

## 'My body belongs to me' QUIZ

**Q1: Who does your body belong to?**

Me

**Q2: What does that mean?**

- I need to look after my body – by keeping myself clean, eating healthy food, exercising, taking care in the sun, not doing things that are dangerous.
- No one is allowed to touch my body, or hug or kiss me, unless I say so.
- I need to respect the choices other people make about their bodies.

**Q3: What are the names of private parts for a) girls; and b) boys?**

*Girls:* mouth, vagina, vulva, nipples, bottom

*Boys:* mouth, penis, testicles, nipples, bottom

**Q4: 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.

**Q5: Is there anytime when people don't have to follow the rules about our private parts?**

Only when someone needs to care for us and only with our permission. For example, a doctor may need to examine our private parts, but only with Mum or Dad (or a carer) with us and only with our permission.

**Q6: What are the two types of secrets?**

Safe and unsafe

**Q7: How do safe secrets make us feel?**

Happy and excited.

**Q8: How do unsafe secrets make us feel?**

Scared, worried, sad or confused.

**Q9: 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.

**Q10: What are the three steps we need to take if someone breaks the rules about our private parts?**

NO! GO, TELL

**Q11: What is another way we can say, "NO!" if someone is breaking the rules about our private parts?**

"STOP, it's not allowed!" (Preferably with our hands outstretched in front of us).

**Q12: Where do we need to go to in the 'GO' step?**

To a safe place (discuss where some safe places might be in different environments such as at school, at home, at a friend's house or at a shopping centre).

**Q13: Who should we 'Tell'?**

A trusted adult (briefly discuss some adults who students trust).

**Q14: What should we say when we find a trusted adult?**

We should say, "I've got something important to tell you" and then tell them exactly what has happened.

**Q15: What happens if they don't listen to us or believe us?**

We need to tell another adult we trust.

**Q16: 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.