

My body belongs to me QUIZ

Q1: *My body belongs to me. Your body belongs to you. What does this mean?*

- I need to _ _ _ _ after my _ _ _ _ .

- No one is _ _ _ _ _ to _ _ _ _ my _ _ _ _ , or hug or kiss me, unless I say so.

- I need to _ _ _ _ _ other people's choices about their _ _ _ _ _ .

Q2: *What are the names of private parts for*

- a) girls:
- b) boys:

Q3: *What are the rules about our private parts?*

- No one is _ _ _ _ _ to _ _ _ _ _ or _ _ _ _ at my _ _ _ _ _ .

- No one is _ _ _ _ _ to make me _ _ _ _ _ or _ _ _ _ at their _ _ _ _ _ .

- No one is allowed to _ _ _ _ me rude _ _ _ _ _ or take _ _ _ _ _ of my _ _ _ _ _ .



- My _____ is a special _____ . No one is allowed to stick anything _____ in my mouth.

Q4: *What are they two types of secrets and how do they generally make us feel?*

1.
2.

Q5: *What is the rule about unsafe secrets?*

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Q6: *What are the three steps we need to take if someone breaks the rules about our private parts?*

1.
2.
3.

Q7: *What is another way we can say, "NO!" if someone is breaking the rules about our private parts?*

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Q8: *Where do we need to go to in the 'GO' step?*

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Q9: *Who should we 'Tell'?*

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Q10: *What happens if they don't listen or believe us?*

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Q11: *When should we stop telling adults we trust about what happened?*

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My body belongs to me QUIZ ANSWERS

- Q1: My body belongs to me. Your body belongs to you. What does this mean?**
- I need to *look* after my *body*.
 - No one is *allowed* to *touch* my *body*, or hug or kiss me, unless I say so.
 - I need to *respect* other people's choices about their *bodies*.
- Q2: What are the names of private parts for**
- a) **girls:** mouth, vagina, vulva, nipples, bottom
b) **boys:** mouth, penis, testicles, nipples, bottom
- Q3: What are the rules about our private parts?**
- No one is *allowed* to *touch* or *look* at my *private parts*.
 - No one is *allowed* to make me *touch* or *look* at their *private parts*.
 - No one is allowed to *show* me rude *pictures* or take *photos* of my *private parts*.
 - My *mouth* is a special *private part*. No one is allowed to stick anything *yucky* in my mouth.
- Q4: What are the two types of secrets and how do they generally make us feel?**
1. *safe*: happy, excited
 2. *unsafe*: scared, worried, sad or confused
- Q5: What is the rule about unsafe secrets?**
We must never keep unsafe secrets.
If someone tells me to keep an unsafe secret I need to tell an adult I trust straight away.
- Q6: What are the three steps we need to take if someone breaks the rules about our private parts?**
NO! GO, TELL
- Q7: What is another way we can say, "NO!" if someone is breaking the rules about our private parts?**
STOP, it's not allowed!
- Q8: Where do we need to go to in the 'GO' step?**
To a safe place
- Q9: Who should we 'Tell'?**
A trusted adult
- Q10: What happens if they don't listen to us or believe us?**
We need to tell another trusted adult
- Q11: When should we stop telling adults we trust about what happened?**
When we feel safe again and get the help we need to solve our problem.