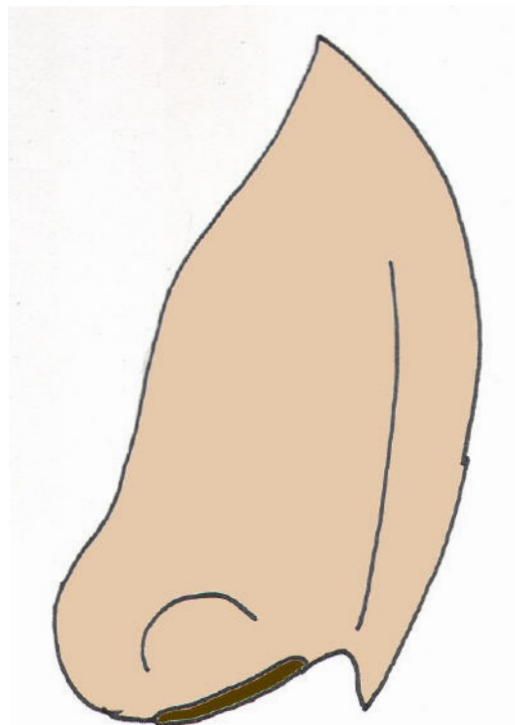
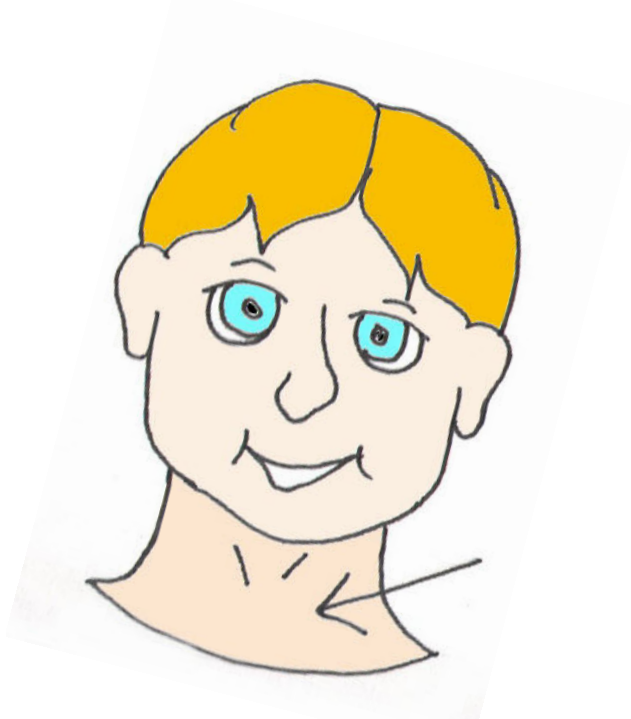
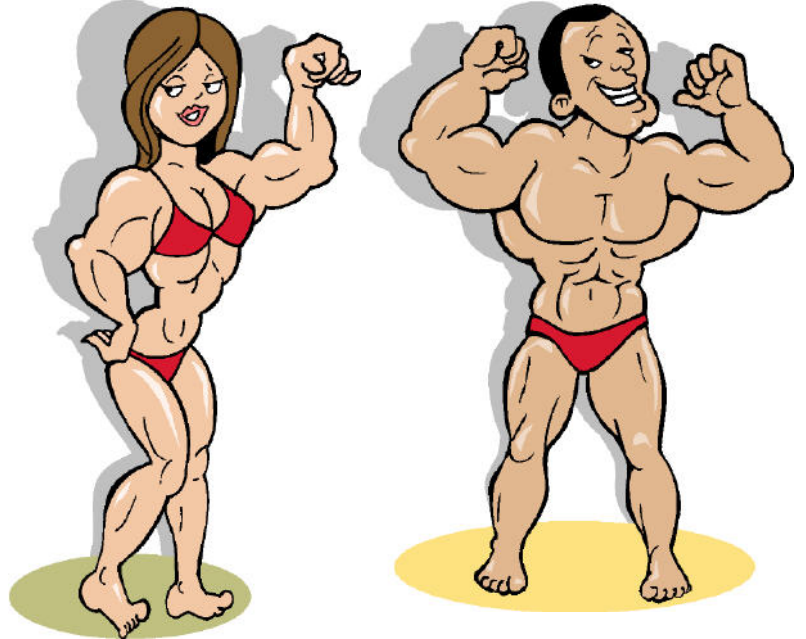


K is for **knee**. (Even though it sounds like an N) Your **knee** bends and twists so that your leg can move in all different directions.



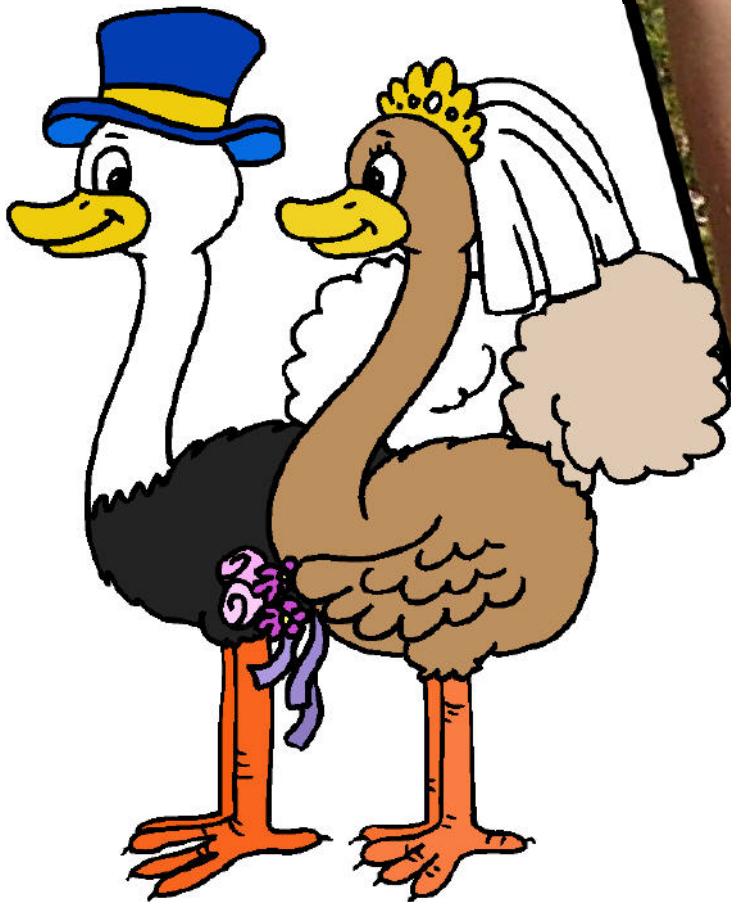
L is for **Leg**. Good thing people have **legs** too. Can you think of all the things you can do with your **legs**? **L** is also for **lips**. **Lips** to give a big kiss. Uuumcha!

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.



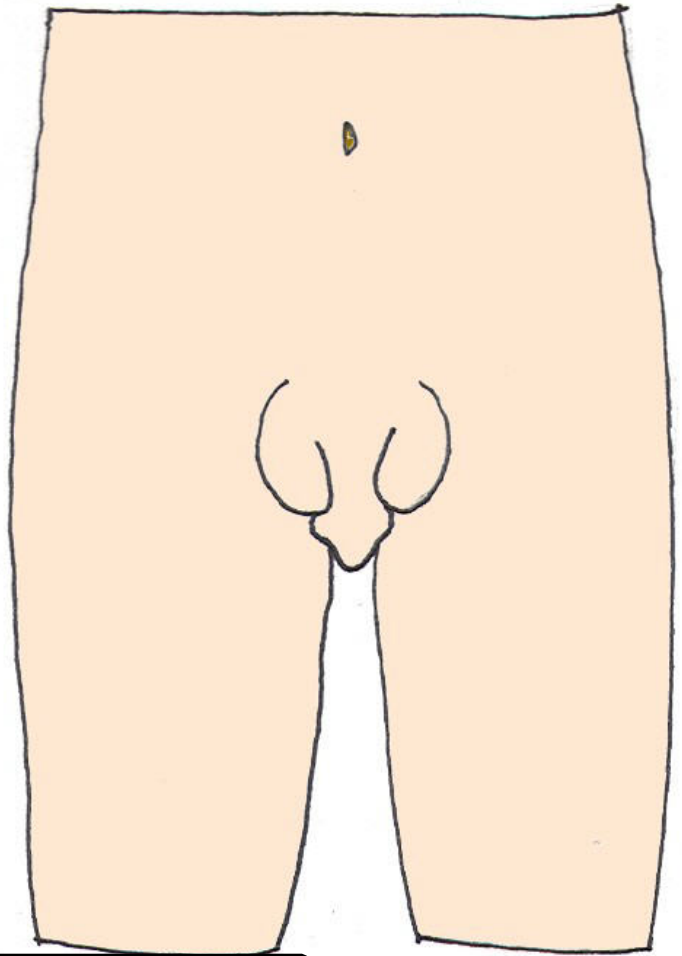
N is for **neck**, and **N** is for **nose**. Your **nose** can smell and sniff all sorts of wonderful smells. You also breathe through your **nose**.

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.



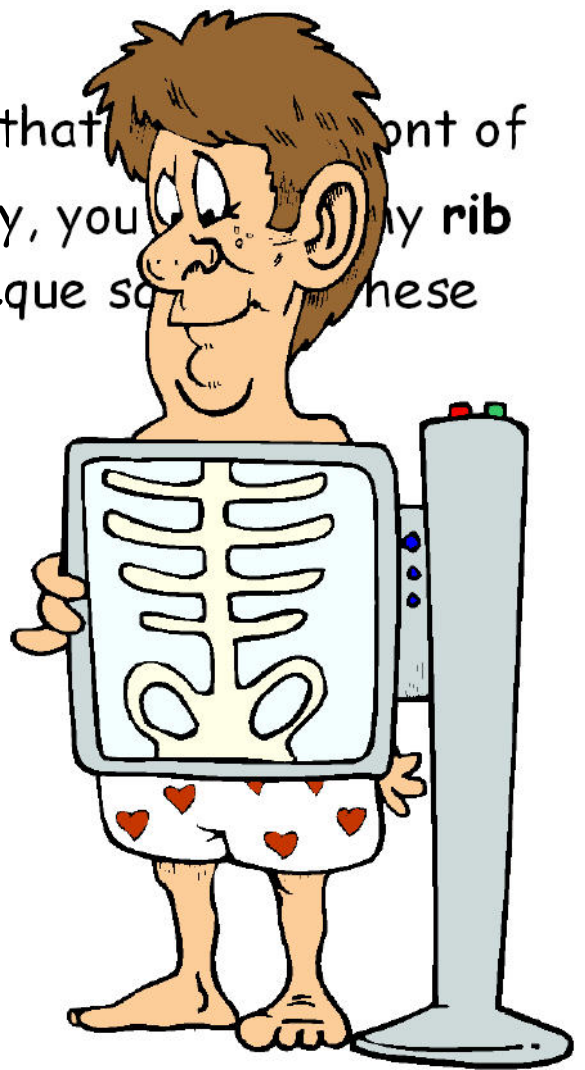
O is for **Ostriche**, wait a minute, you're not an **ostriche**, are you? Nevermind. **O** is for **open**, which is what talk about your body is. Your body is always **open** for discussion. You can always talk about the different parts of your body with anyone you want to.

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.

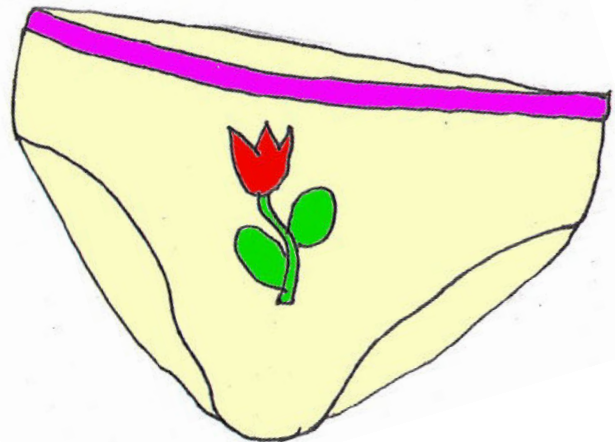
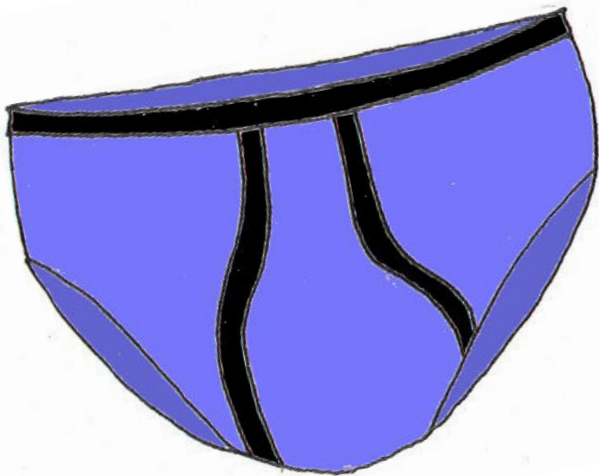
R is for **ribs**. **Ribs** are the bones that are in front of my chest. If I suck in all my tummy, you can see my **rib** bones. But nobody's putting barbeque sauce on these baby back **ribs**, I need them.



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.

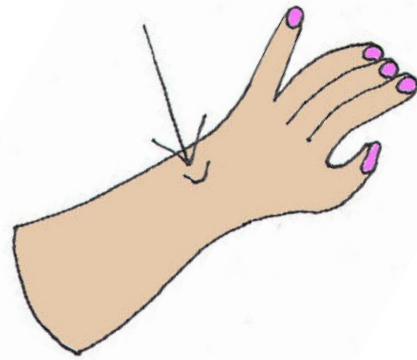
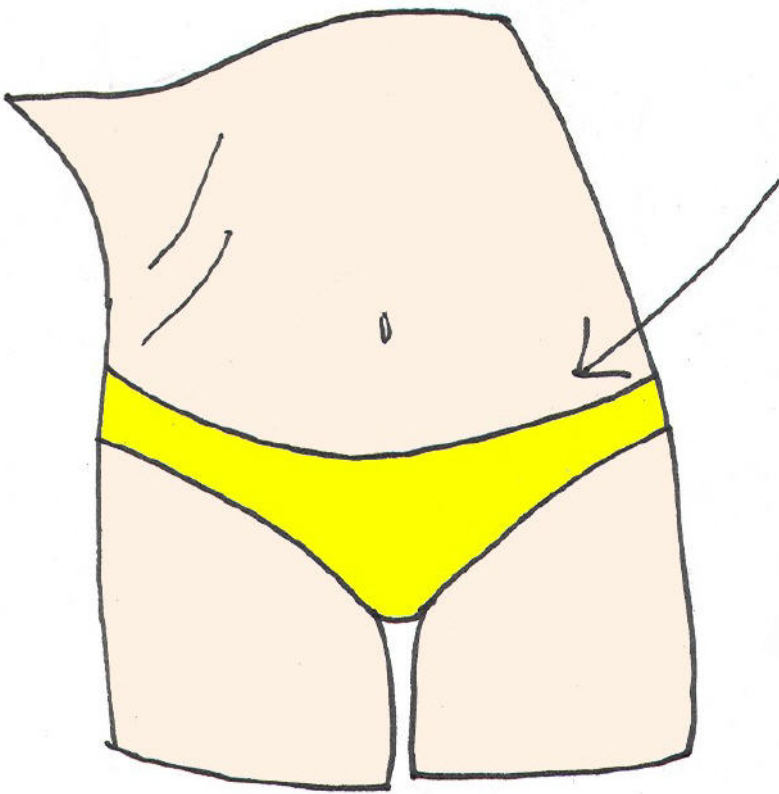
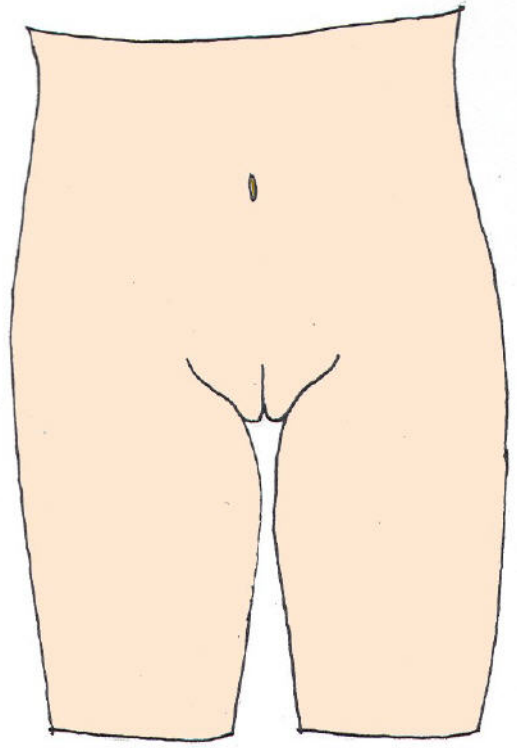


T is for **toe**, **tummy**, and **touch**.
These are all things that I like
very much.



U is for **Underwear**. **Underwear** is the clothes I wear
to cover up the personal parts of me. These parts are
expecially 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!



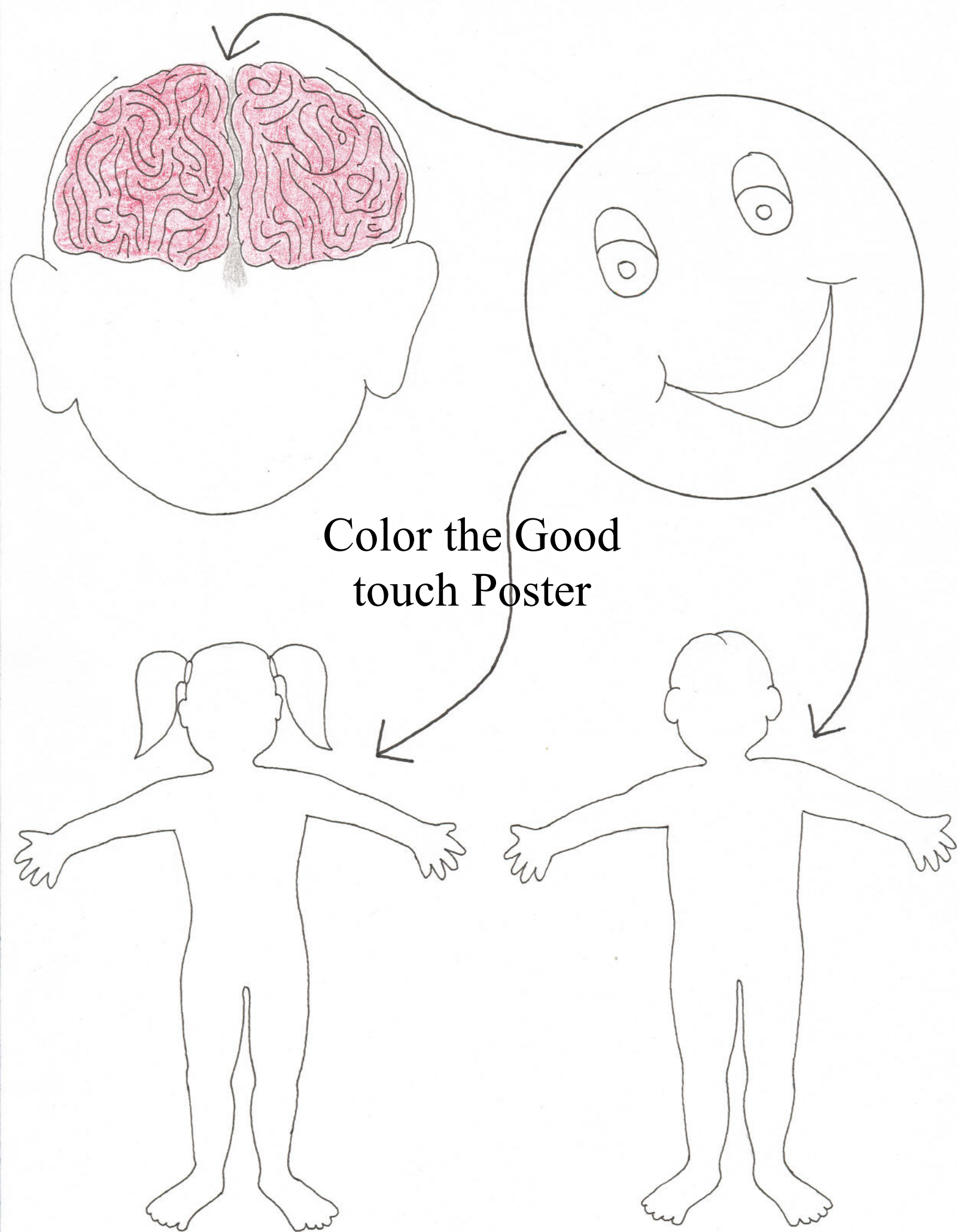
Y is for young. Young is what you are. Because you are still **young** and **youthful**, **your** body is still growing, and **you** are still learning. Because we are **young**, there are certain things that kids just don't do **yet**, because **you** are so **young**.

Z is for **ZZZZ**'s, because after that book,
now my body is sleepy. Goodnight Everyone!



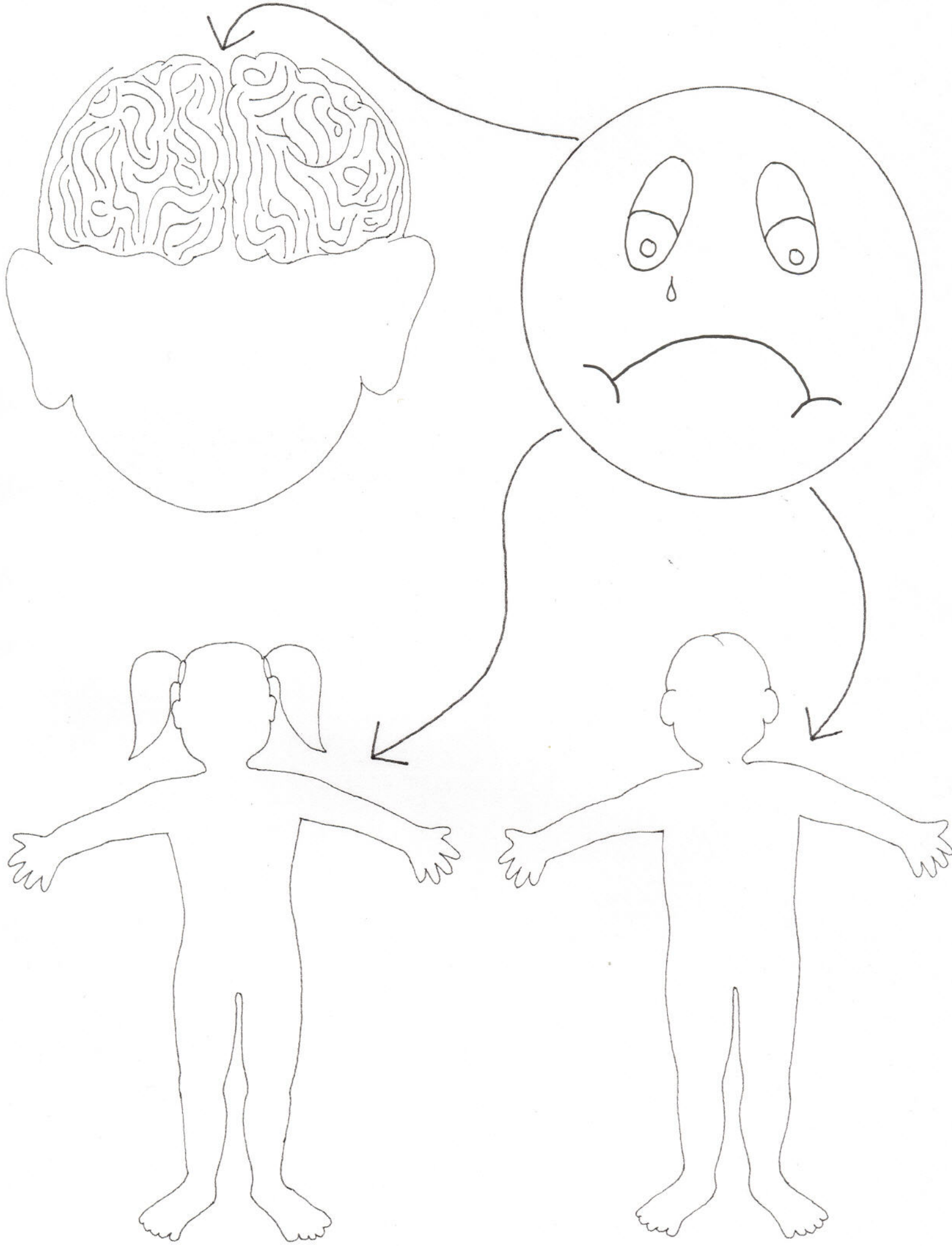
So now how about you? Can you name all of your different parts too?





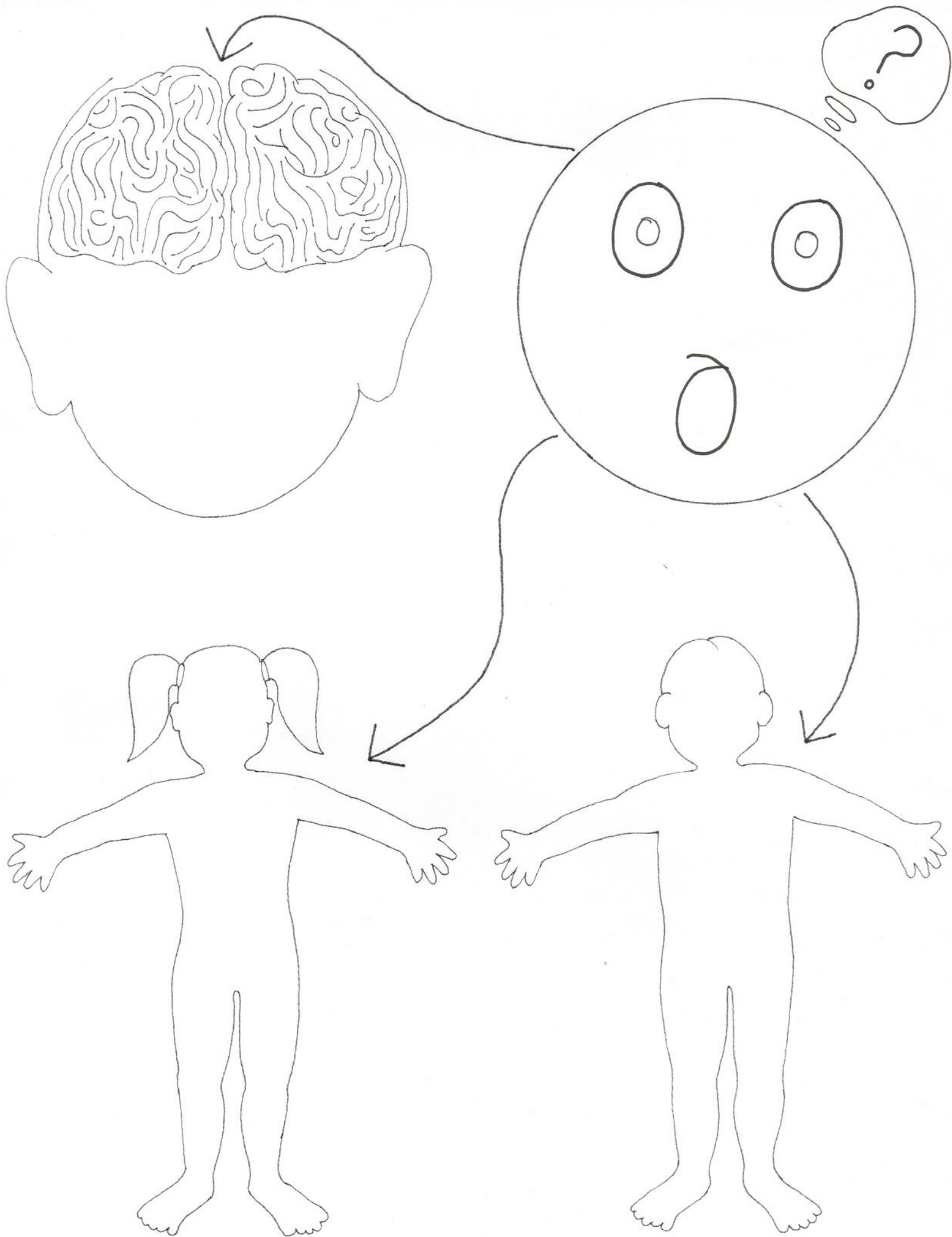
Good Touch

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?

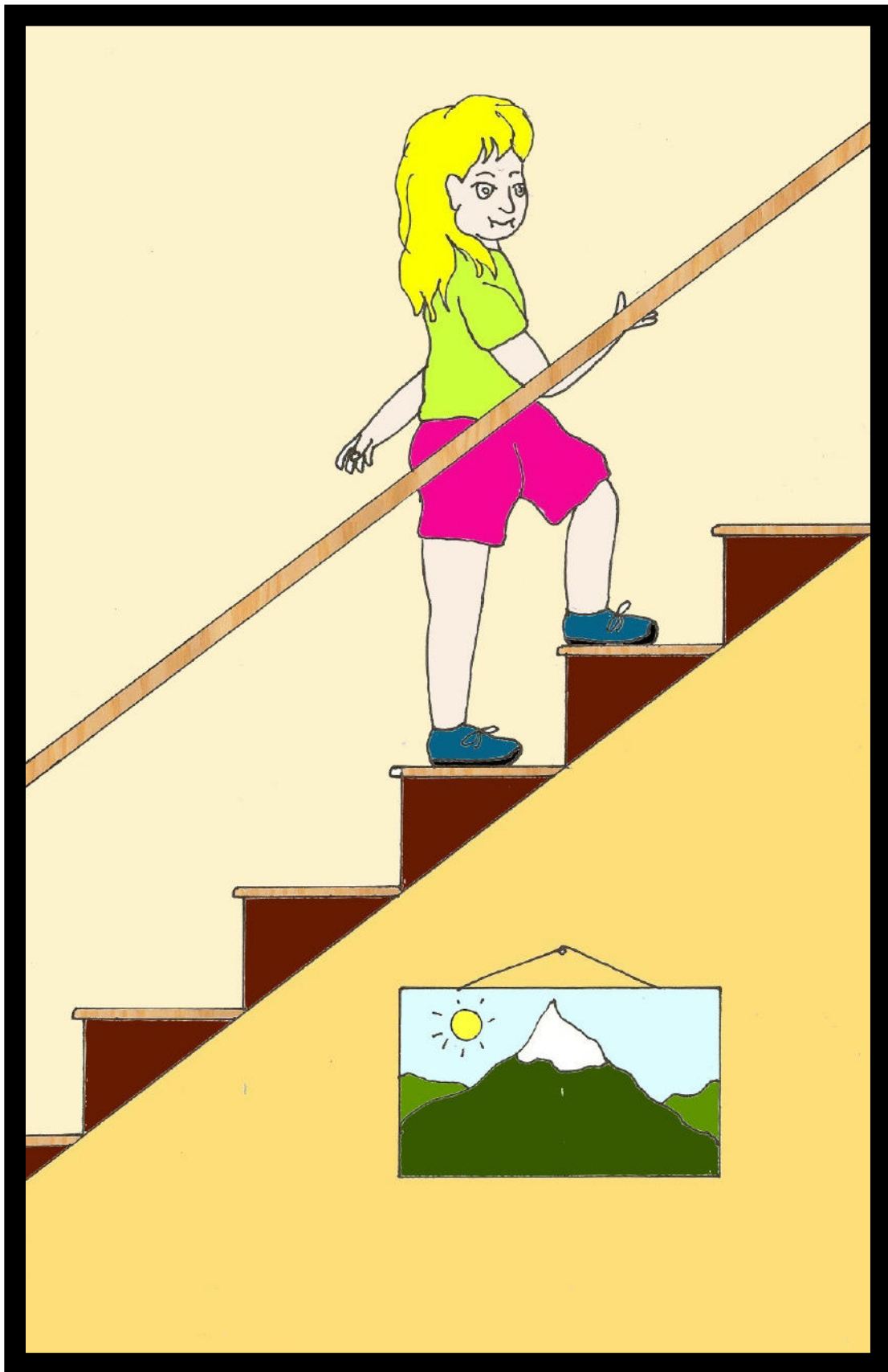


Confusing touch

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 wierd. 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!**



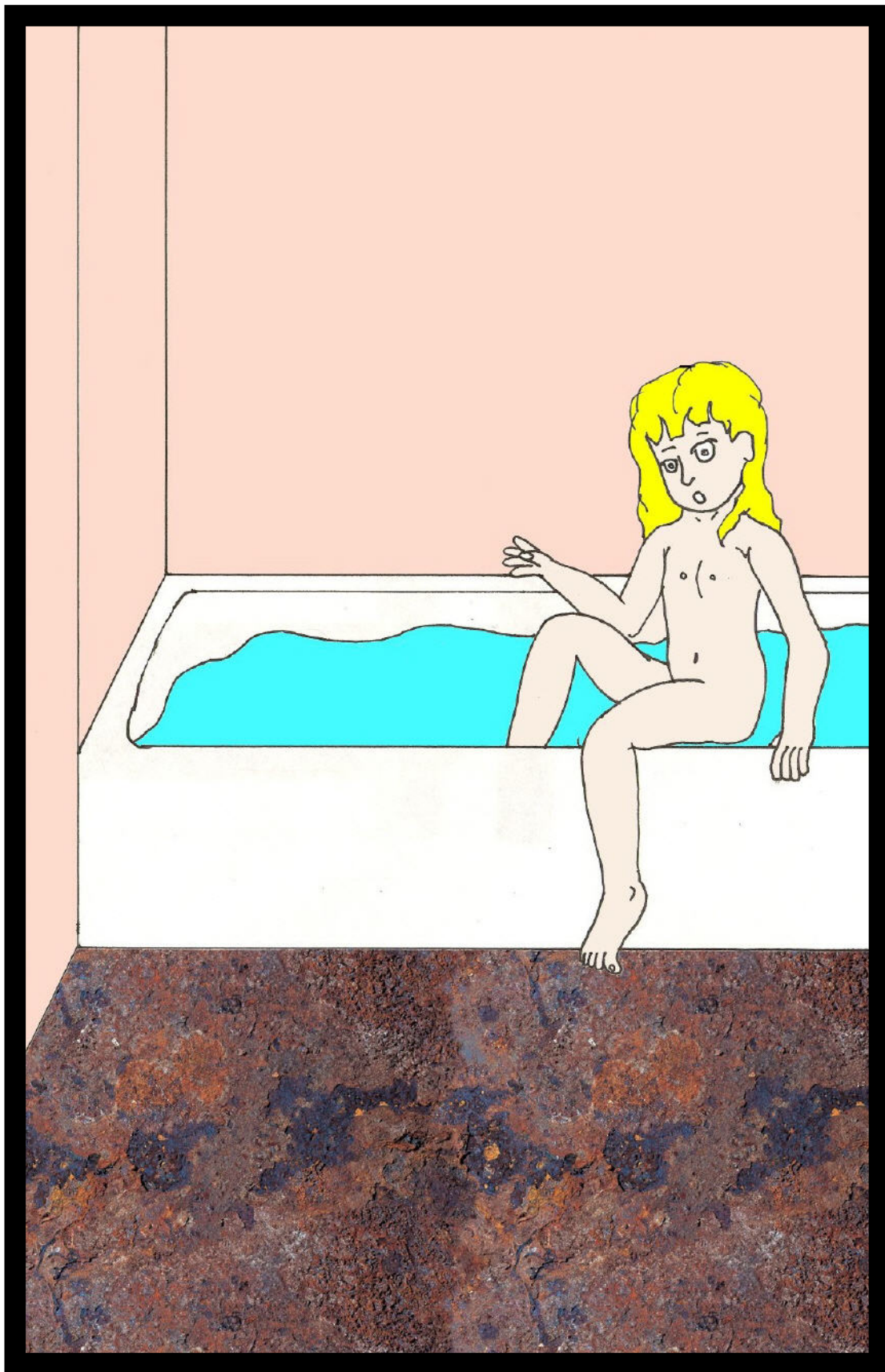
My mommy tells me that it is time for my bath. I walk up the stairs to my room.



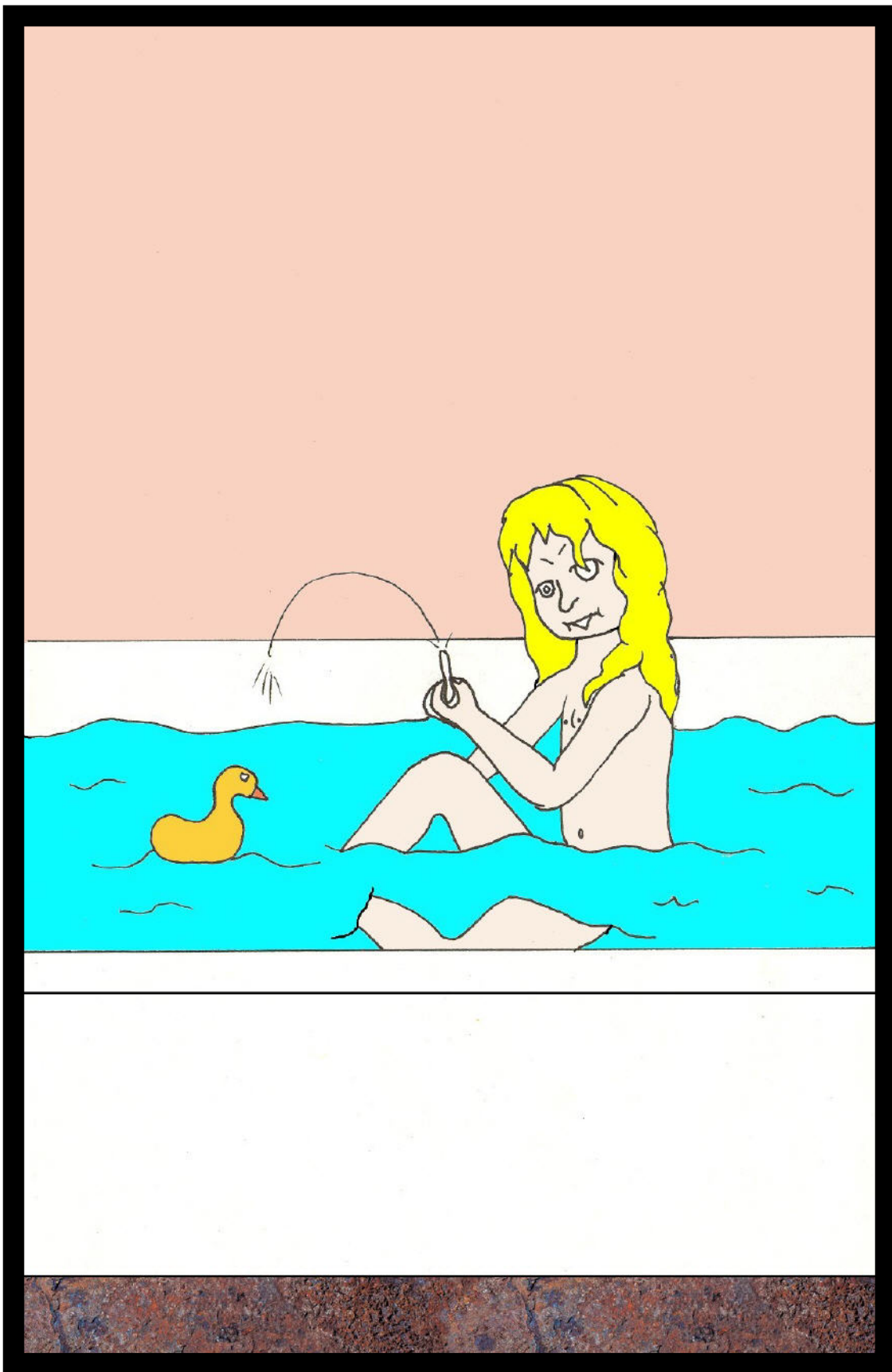
I take off my clothes in my room.



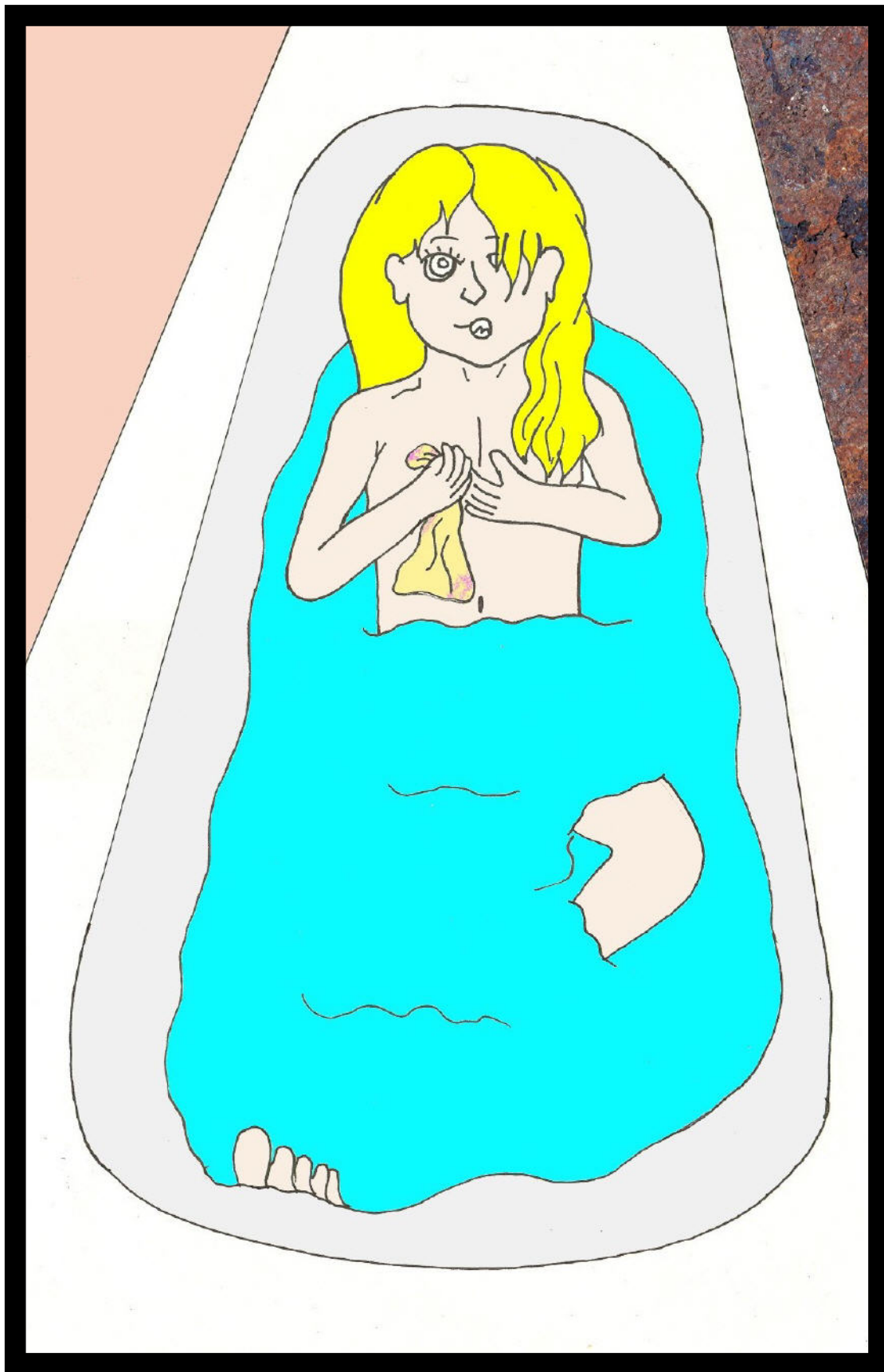
My mom helps me fill the bathtub to get the water just right. I tell her what feels good to me and what is too hot or too cold. Only I know what feels good to me.



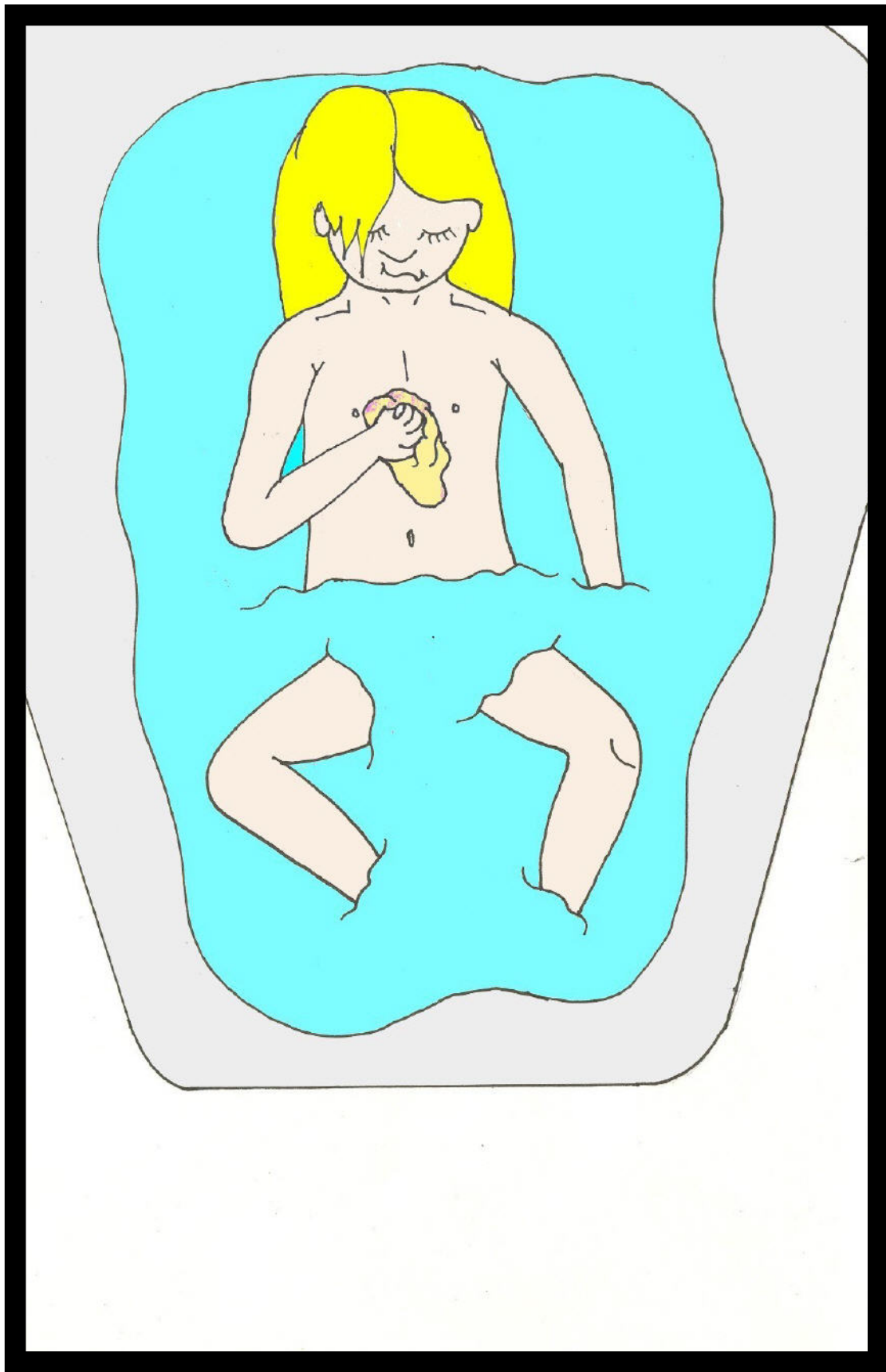
I climb into the tub and sit down. The water feels just right on my skin.



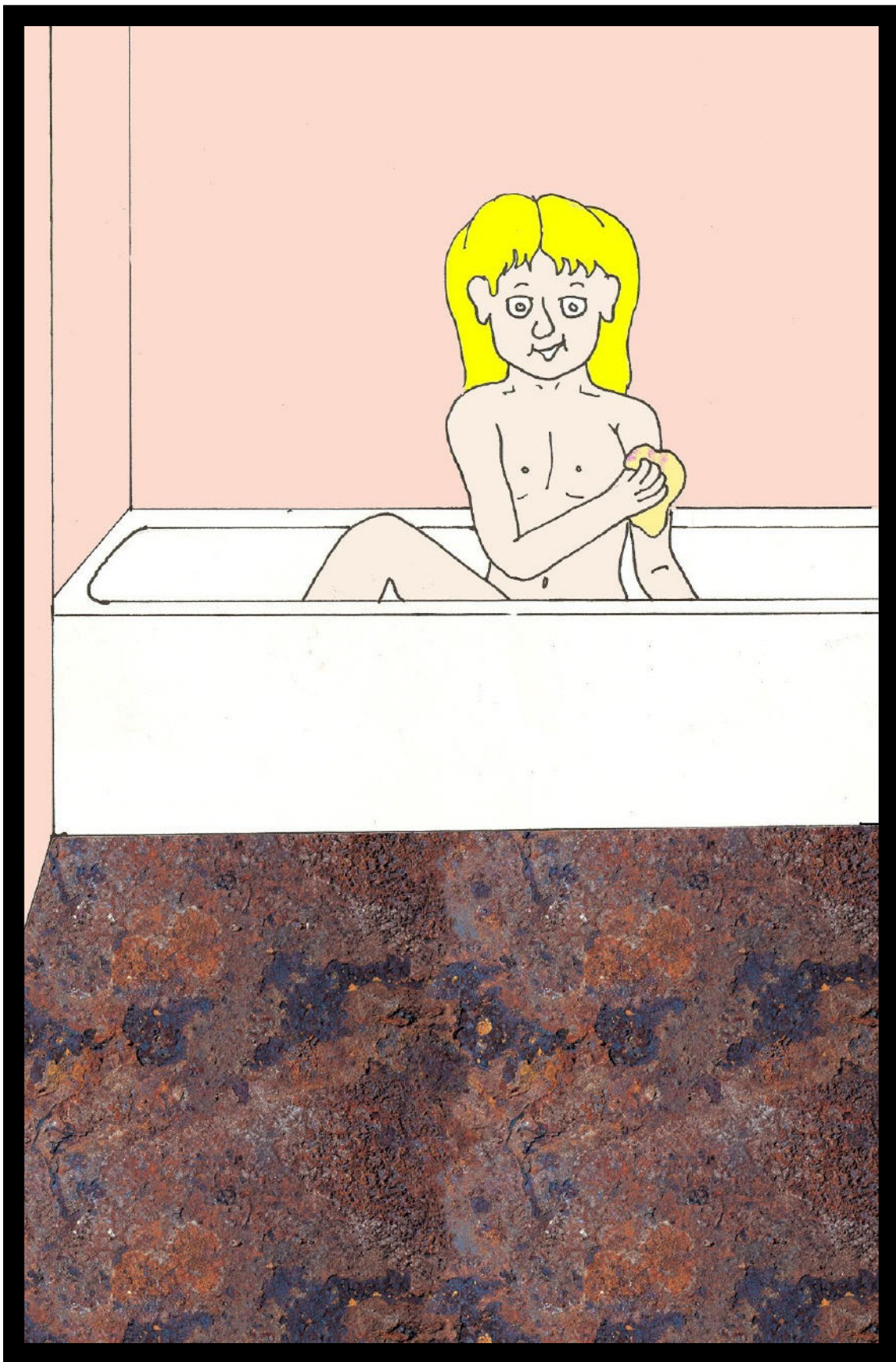
**I play for a little while in the bath tub with my water toys.
I like to play in the water. It makes bath's fun.**



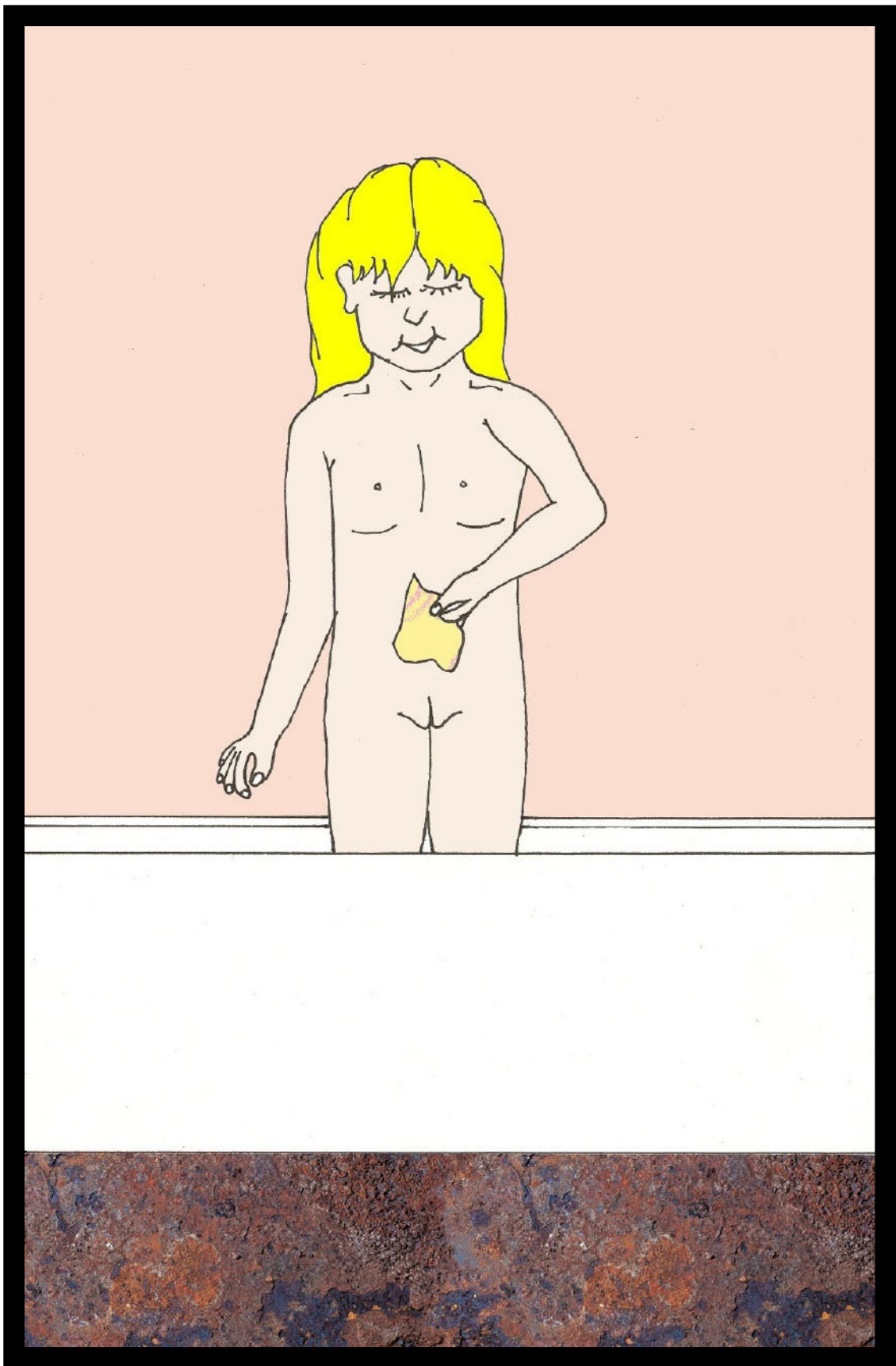
After a little while, my mom says it is time for me to wash up. I get the wash cloth to clean my body.



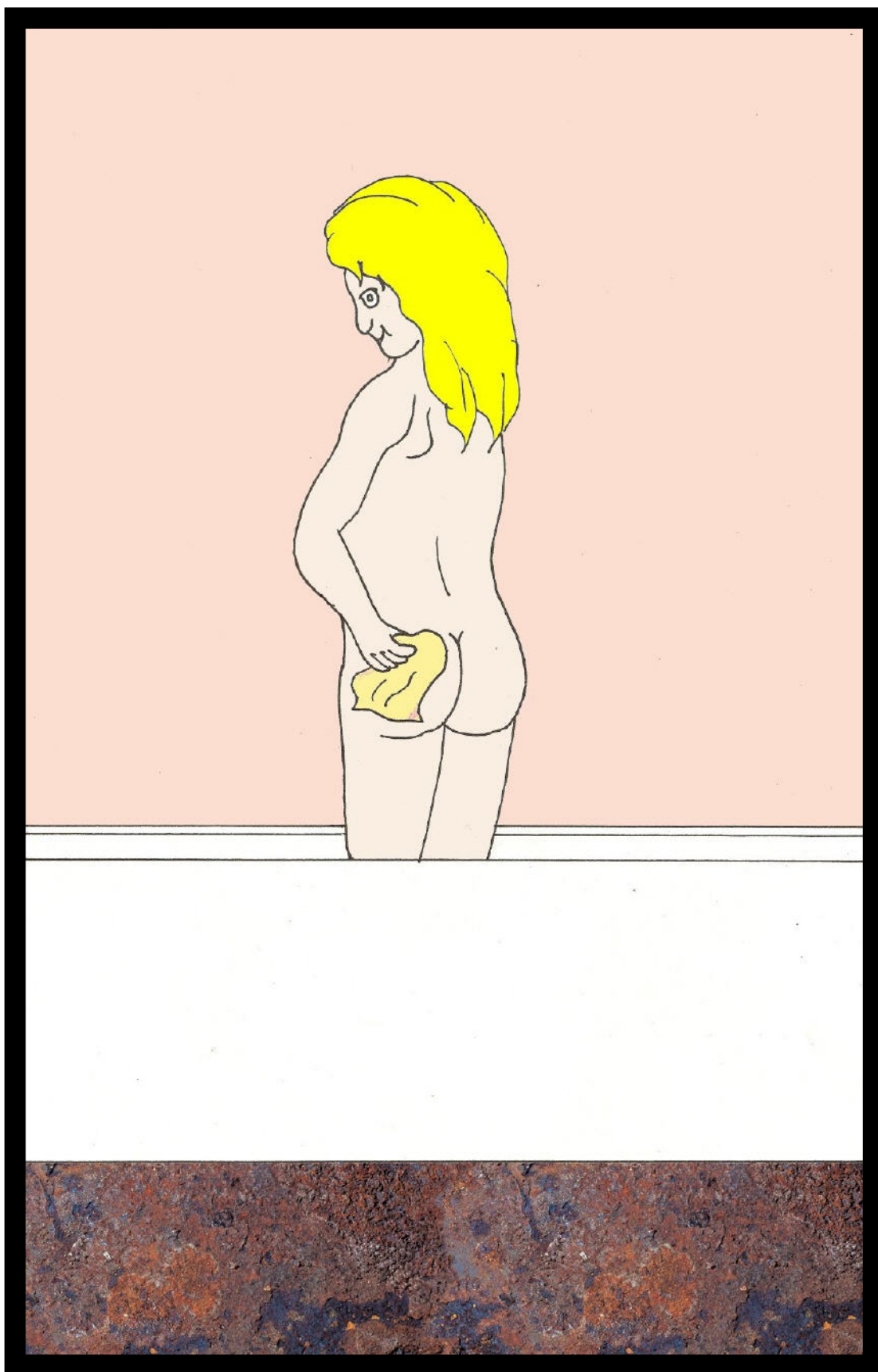
I clean my chest. I wash up around my breasts and my nipples to get them clean.



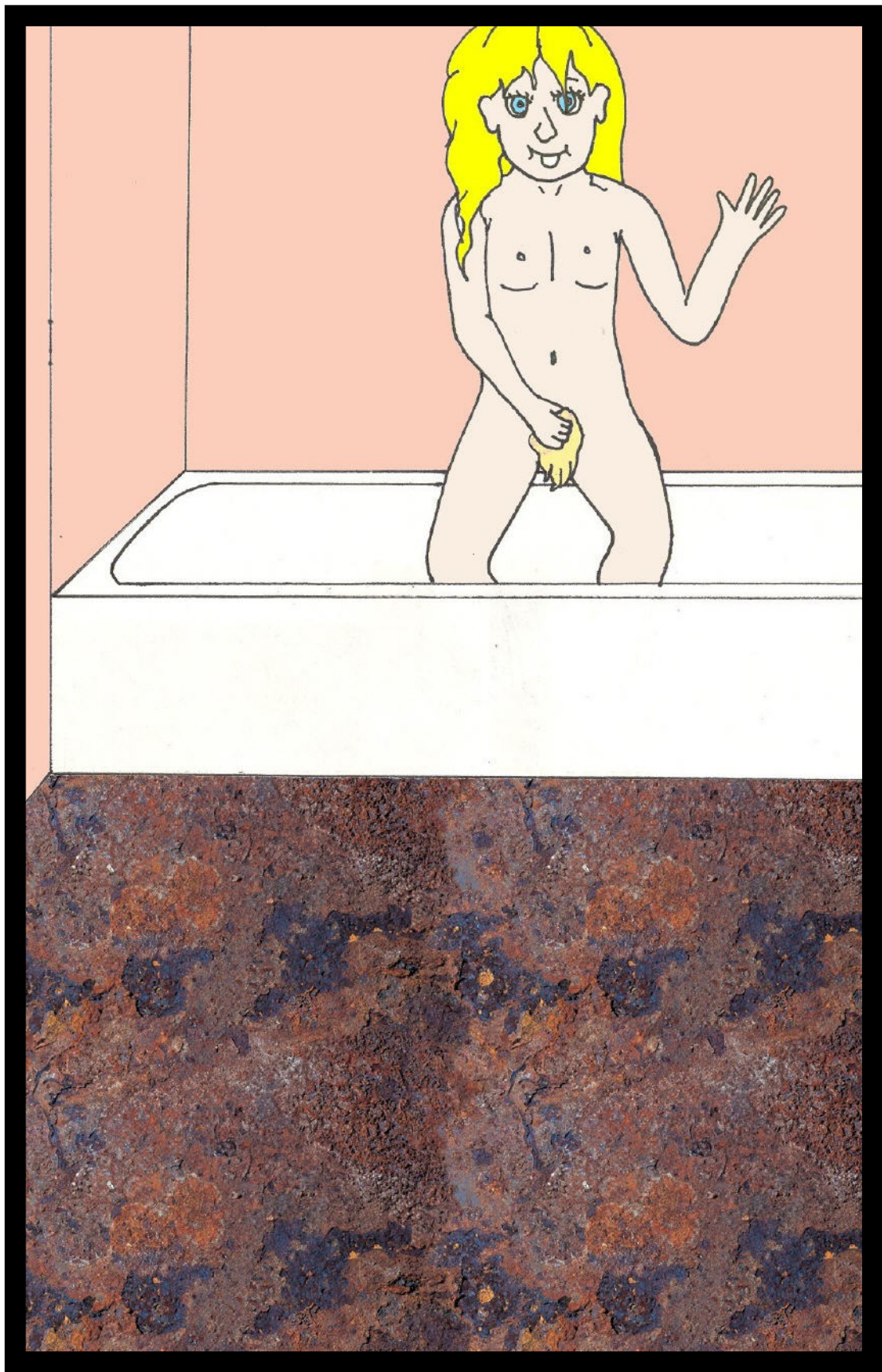
I wash my arms and my shoulders.



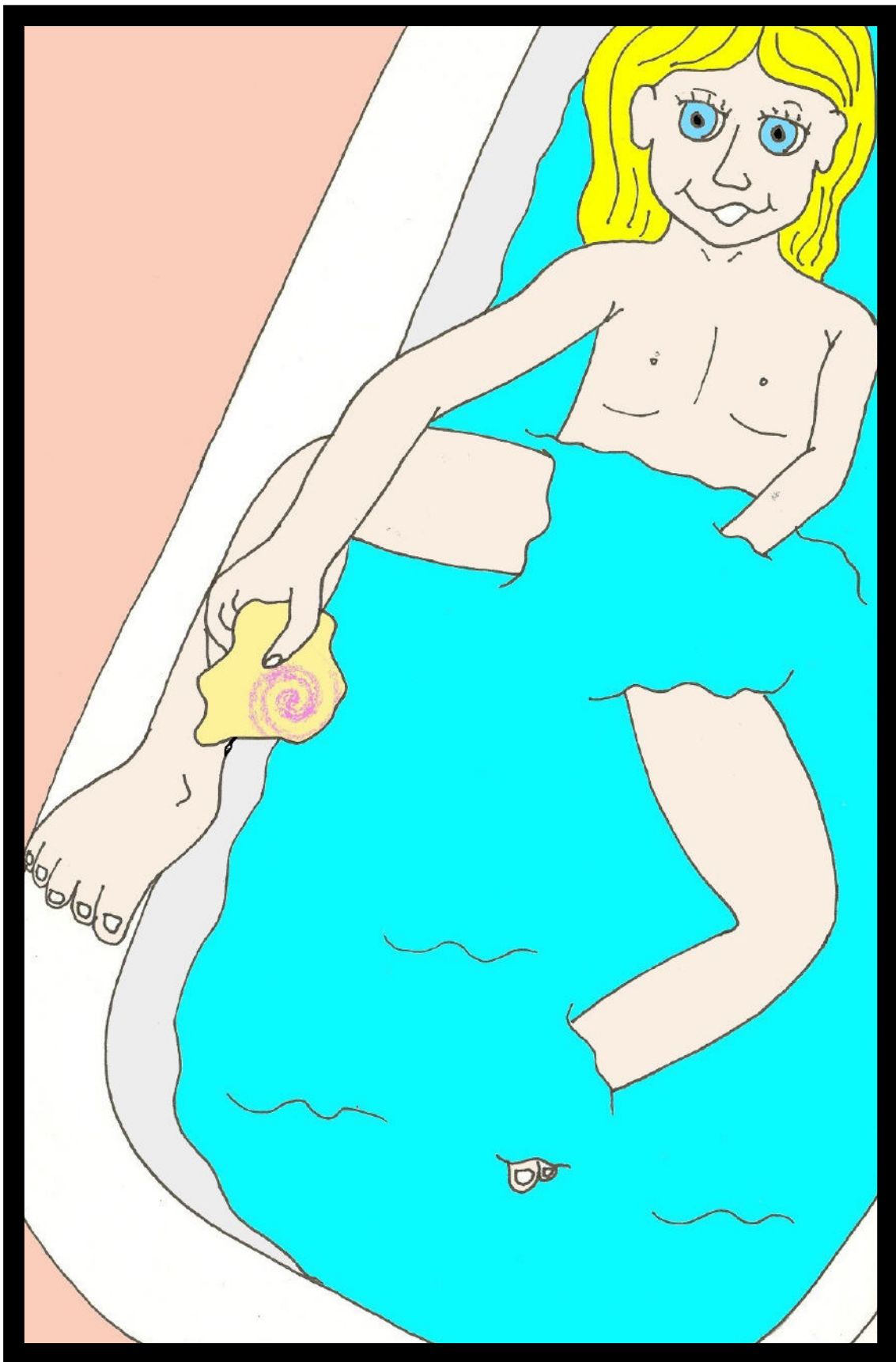
I clean my tummy. I wash my belly button.



I wash my bottom.



I wash around my vagina and get it all clean.



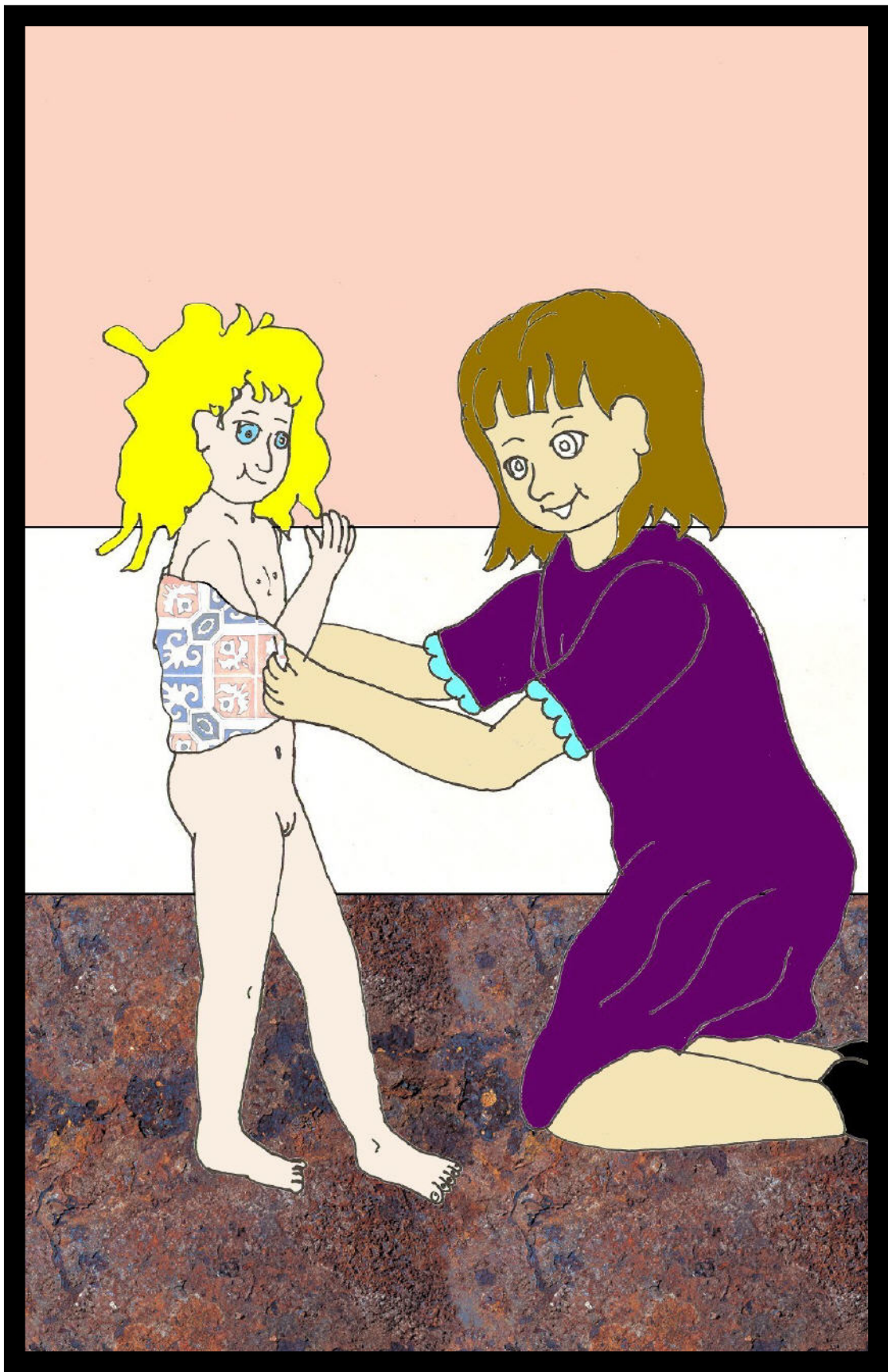
I sit down in the tub and wash my legs, all up and down.



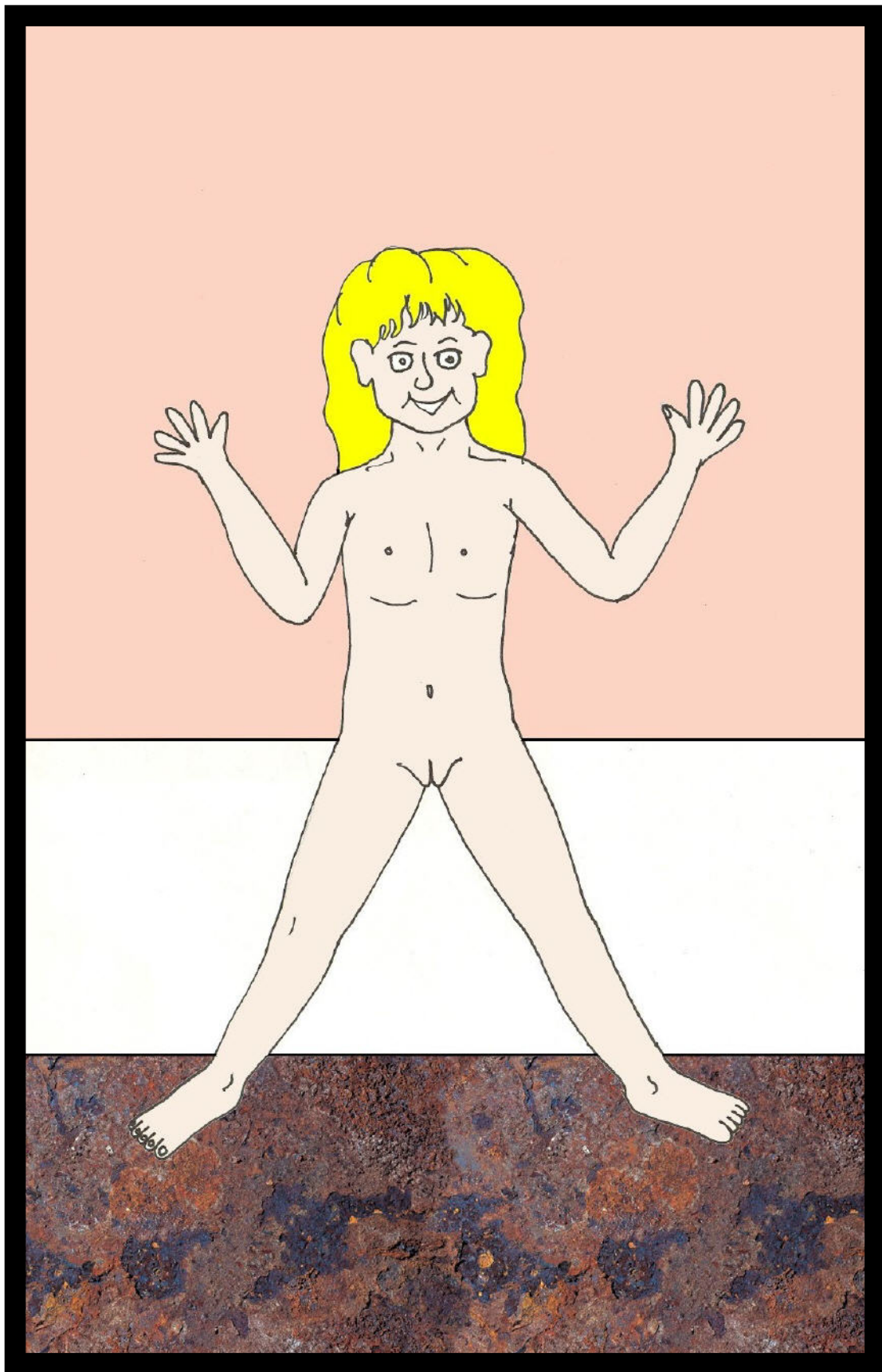
My mom helps me to wash my back, because I can't reach. I tell her what feels good to me, and she rubs my back just the way I like it!



She also helps me wash my hair. Sometimes she scrubs it hard, and I tell her, but she says she has to get the snarls out. Even though it hurts a little, it helps my body to get snarls out.



Bath Time is all done now. Time to get all dried off. My mom helps me to dry my body.



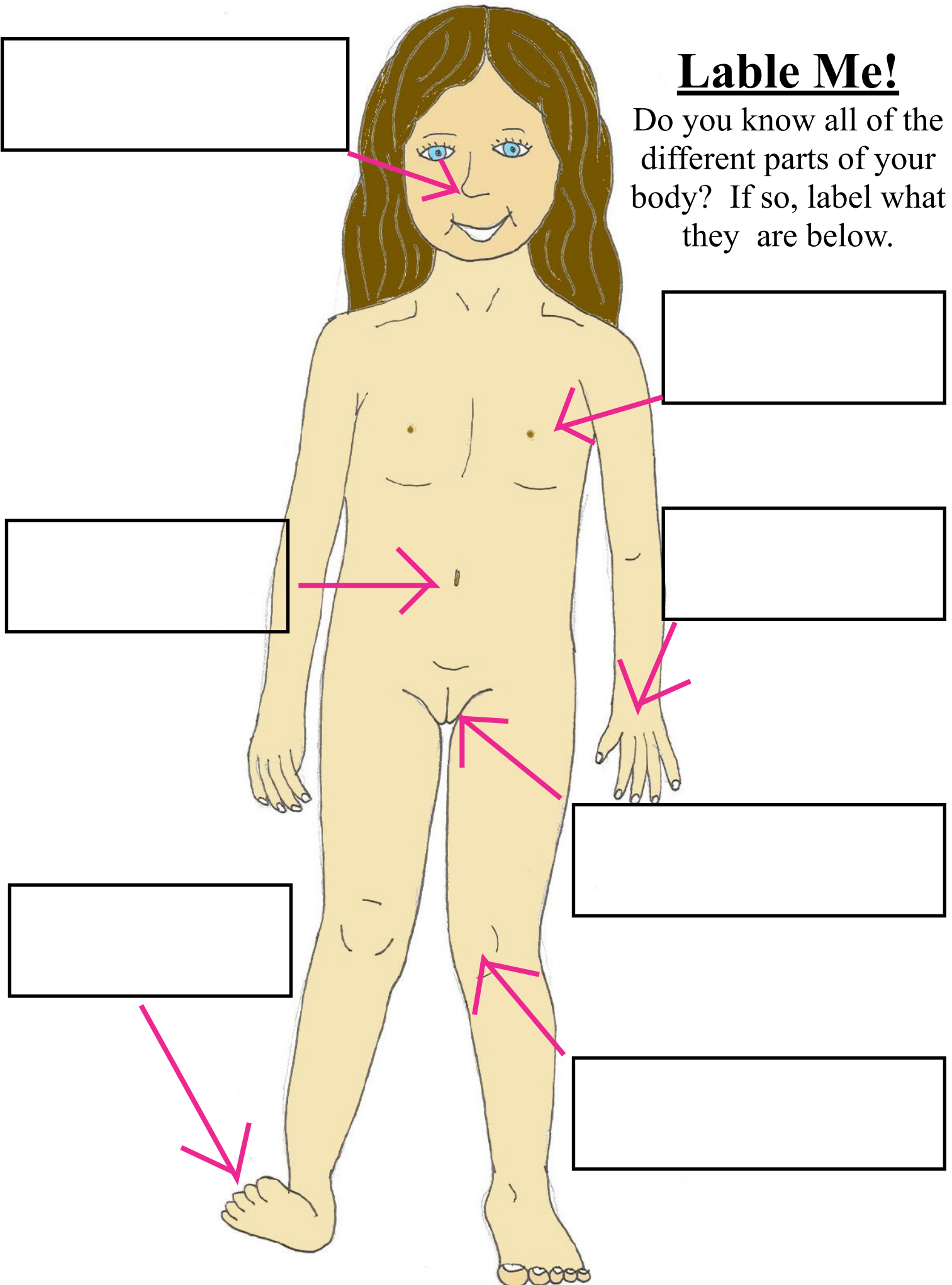
So now from my head, to my elbows, to my tummy, to my vagina, to my feet, all my parts are clean now. It's a brand new clean me!

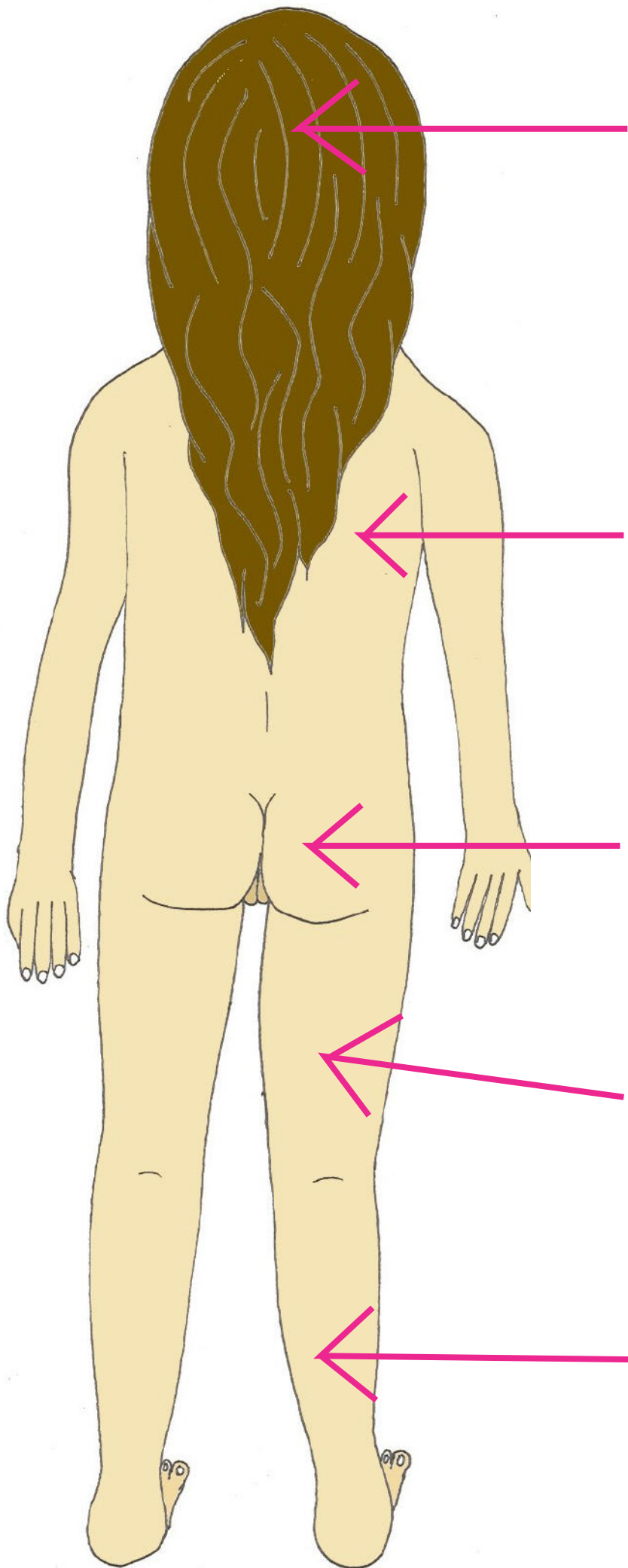
Bath Time Art

(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.



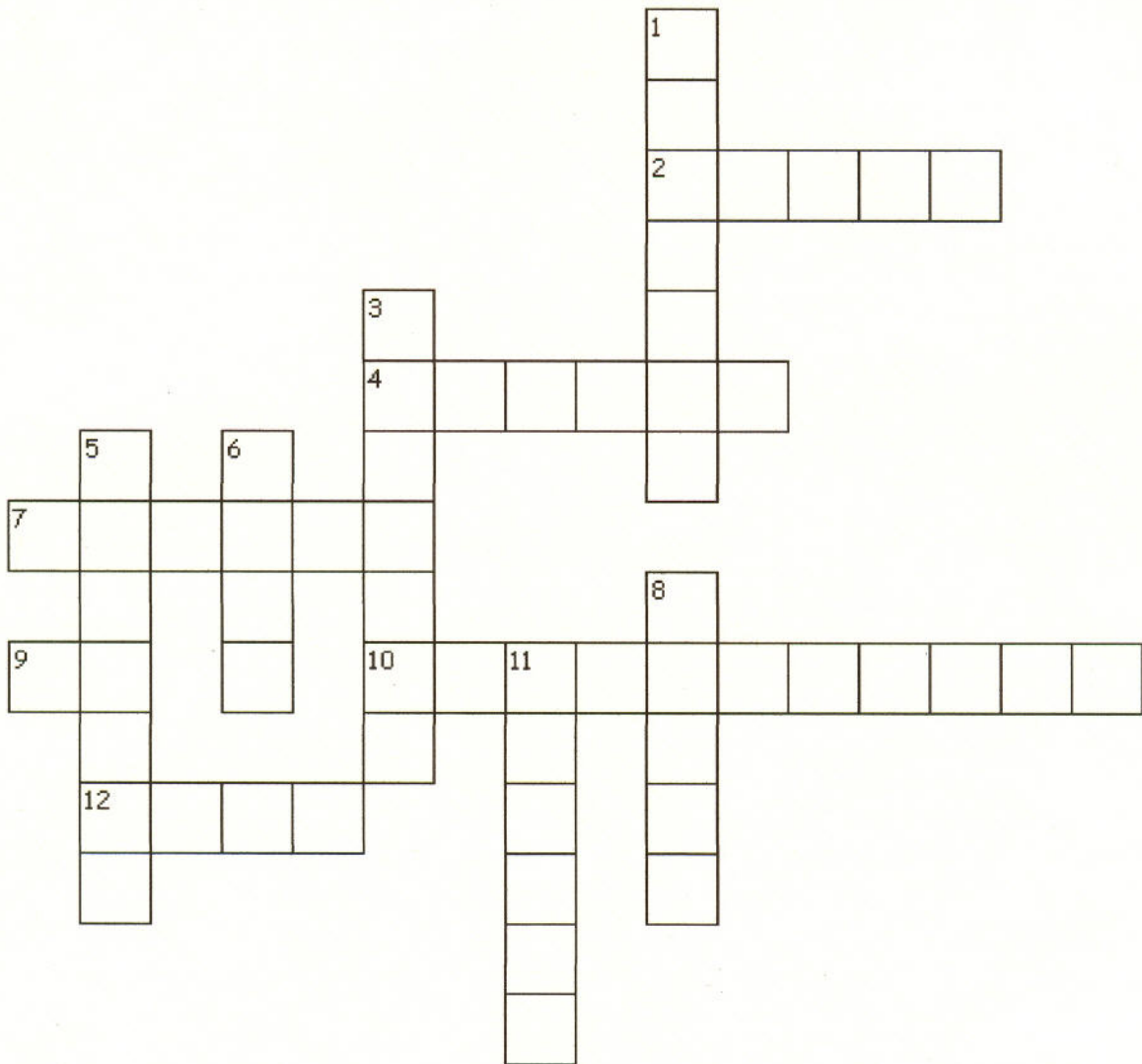


Body Parts Word Search

A	E	S	G	R	D	I	C	I	Q	V	E	W	I	C	D	E	B	U	X
P	N	A	N	X	K	K	L	E	G	N	T	A	N	H	E	I	D	Y	I
N	U	E	S	T	B	F	O	F	M	T	P	B	R	N	G	W	J	A	W
N	Y	U	L	E	G	S	W	Y	I	X	V	J	K	J	G	Y	V	W	N
C	S	J	T	B	O	P	G	C	U	Z	S	Z	L	I	C	Y	N	L	V
K	I	T	A	A	O	T	K	B	X	N	T	M	C	W	C	P	M	T	P
A	N	I	G	A	V	W	R	O	R	J	R	C	S	N	N	T	G	K	M
G	X	N	H	V	S	Y	K	D	T	R	M	X	X	G	P	E	R	B	P
T	H	I	G	H	M	W	S	Y	X	B	T	U	C	P	D	Y	A	T	M
D	B	F	B	O	X	H	Q	N	K	H	Q	H	K	P	L	C	Q	D	W
P	N	V	T	C	O	J	C	M	Z	F	K	F	H	I	K	G	L	F	S
T	E	T	U	U	Y	S	U	Q	M	V	L	D	Z	O	Q	M	H	S	C
K	O	Y	L	A	V	S	W	Y	J	N	I	X	M	L	F	S	X	Z	K
B	T	D	B	L	M	K	P	K	C	M	Z	Y	Y	S	D	D	T	N	D
W	E	S	O	K	Y	H	T	T	Q	E	S	O	N	K	J	H	D	S	Q
R	L	G	A	V	T	K	S	L	H	Z	O	T	D	C	F	U	F	M	N
G	P	B	R	E	T	B	H	G	Q	Y	K	V	H	E	G	V	P	C	R
E	P	A	V	W	R	Z	R	T	N	U	J	P	O	N	F	O	Z	W	K
Z	I	S	S	W	P	B	B	D	H	R	K	Y	T	B	Y	G	H	E	V
L	N	M	M	M	Z	M	X	G	U	D	D	C	Q	N	I	U	C	P	V

Words: Back Body Ear Breast Nose Neck Nipple Leg
Shoulder Thigh Toes Vagina Knee Elbow Bottom

About Me!



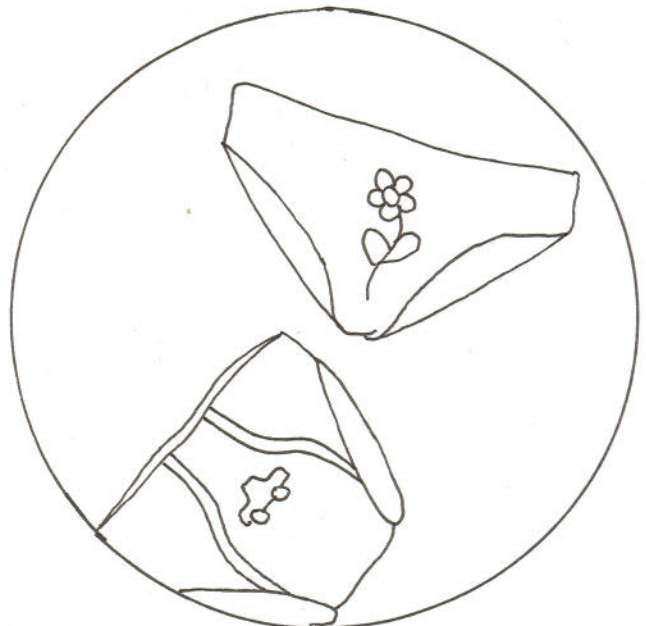
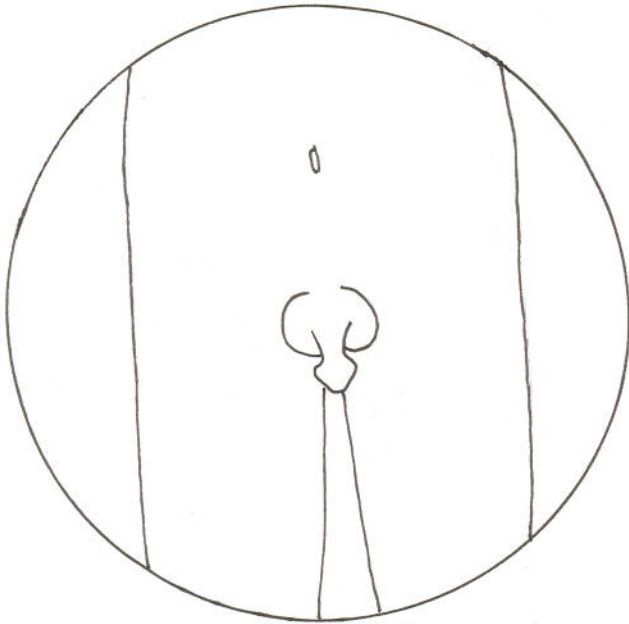
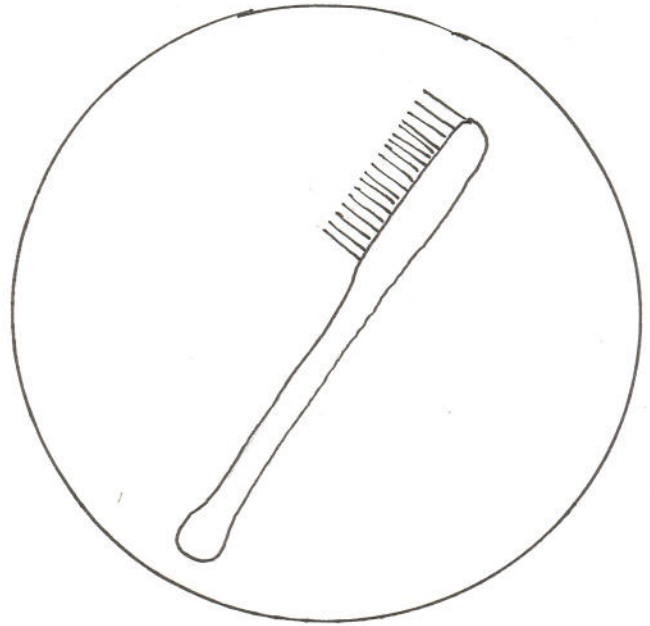
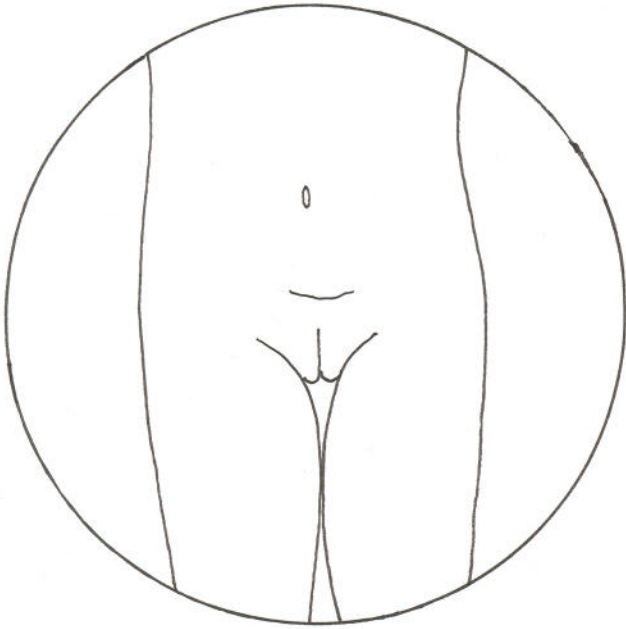
Across

2. The only thing kids use their personal parts for
4. Something that we never keep if it involves our body or what someone is doing with us
7. This is what a girls personal area is called.
9. The person my body belongs to.....
10. If I need to talk about my vagina, I won't ever feel _____.
12. It is always Ok to _____ about my body

Down

1. In the middle of my breasts, I have two _____.
3. I'm not _____ of my body!
5. Two people I can always talk to
6. You were born a _____.
8. Something you should be when it comes to your body
11. Two cheeks, and they aren't on your face.

Color these
personal items

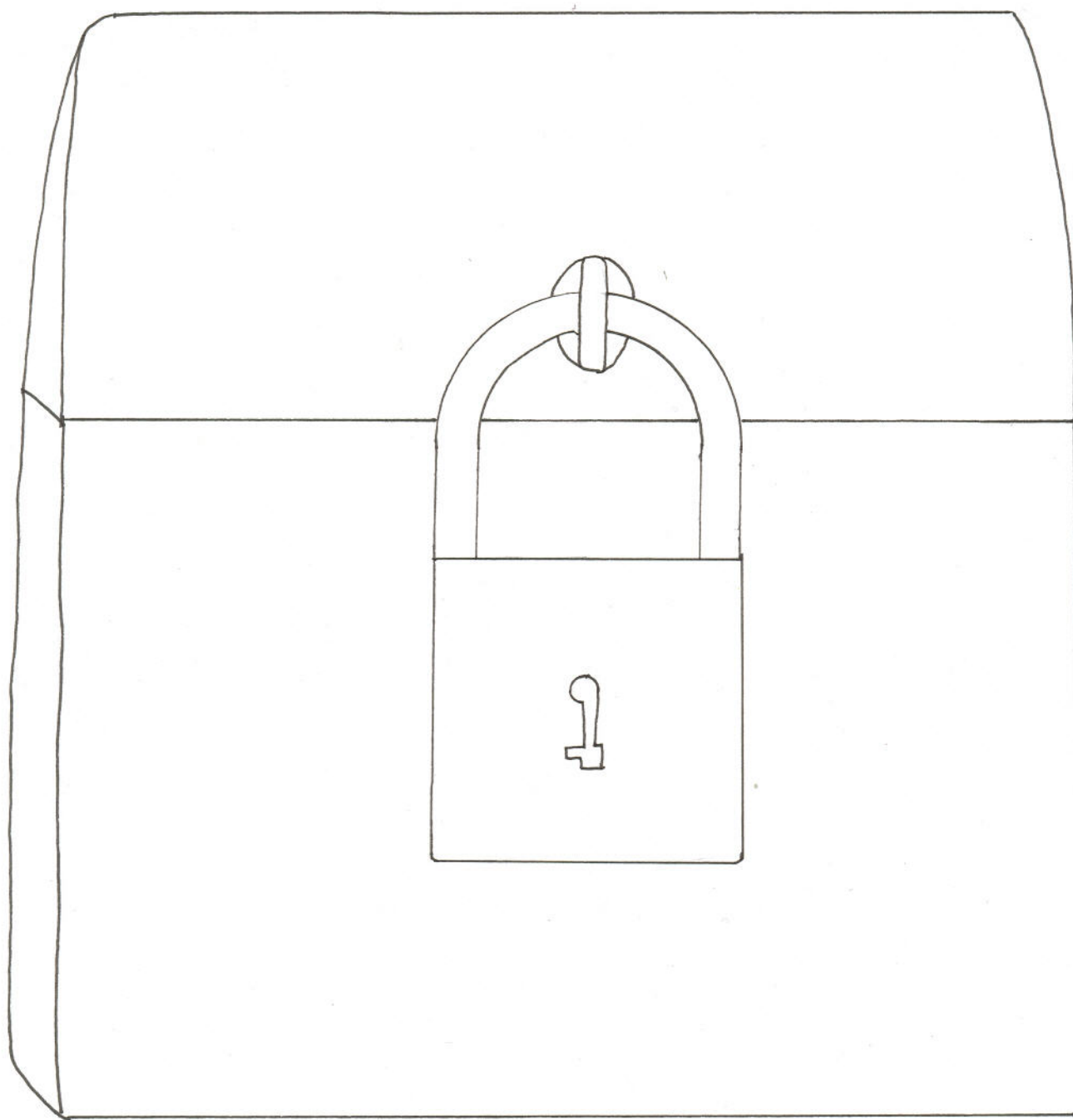


Personal Items

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 girl, and your vagina 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 abath, 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 Okto talk about these parts of our body whenever we need to.

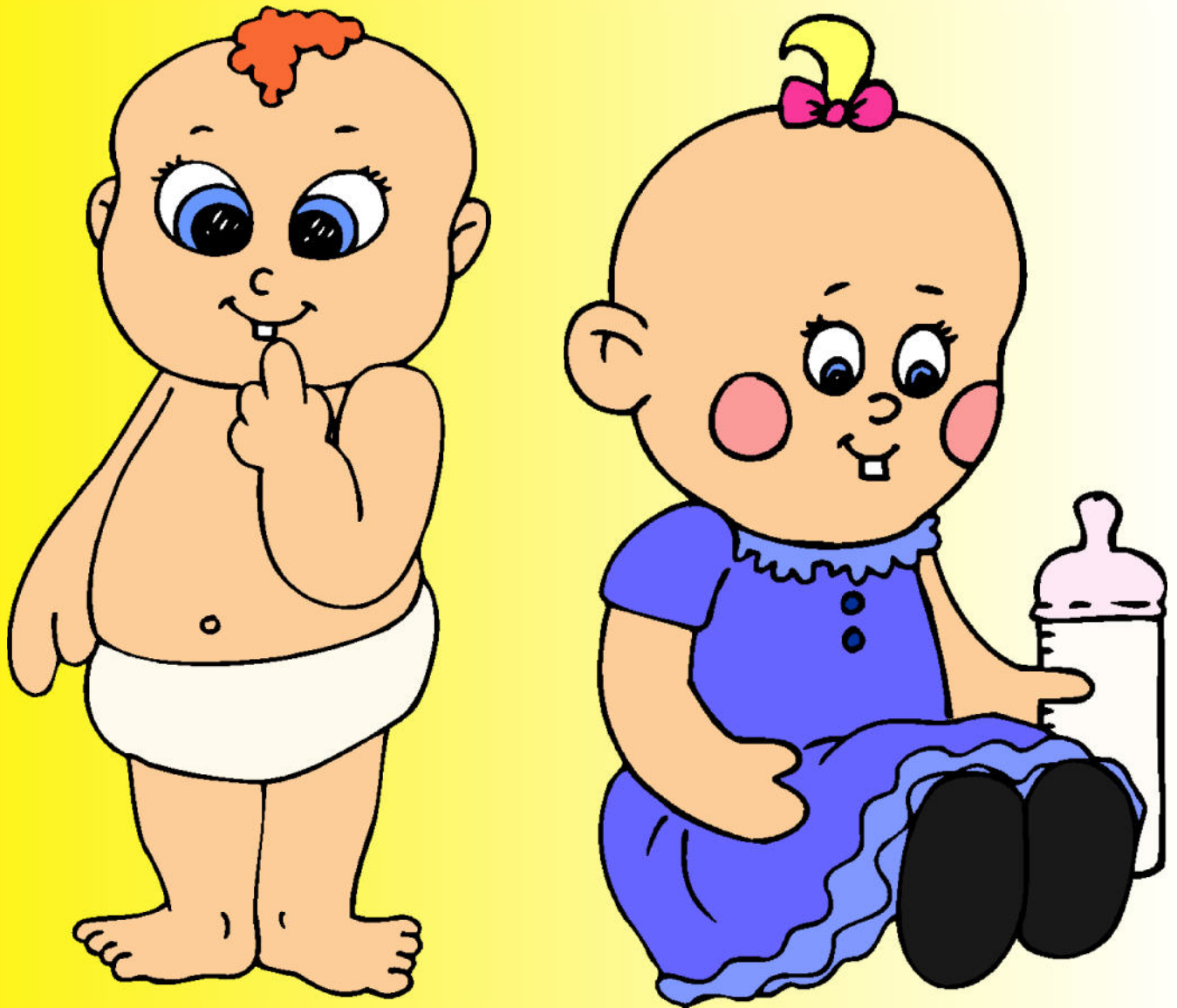


Private

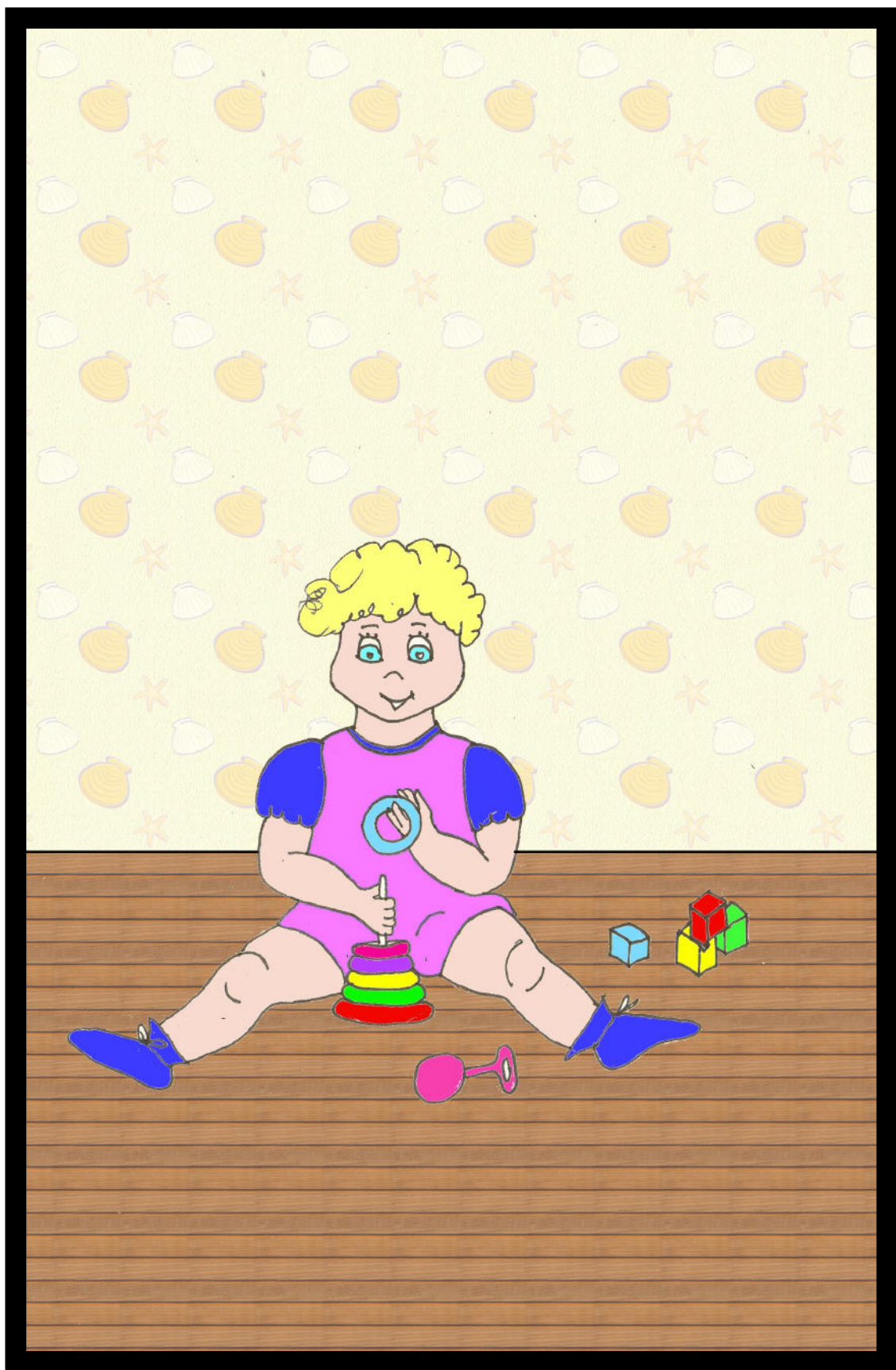
Private is usually something that is kept secret between a couple people. You generally don't share it with others.

Sometimes your mom or dad might call your vagina 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.

Change the Baby!



**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.



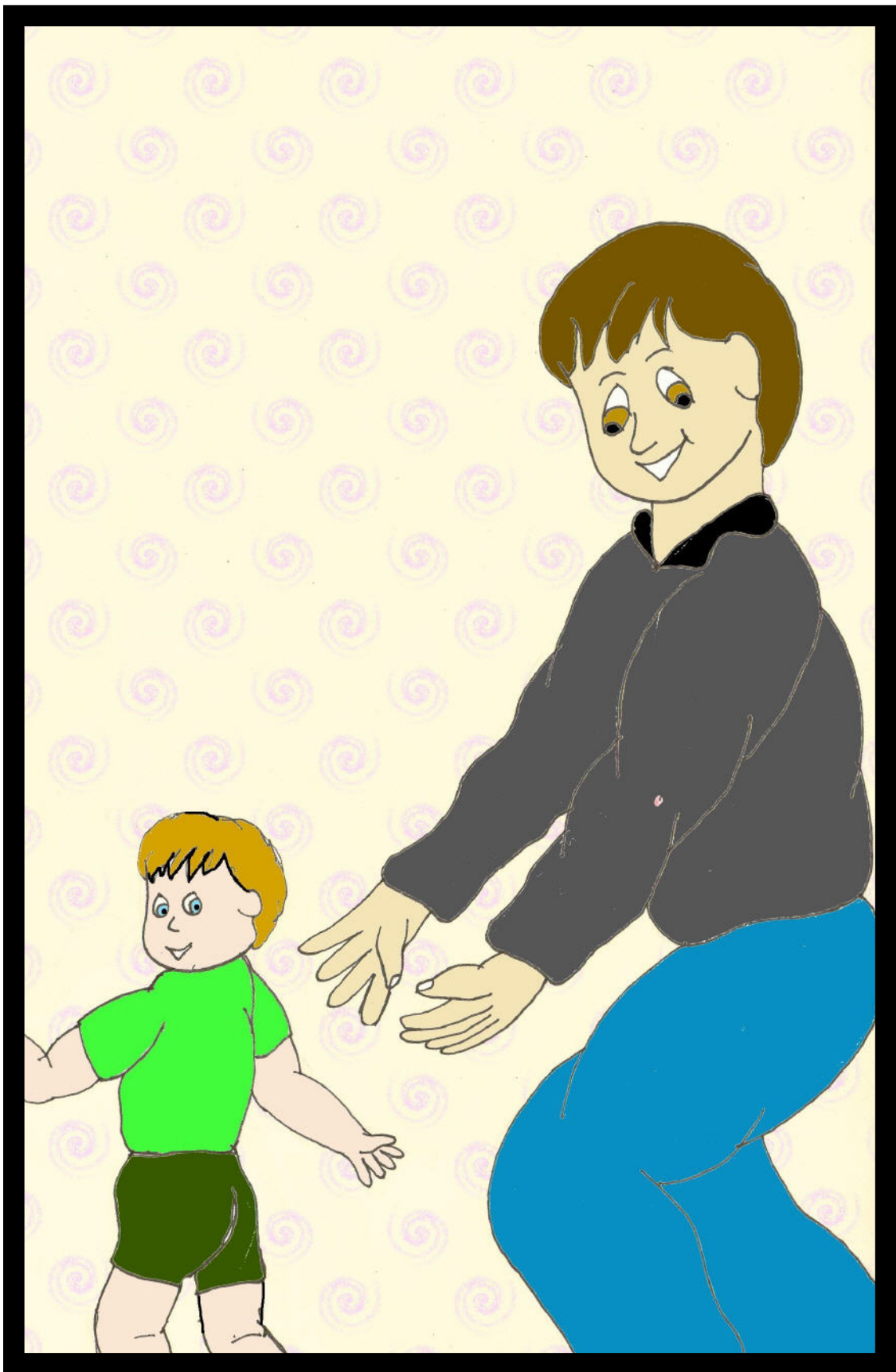
Get out the baby wipes to wipe the baby clean. Wipe around the baby's bottom and anus. Wipe all around the baby's vagina. Get it all clean. Throw the wipes away.



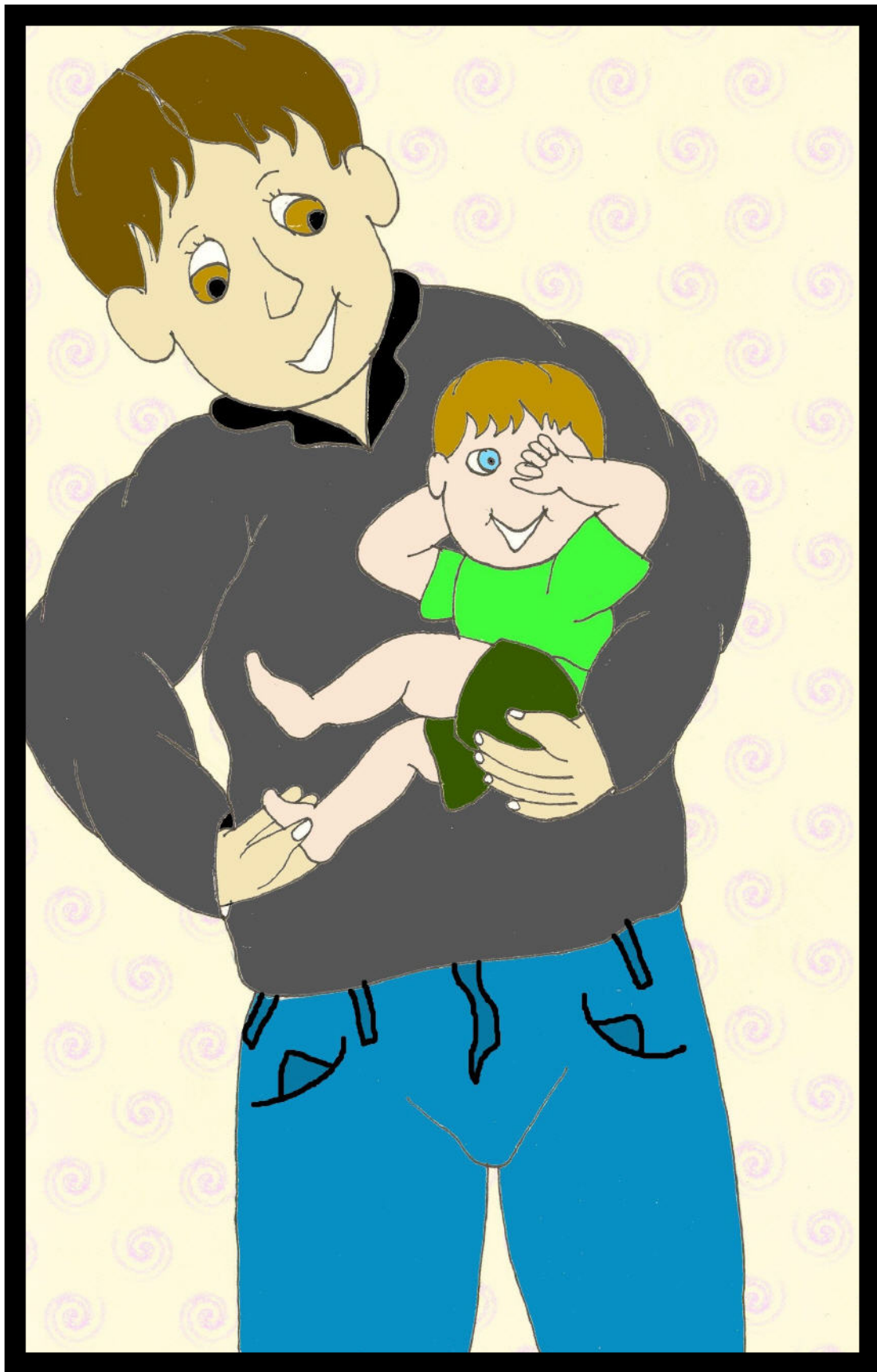
Get a new diaper, and put the diaper up over the baby's vagina and bottom. Put the baby's clothes back on.



Pick the baby up. Ah, much better, now that is a clean, fresh baby!



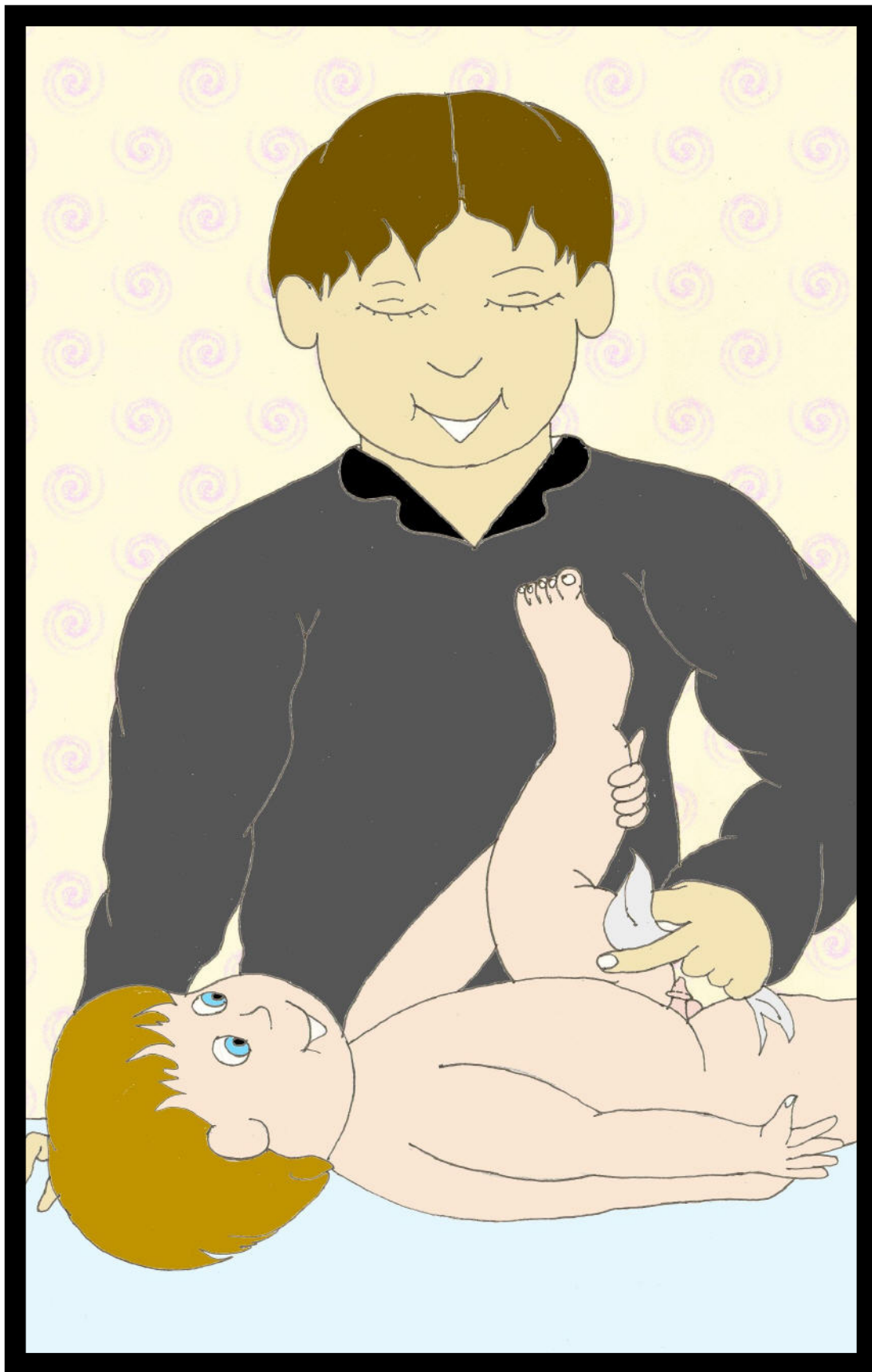
Now who is that over there trying to run a way from daddy.
I'm gonna get you. Here I come.....



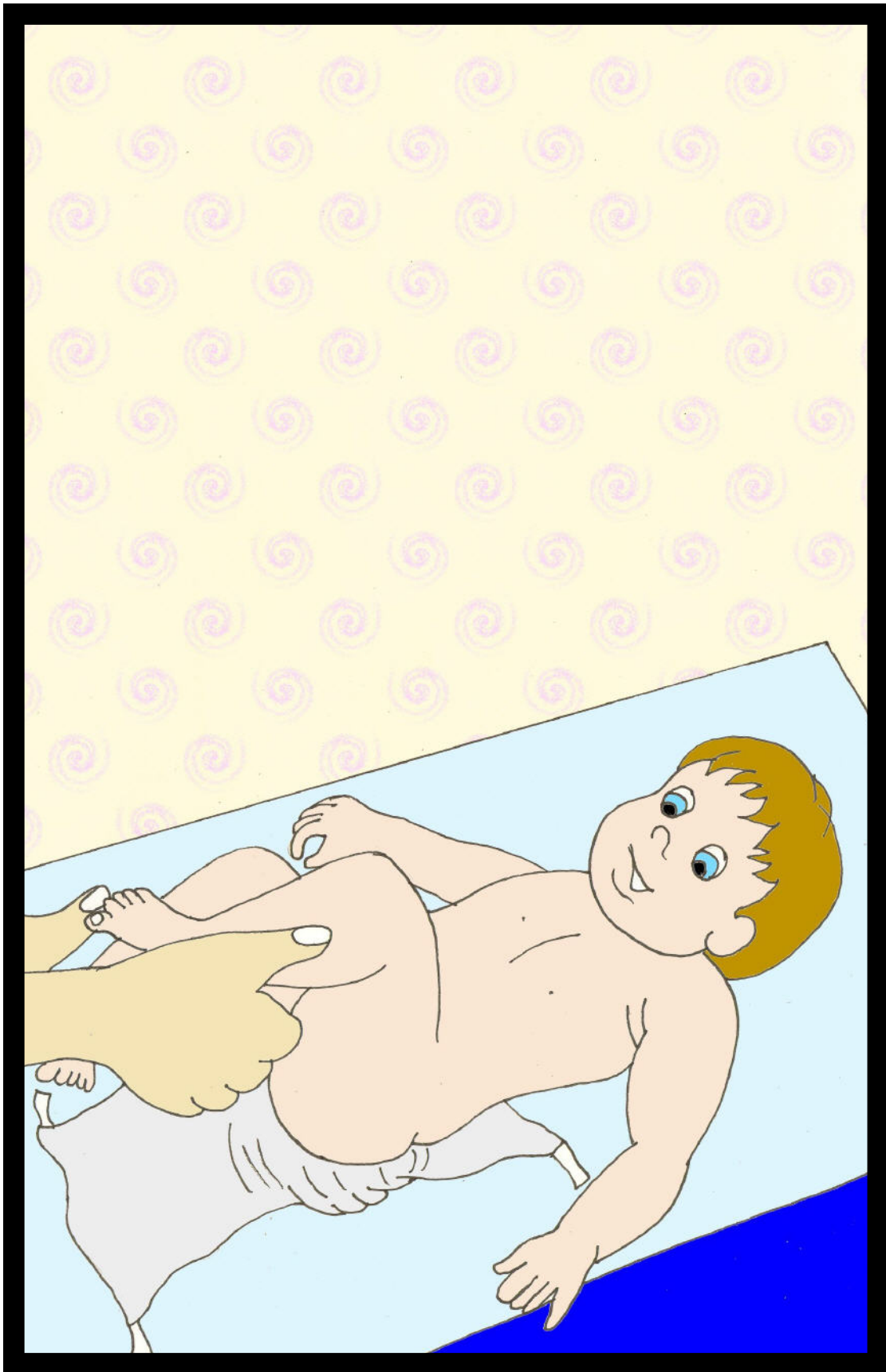
Got you! Snatch that baby up. Ut-oh, someones stinky!
Change the baby!



Set the baby on the changing table. Take off the baby's clothes. This baby is a boy baby. Pooeeey! 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.

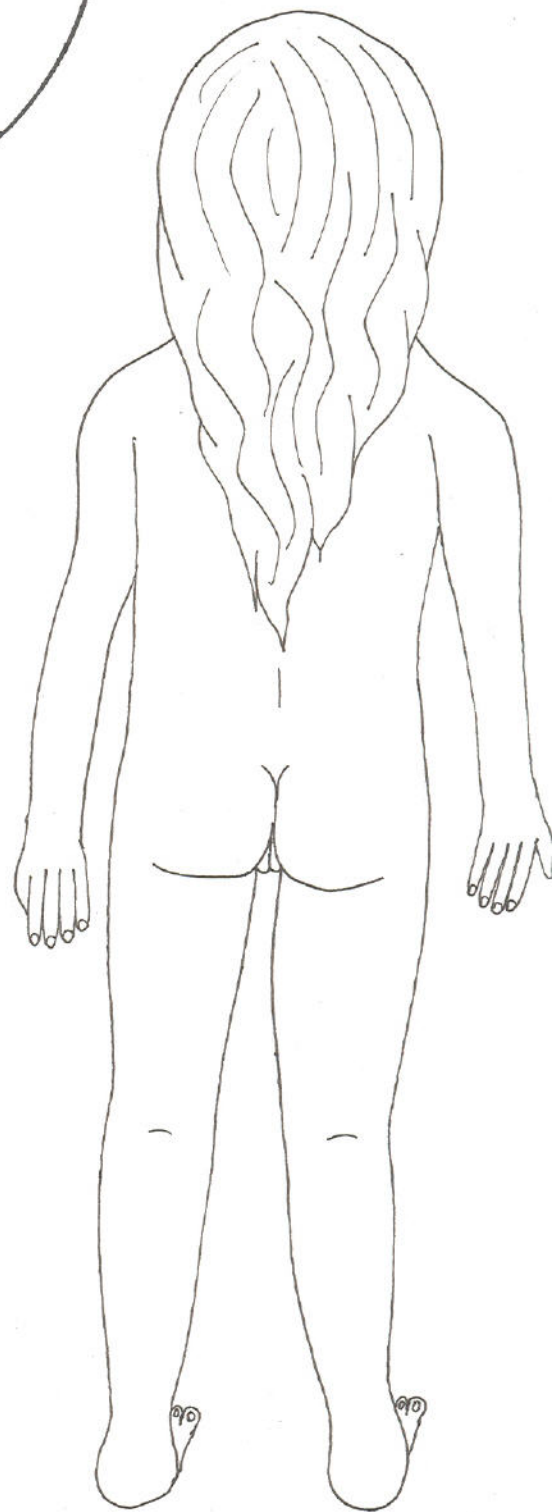
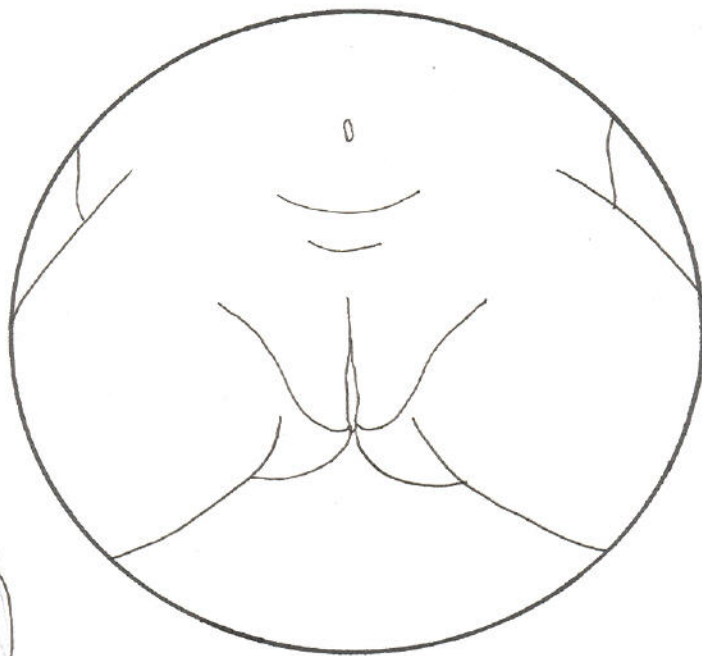
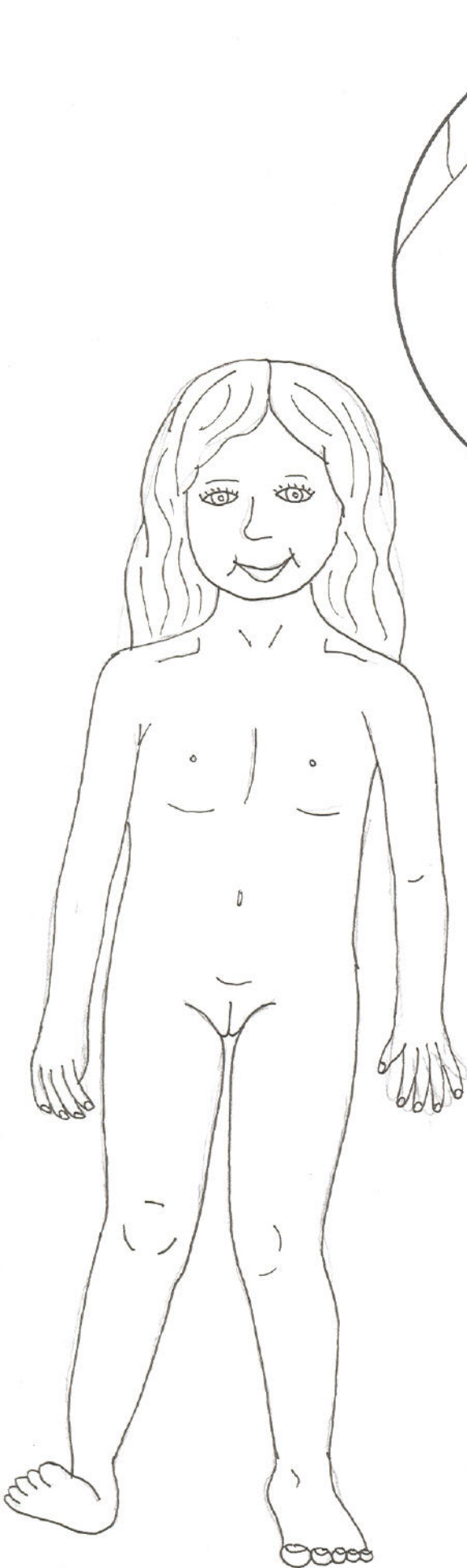


Throw the wipes away. Get a new diaper, and put the diaper up over the baby's penis and bottom. Button the baby's clothes back up.



Pick the baby up. There, now that is a clean, fresh baby.
Much better!





Color Me!

Color the girl in this picture. Since you are a girl, 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-_____

Vagina-_____

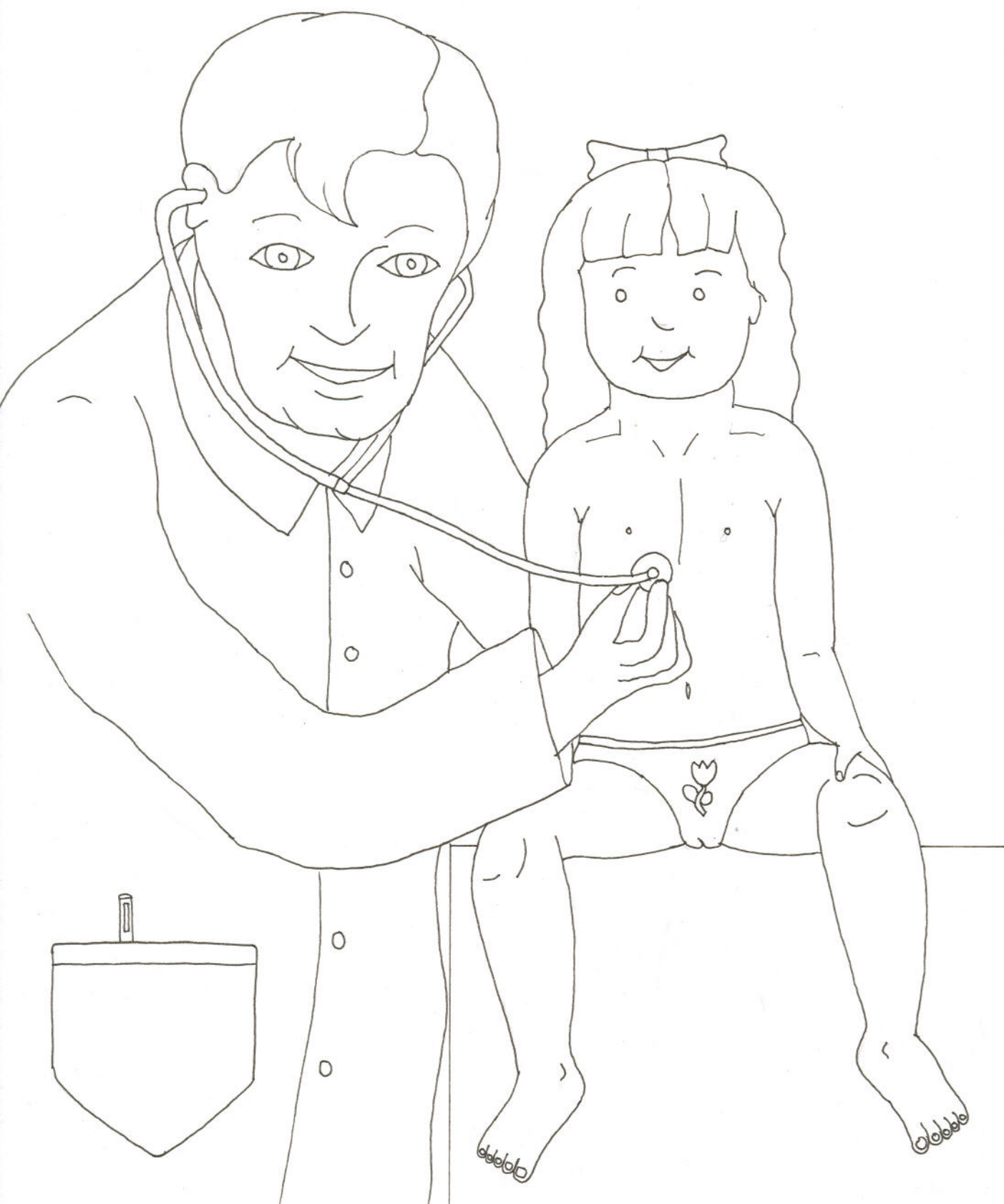
Leg-_____

Mouth-_____

Hair-_____

Eyes-_____

Color
Me!



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

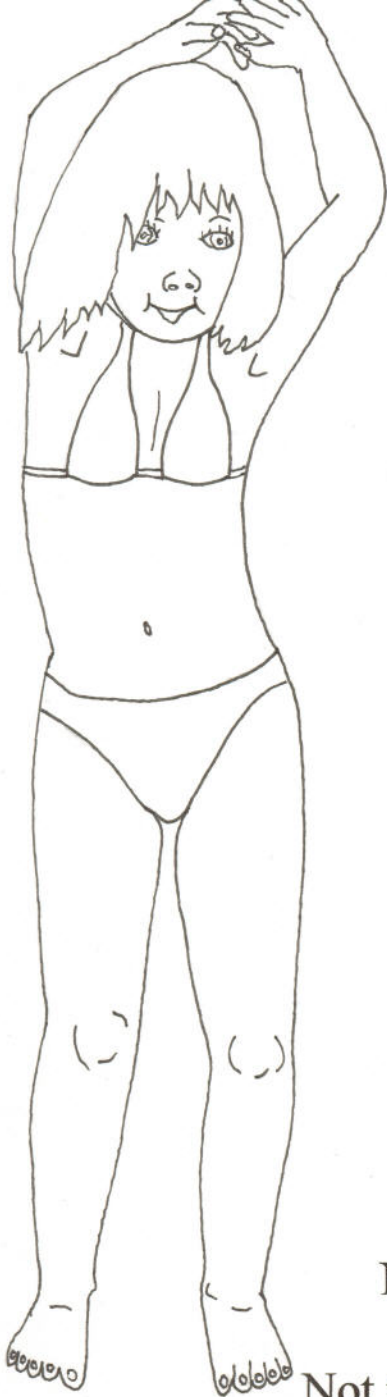
This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Color
Me!



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

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THIS IS MY BODY

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.

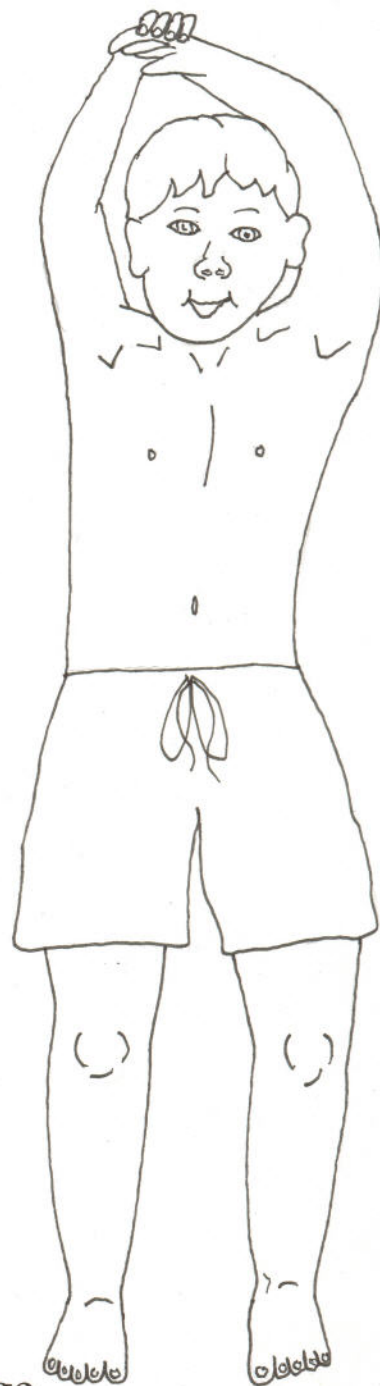
Not to Ms. Jane, not to Jim,
Not to my neighbor, or Tom at the gym,

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.

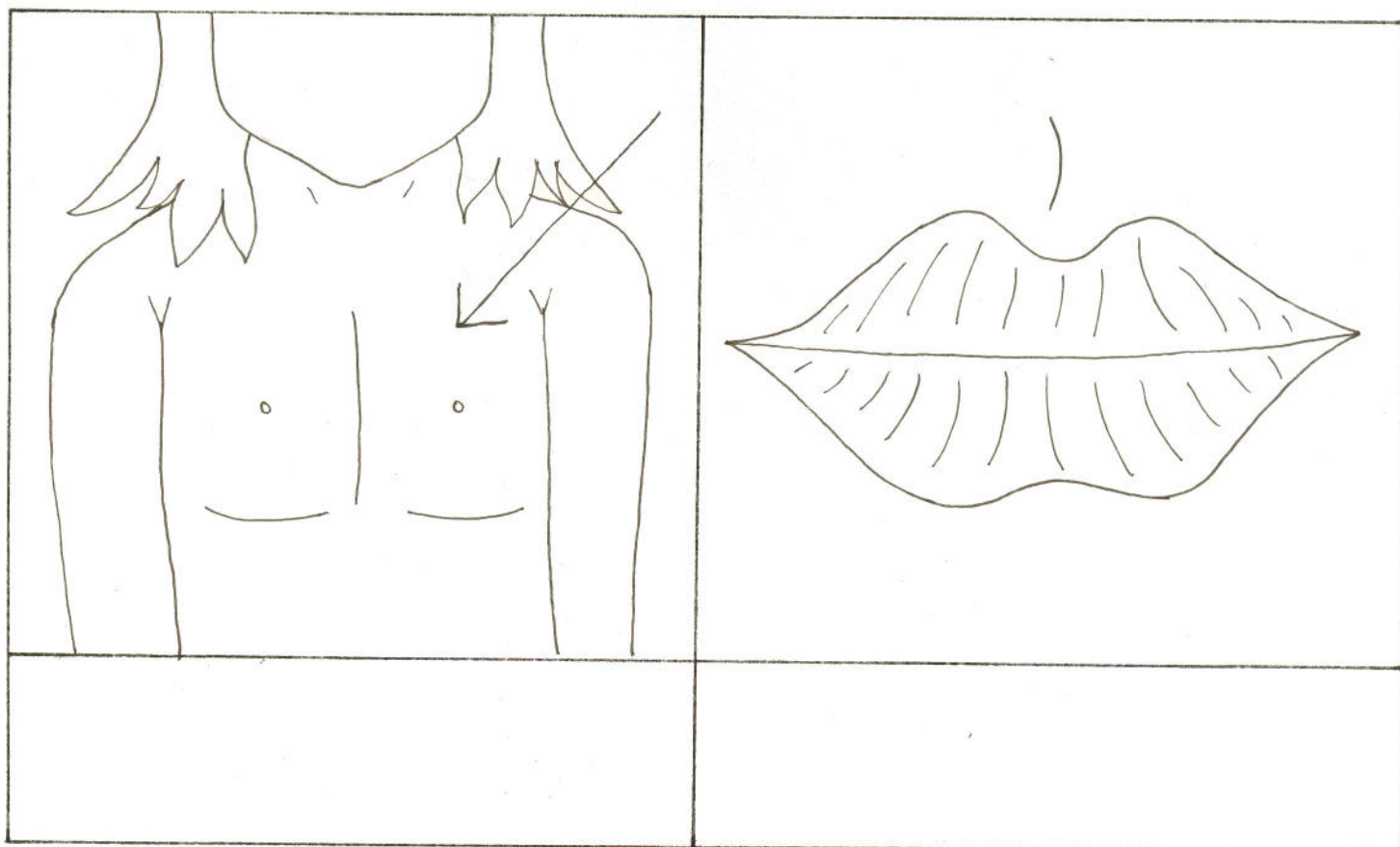
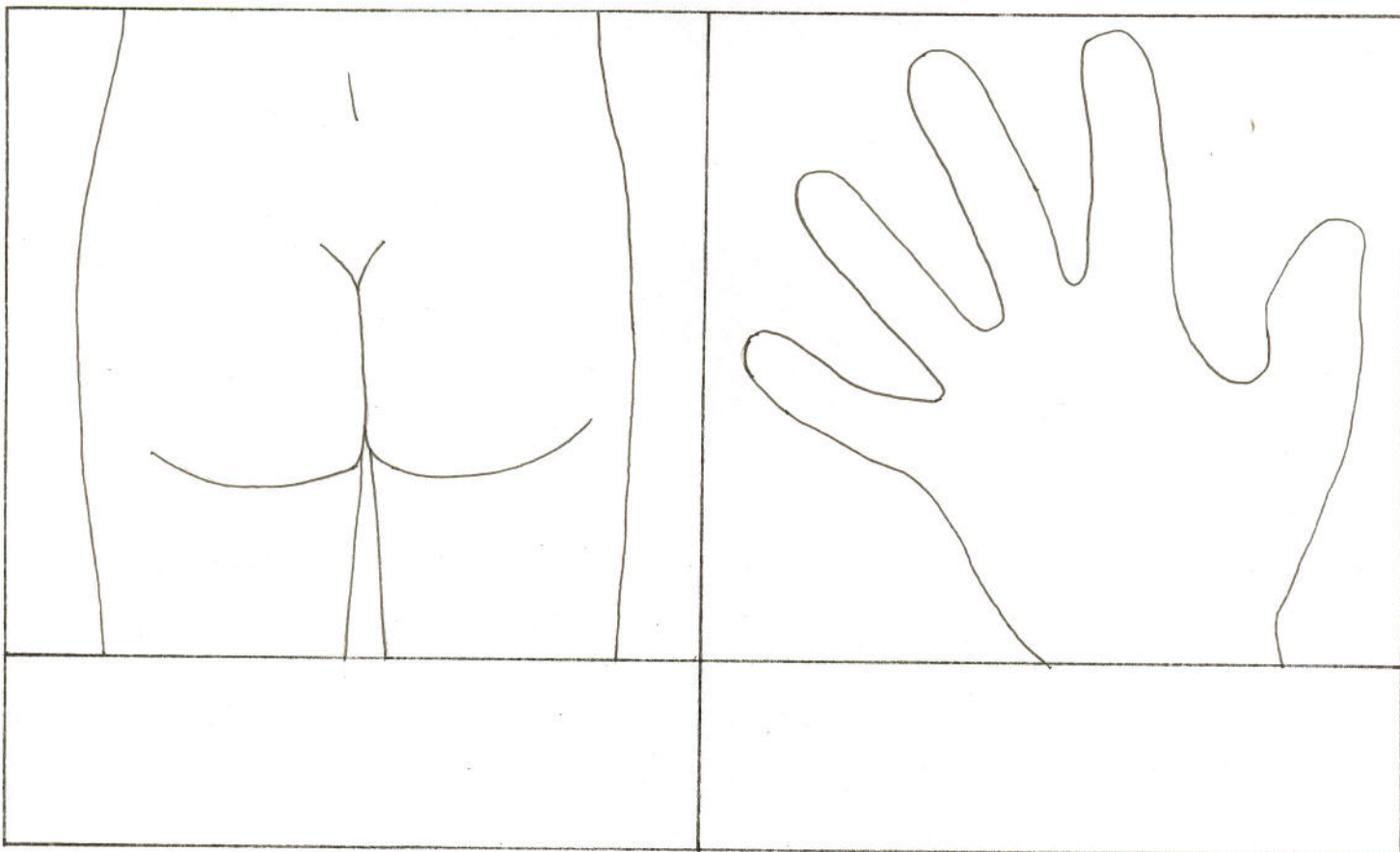
I am in charge, cause this body is mine,
It's mine to take care of, and that suits me just fine!



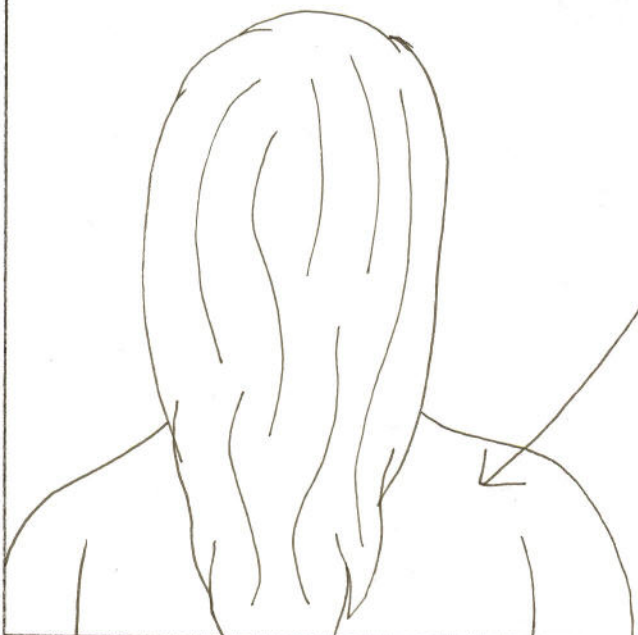
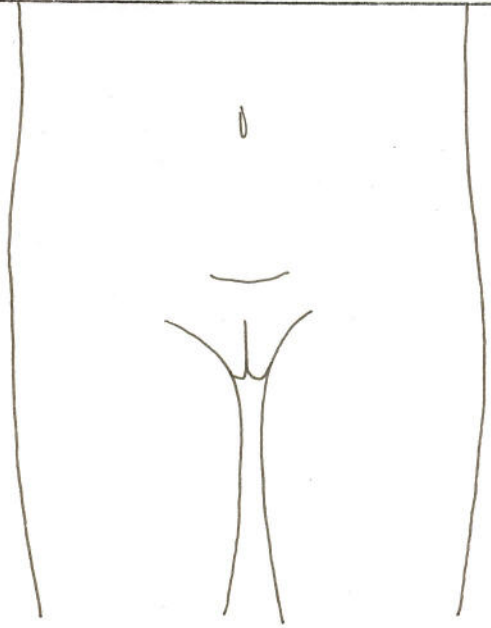
Color a Question.....

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:

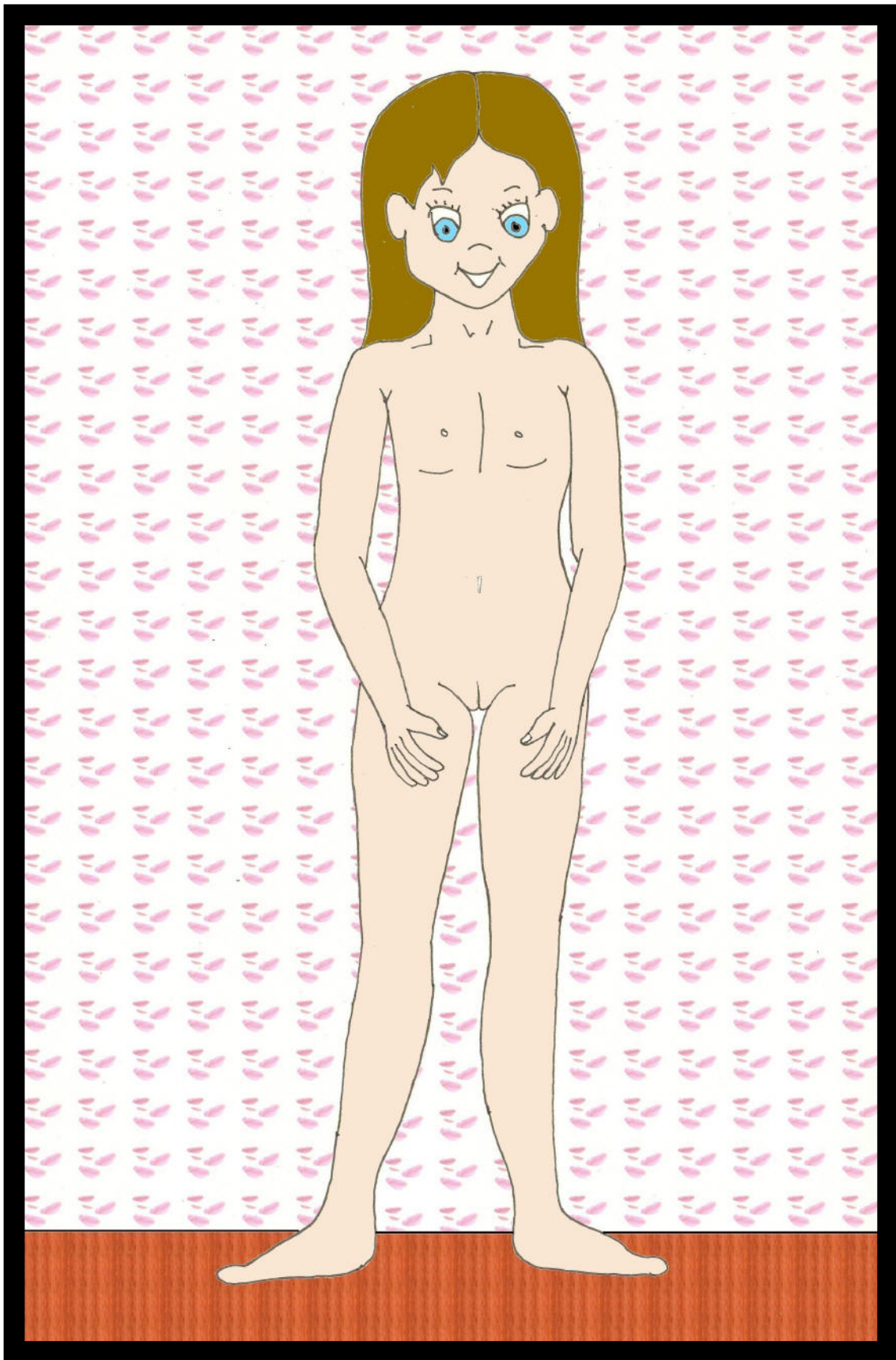




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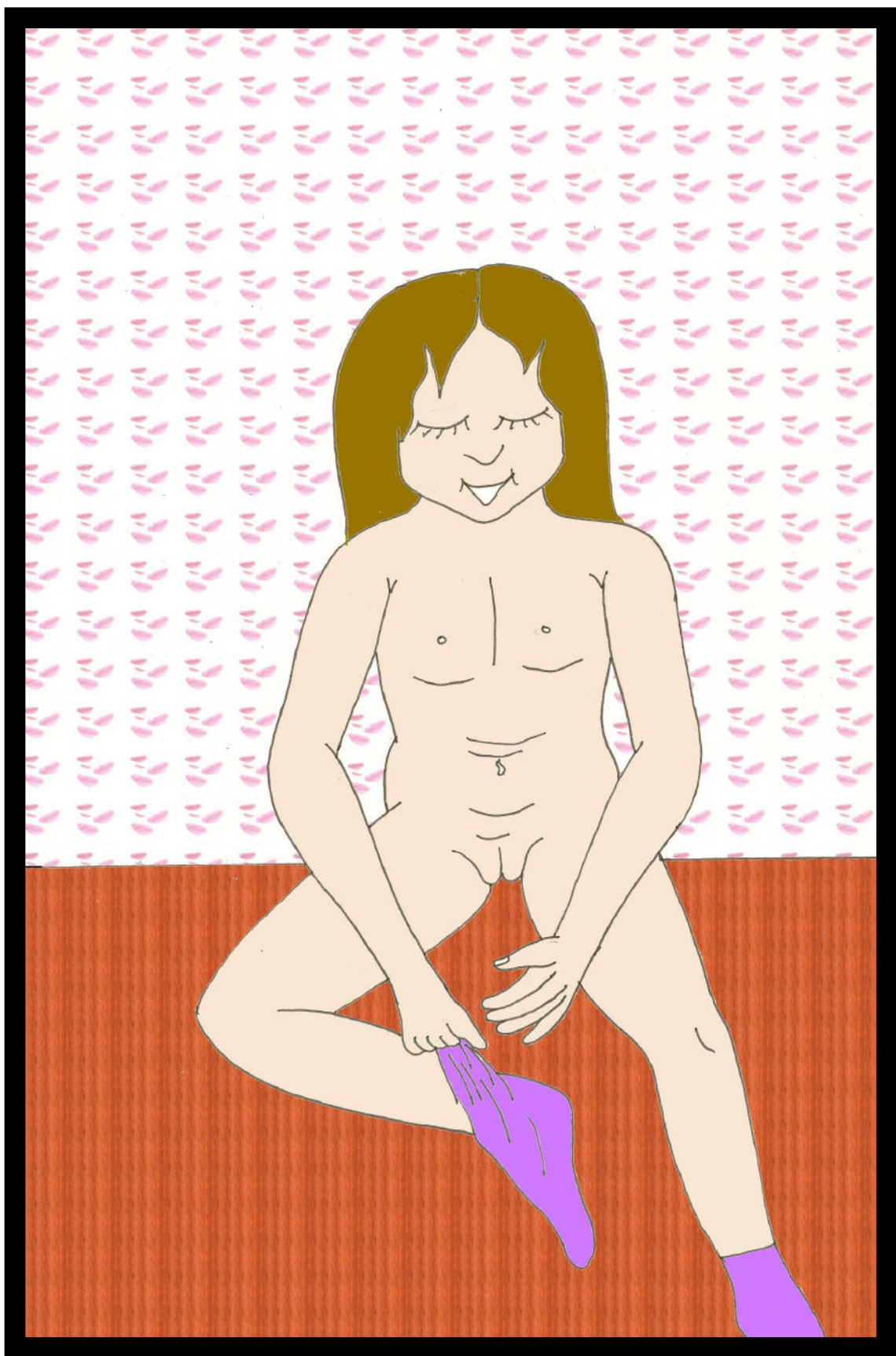
**Read this story to your mom
and dad. Or, if you are too
little, they can read the story to
you!**



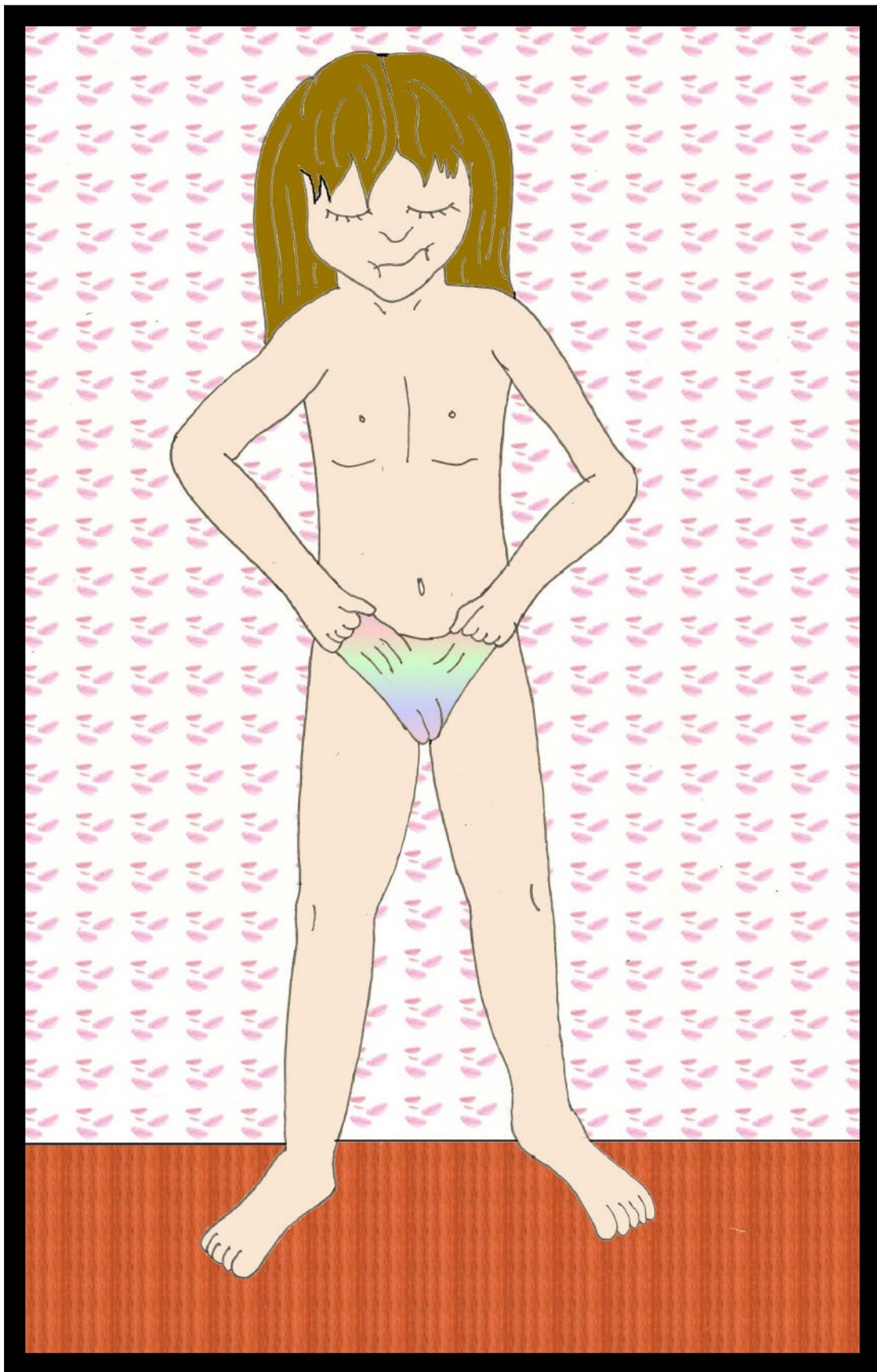
This is my body! I have a girl body. Right now my body is naked, I have no clothes on. That's Ok though, I'm not ashamed of my body. But it's time to get dressed.



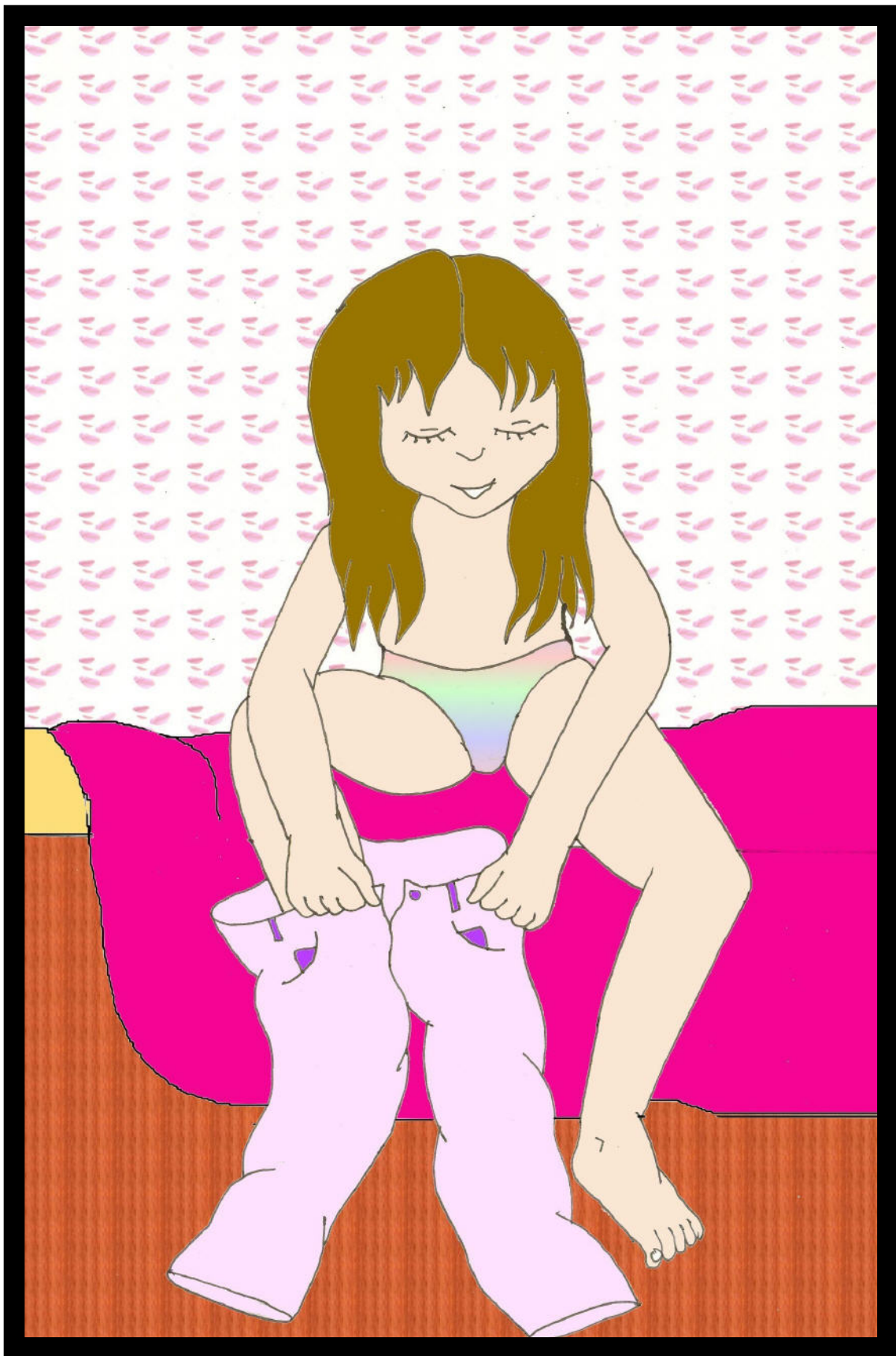
I look for some new clothes to put on. I dig through my dresser drawer and get them all picked out.



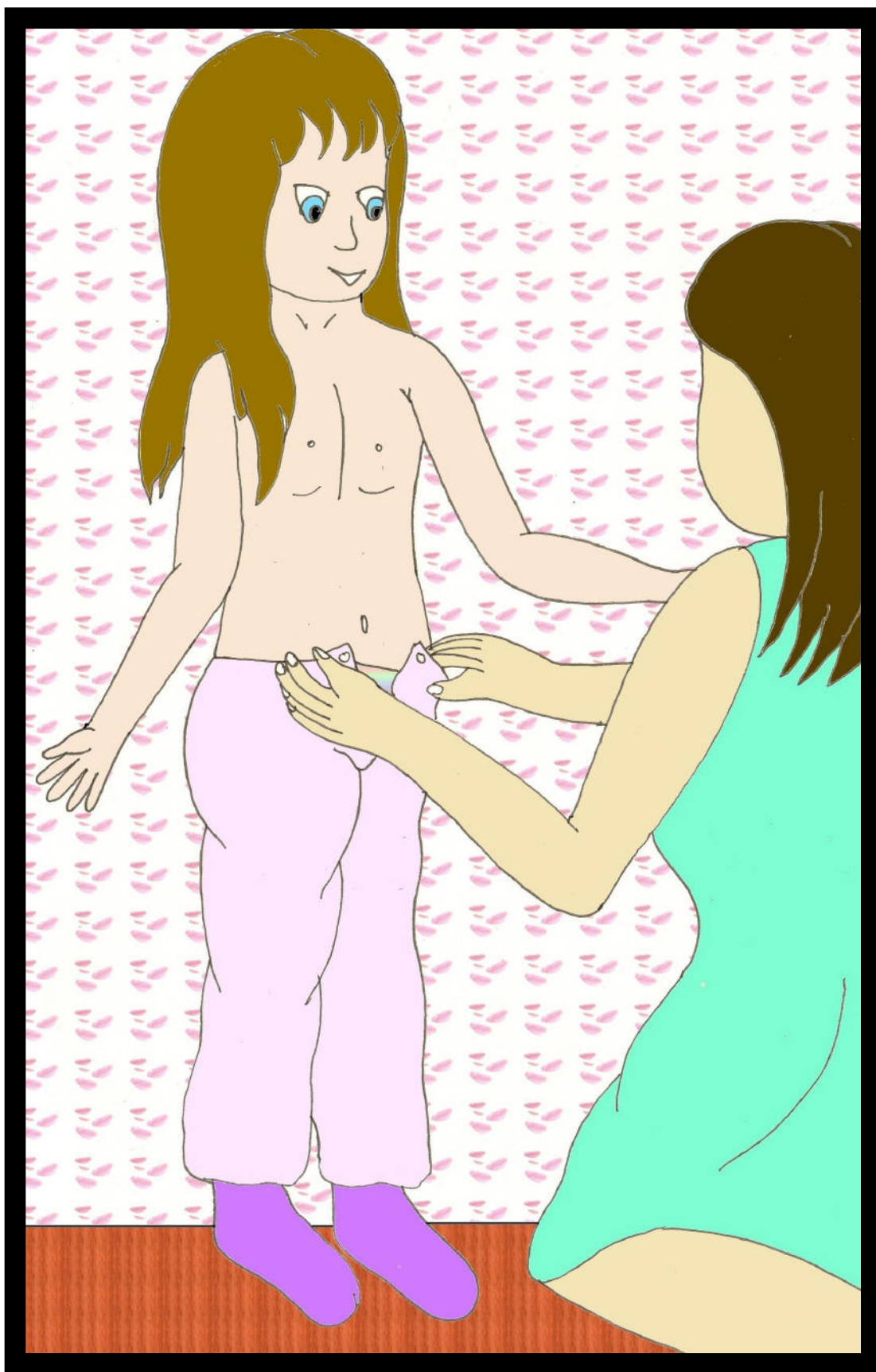
First, I put on my socks. I pick out some purple socks, because I like purple and they are pretty. I pull them up over my foot.



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 vagina and my bottom.



Next, I put on my jeans. I pull my jeans 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.

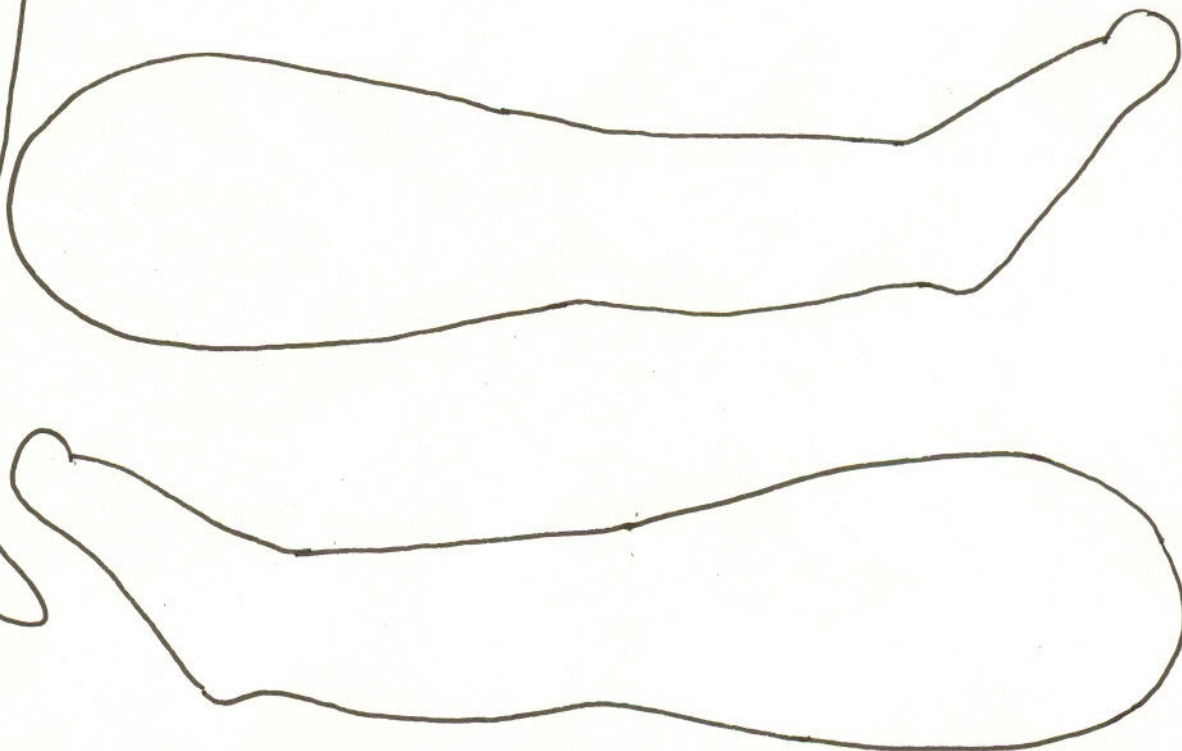
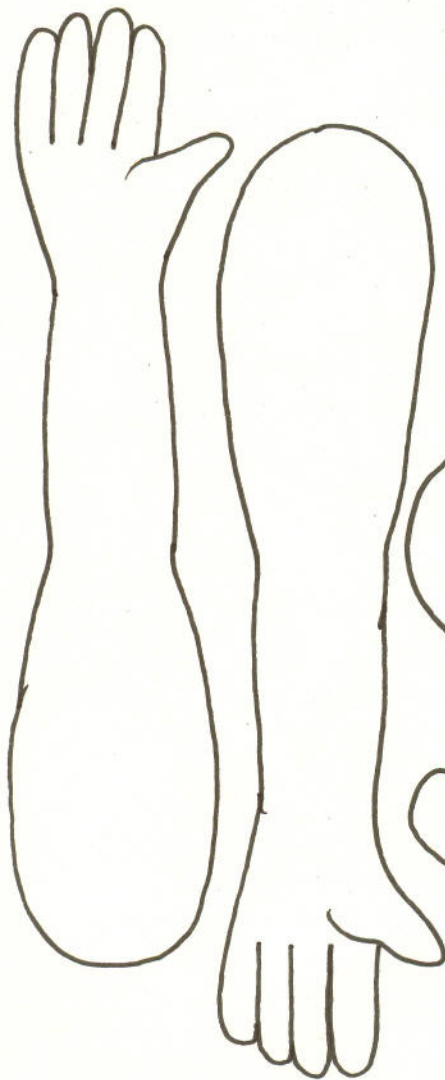
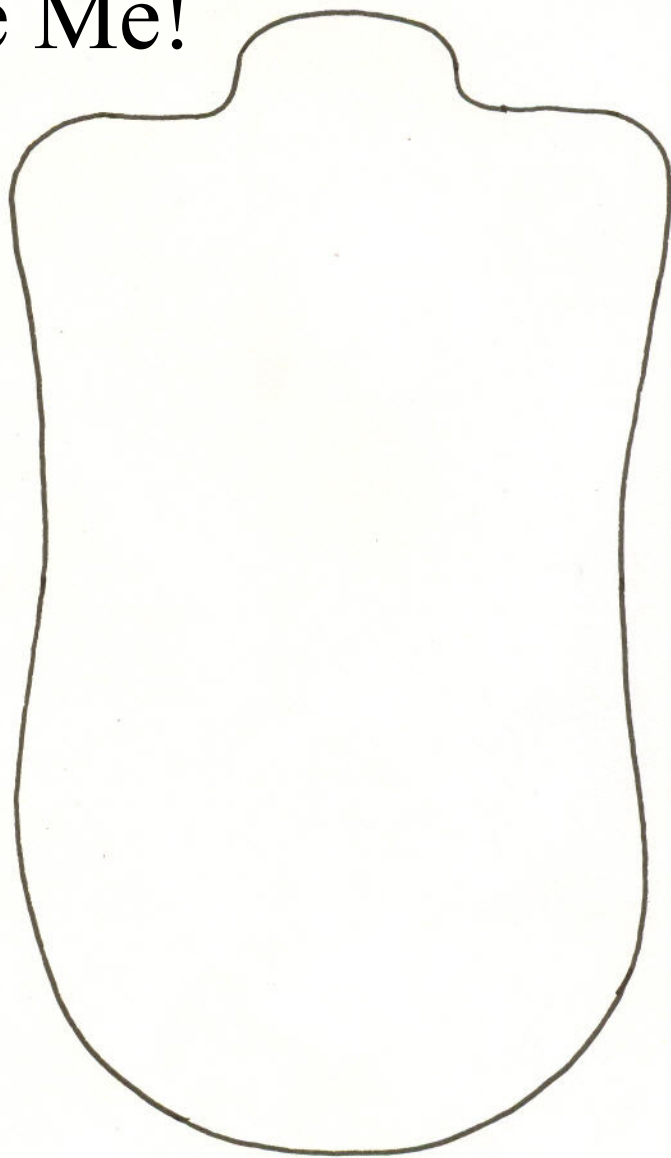
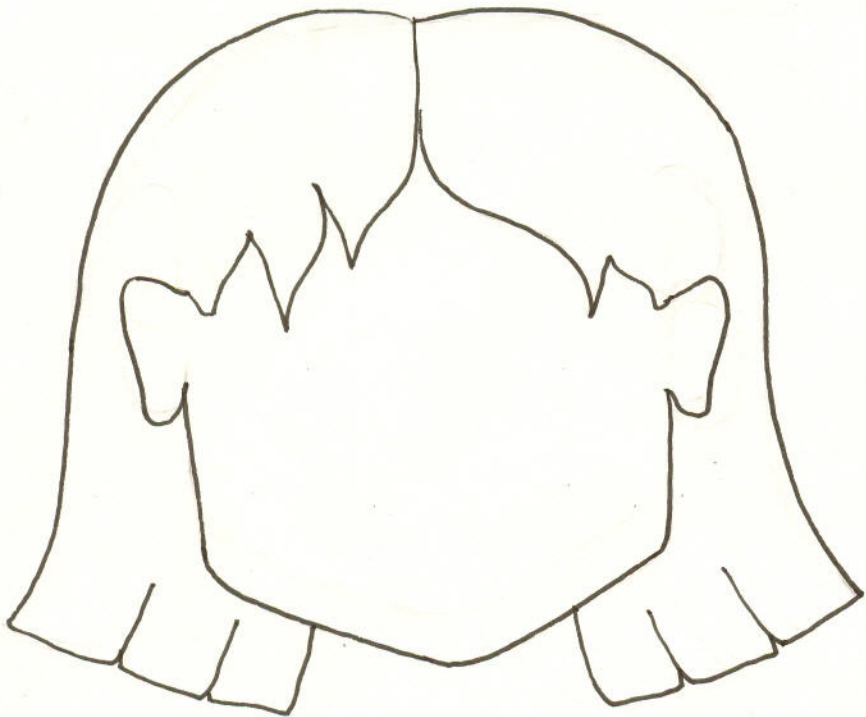


Next I put on my shirt. I try to pull it over my head, but it get's stuck. I yank it real hard, and it comes down over my breasts, my nipples, and my tummy.



Now my body is all dressed! I have my new outfit on and am ready to go to the store!

Assemble Me!



(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 thier personal parts for is to go _____ Y.

My body belongs to _____.

It is awlays 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 V _____.

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:

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Global Children's fund

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