

LESSON 5

BODY BOUNDARIES AND PRIVACY



Today's Lesson: Lesson 5

In today's lesson, children learned about the importance of feeling safe by having **Body Boundaries** and **privacy** respected. They learned that each one of us is entitled to **privacy**, and they are responsible for helping others maintain their own **Body Boundaries**, too. **Body Boundaries** are defined as the space each person has around their body that no one should touch without permission because your body is special and belongs only to you. Children were taught that **Body Boundaries** are especially important when it comes to their **private parts**. **Private Parts** are any part of their body that is covered by a bathing suit. Their mouth is also a **private part** that no one should touch or put things into without their consent. These parts should not be touched by any other person and should not be photographed. Photographing someone's **private parts** is a big violation of a person's **privacy** and also a violation of their **Body Boundaries**.

Body Boundaries, represented by the **Body Boundary** badge, were introduced in this lesson. This badge means that we understand why people should protect their **privacy** and why we always respect each other's **privacy** and **Body Boundaries**.



Human Trafficking Prevention

The concept of **personal space** will be extended through the introduction of the concepts of **personal safety** and **physical safety** and the differences between the two. Understanding their **personal boundaries** and **physical boundaries** will help keep them safe. Students will learn their **personal boundaries** include their **privacy**, **personal space** respected, and the **private parts** of the body not being photographed or being seen by others unless it is for a medical reason. Students will learn a **personal boundary violation** occurs anytime their **privacy** or **personal space** is not respected or the **private parts** of their body are viewed without reason or photographed. They will learn their **physical safety** includes their **Body Boundaries** being respected and their right to be free from unsafe and unwelcomed touches. A **body boundary violation** occurs when an unsafe, hurtful, or unwelcome touch is received.



Caregiver Connection

We recommend that you make time to discuss this important lesson with your child. If you have not already spoken to your children about their bodies, the proper names of their body parts, and their right to keep their bodies safe, now is the time!

To avoid being victimized by predators, it is important that children know it's okay for them to say "no" any time a touch of any kind makes them uncomfortable – they have the power over their own bodies.

Children should not be forced to kiss or hug family members if they don't feel like it, even though these are harmless touches. Forcing children to kiss and hug people when they don't want to sends a subtle and dangerous message that they are not in control of their own bodies and that adults hold

the power. We want to teach children that **THEY** are in control of their bodies and what touches are welcomed.

Activities to Try at Home

You are encouraged to use the following resources with your child at home. Each may be downloaded and printed.

- [Steps-to-Safety: Safe and Unsafe Touches](#)
- [Steps-to-Safety: Respecting Body Boundaries & Private Parts](#)



Tips to Further Today's Lesson

- Ask your child about types of **safe touches** that respect **Body Boundaries**, like handshakes and pats on the back, and about types of **unsafe touches** that make them feel icky, scared, unsafe, or confused.
- Remind your child that they can always go to the adults in their **Trusted Triangle** to talk about any touch that leaves them feeling confused or unsafe.
- Ask your child if anyone other than mom, dad, or the doctor has ever looked at or touched their **private parts**.

For more ways to talk to your child about staying safe, visit [Safer, Smarter Families](#). For additional resources, visit [Lauren's Kids](#). To report abuse, call the [ChildHelp National Child Abuse Hotline](#) at 1-800-422-4453, and you will be referred to your local reporting agency.

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