

What Does a Body Scientist* Do?

My name is Kerri and I have the best job in the whole wide world. I am a body scientist.



What do you think a body scientist does?

Circle the things that a body scientist does.

Learns about the body

Flies a kite

Names the private body parts

Keeps their body healthy

Reads books about the body

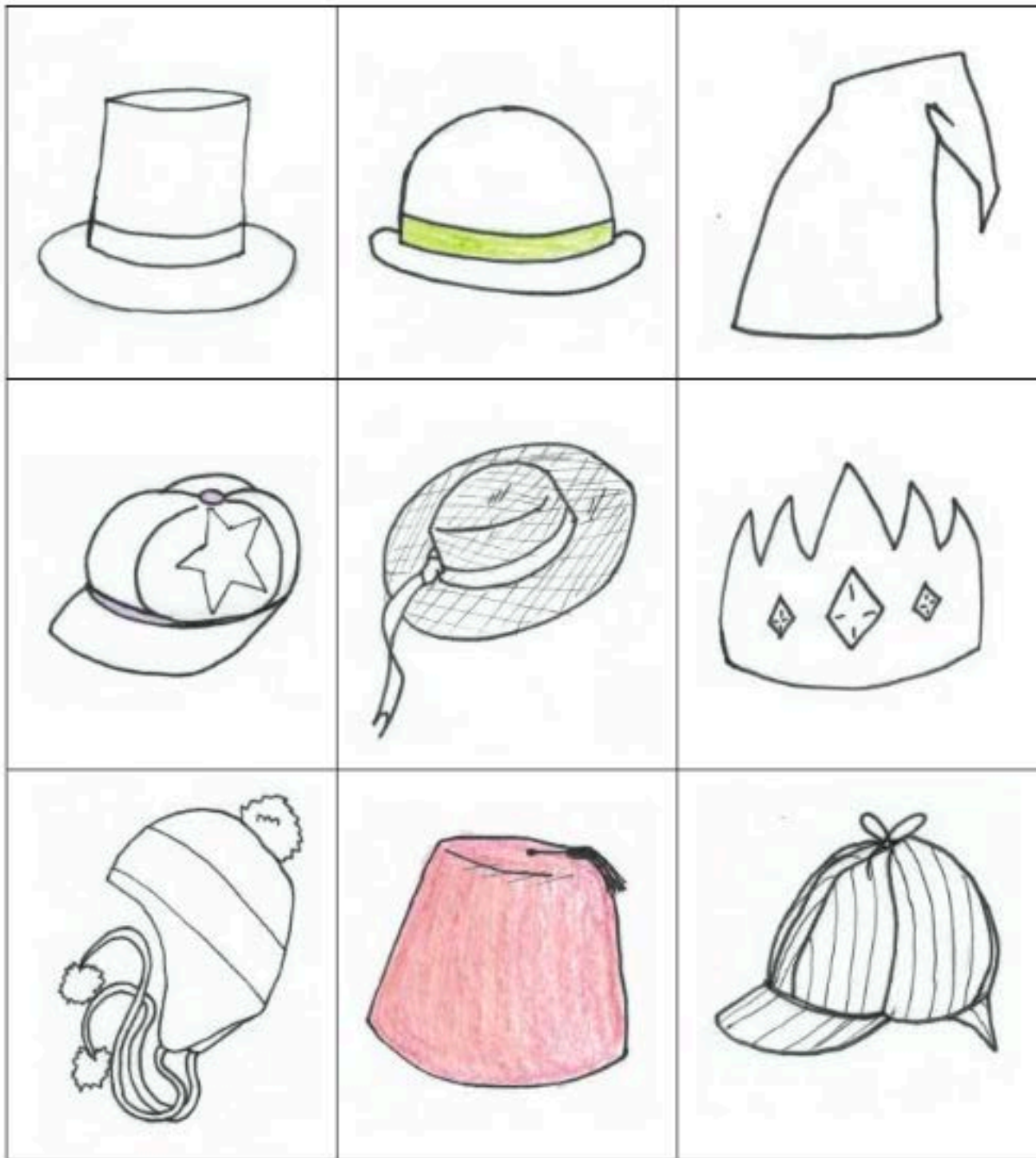
Hunts for crabs at the beach

Keeps their body safe

*Body Scientist: A term coined by Meg Hickling

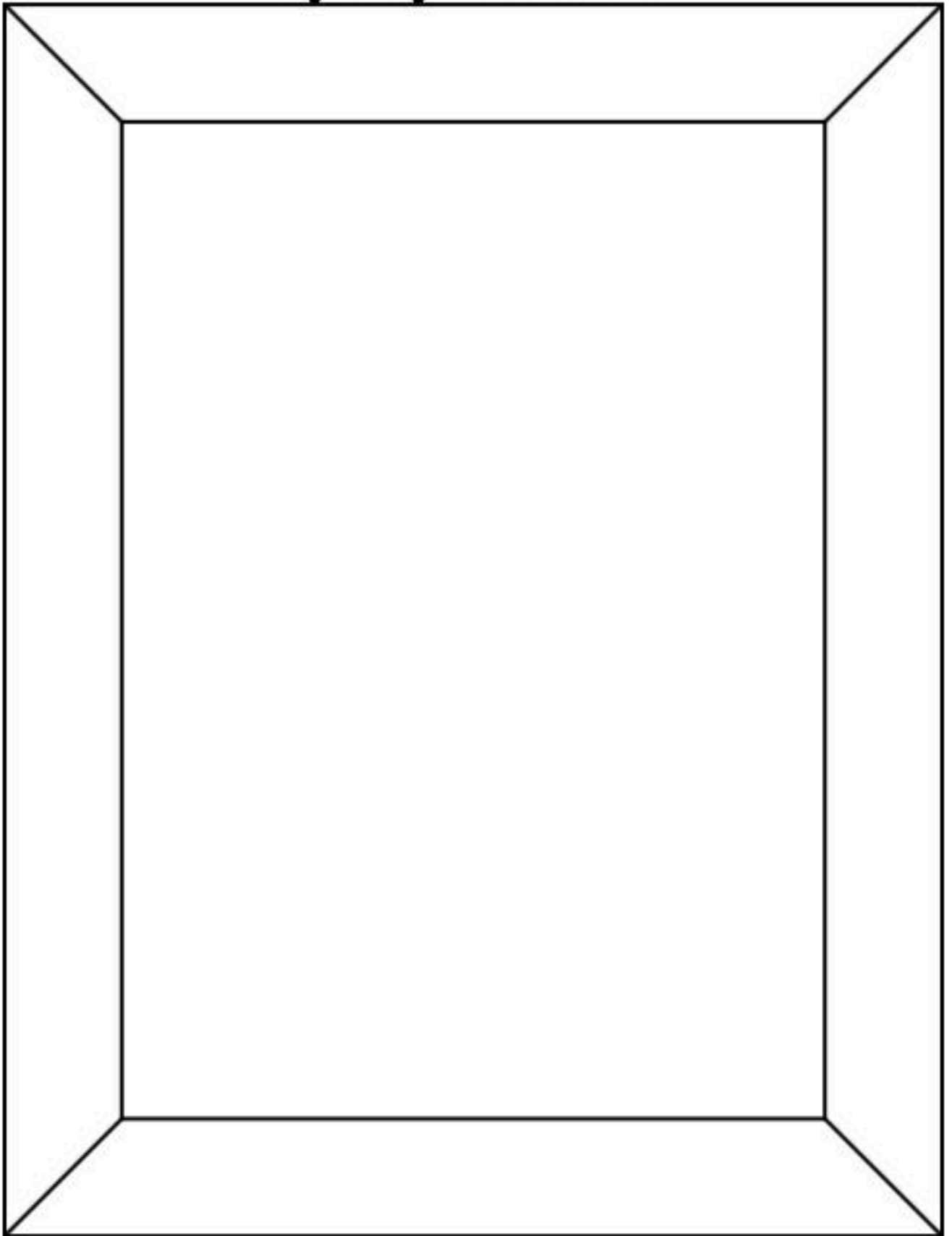
Body Scientist Hat Examples

Here are a few examples of some cool body scientist hats.
Colour these hats in a creative way.



Can you draw your own body scientist hat?

My Body Scientist Hat



Private Body Parts

Swimsuits or bathing suits cover up our private body parts.
Colour the swimsuits below.



Can you draw your own bathing suit?

Some people like to call these parts by silly names. Body scientists use the body science words for these parts. You can use these words with your grown-ups, at the doctors, or nurses, if you hurt yourself, or to ask questions.

Sometimes the private body parts that you are born with do not match how you see yourself.

Some babies are born with a penis. Everyone might think they are a boy. For some children, their brain tells them that they are a girl. You can be a girl even if you have a penis.

Some babies are born with a vulva. Everyone might think that they are a girl. For some children, their brain tells them that they are a boy. You can be a boy even if you have a vulva.

This is called transgender.

Some people don't feel like they are a boy or a girl.

This is called agender.

Some people feel like they are both a boy and a girl.

This is called gender fluid.

How we see ourselves can and often does change as we grow up and have life experiences.

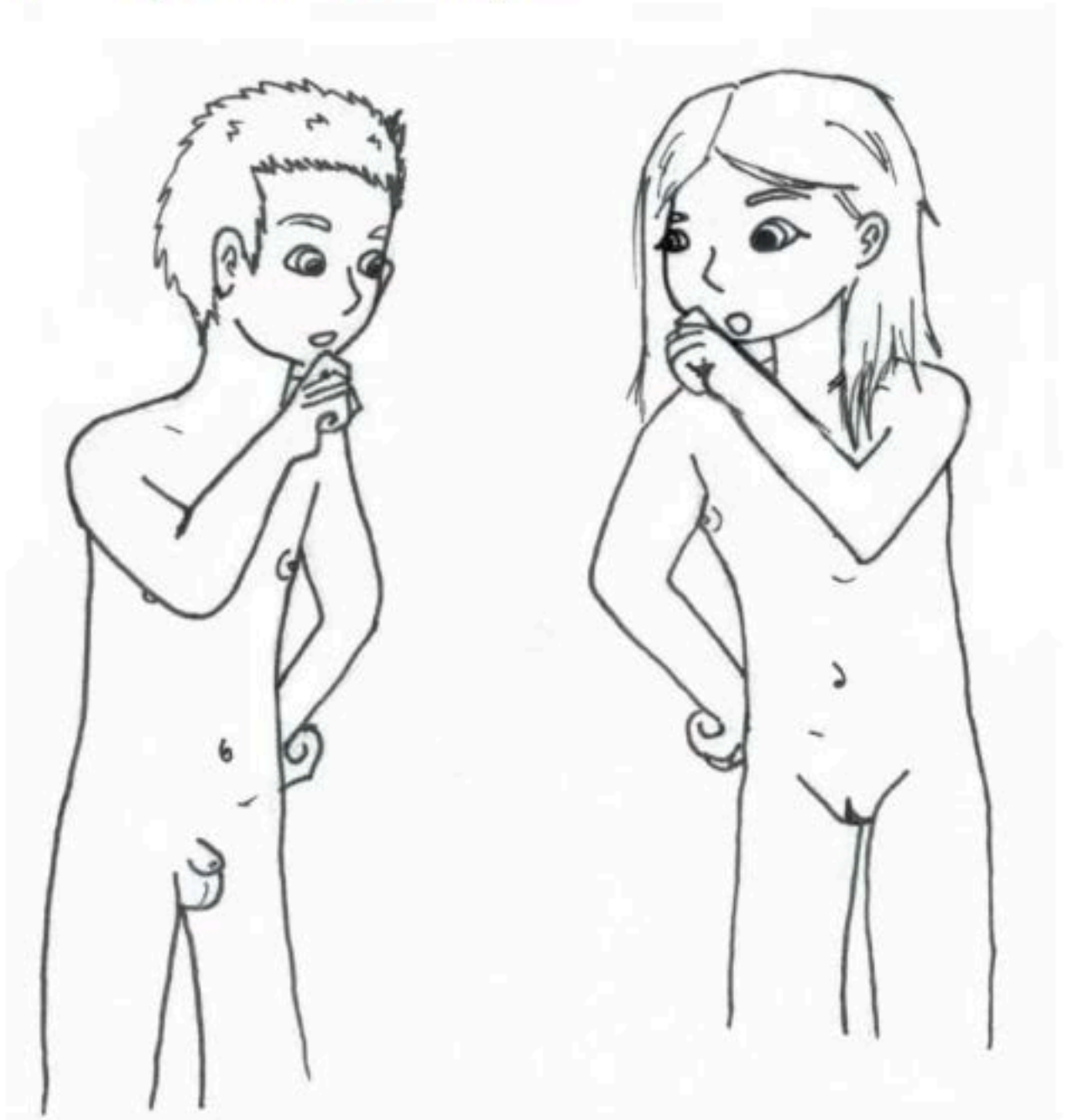
That is the way they were born!

Cool!

Sometimes we are curious about other people's bodies, especially when they don't have any clothes on.

That is normal. Body scientists like to learn about bodies.

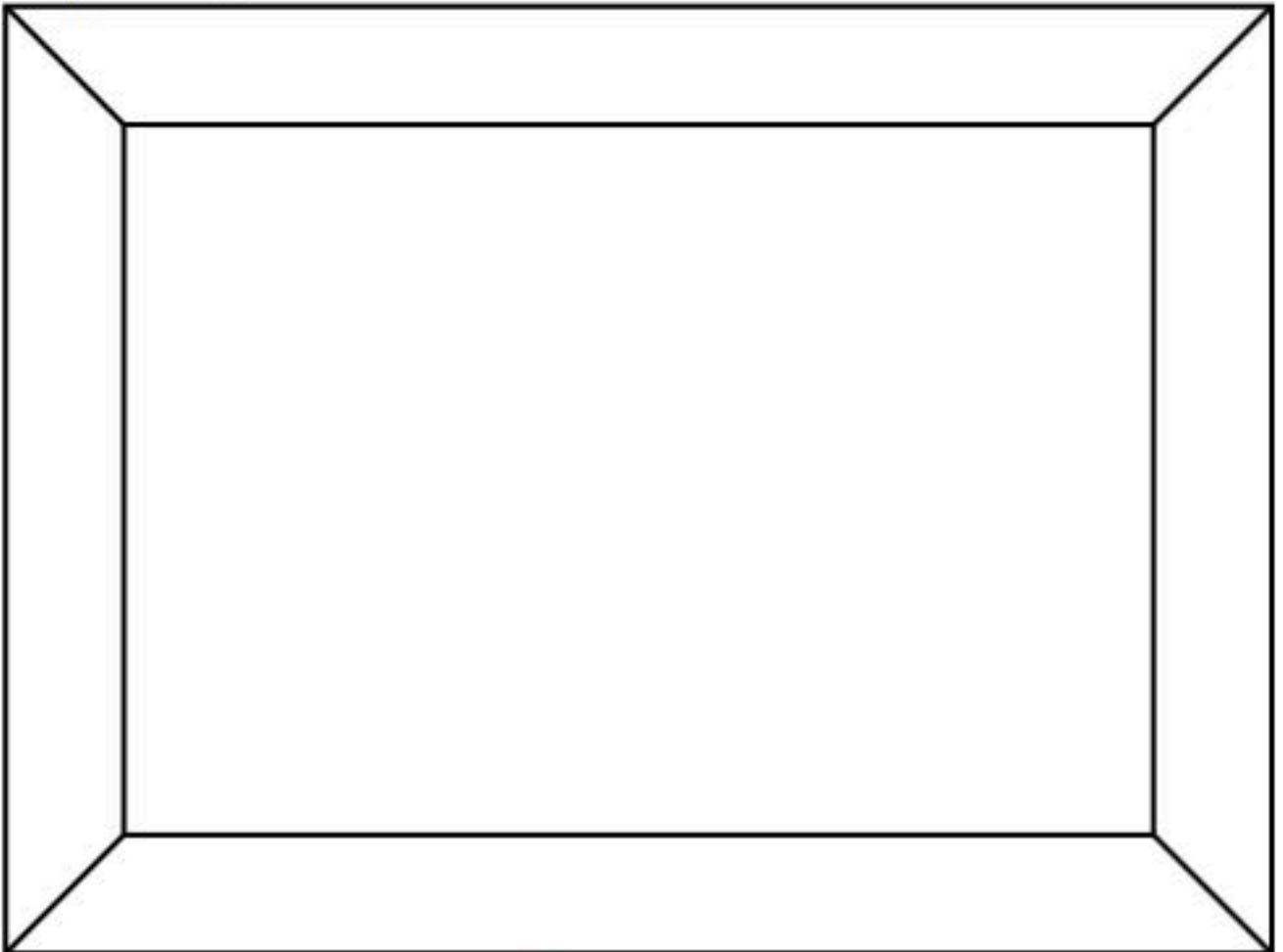
A body scientist, like you, can only look at people's bodies. They do not touch. A doctor or a nurse can touch and look at your private body parts, if you are hurt. Your grown-up needs to be with you.



The Touching Rule

Private body parts are the parts of your body that are covered by your bathing suit. Boys and girls have different body parts. Your mouth is also a private body part.

Draw a picture of yourself in a bathing suit. Label your private parts.



For Parents/Guardians: There are only 3 reasons why a child needs to be touched on their private parts:

- to help with wiping,
- to help with washing or
- if they hurt themselves
(mom, dad, doctor, nurse).

What kind of touches do you like?

Colour in the types of touches you like.

Arm-in-arm

HUG

Kisses

Sitting on someone's Lap

Holding hands

High Five

Tickling

Tight HUGS

Squeezes

Side HUG

Caress on face

Shoulder rub

Back rub

Foot rub

Wrestling

Rubbing noses

Butterfly kisses

My dog Licking my face

Cuddling

Kinds of Touching

| SAFE (Feels good) | SAFE (doesn't always feel good) | UNSAFE (tell your trusted adult) | SECRET (tell your trusted adult) |
|--------------------------|------------------------------------|--|--|
| ◦ Changing a diaper | ◦ Stitches | ◦ Pushing someone against a wall | ◦ Touching anyone's private body parts |
| ◦ Holding hands | ◦ Dentist | ◦ Pinching cheeks | ◦ Kissing with mouth open |
| ◦ Hand on someone's back | ◦ Getting a needle | ◦ Pulling hair | ◦ Putting mouth on someone else's body |
| ◦ Hairdresser | ◦ Removing a band-aid | ◦ Kicking, slapping or punching the vulva or the penis/testicles | ◦ Hiding touches from Parents |
| ◦ Reading a book | ◦ Cleaning a cut | ◦ Pushing | ◦ Someone touching your private body parts |
| ◦ Hugging a dog you know | ◦ Removing a sliver with tweezers | ◦ Wrestling that goes too far | ◦ When someone says not to tell about touching |
| ◦ High-five | ◦ Doctor | ◦ Playing too rough | |
| | | ◦ Poking | |