

Private behaviours



Private behaviours are behaviours that involve uncovering and touching private body parts.

It is important for children to know about private behaviours so they can keep themselves safe and be in the community.



What is on this page?

This page is about how you can teach your child about private behaviours.

It has information on:

- what are private behaviours
- where you can do private behaviours at home
- how you can support your child to learn about private behaviours at home



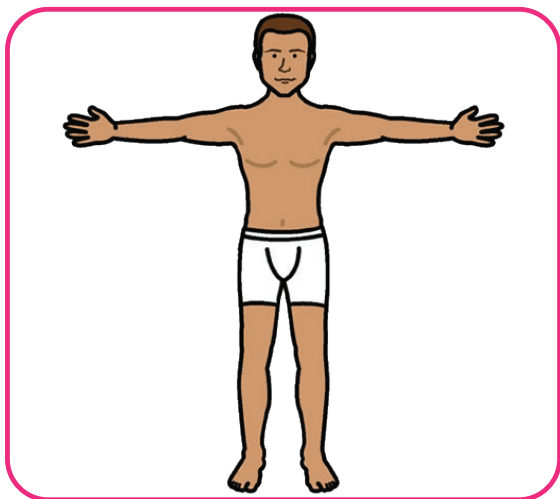
- where can you do private behaviours in the community

What are the private behaviours?

Private behaviours can include things like:

- going to the toilet
- showering or bathing
- getting changed
- scratching or touching private body parts
- masturbating
- having sex

A person touching their private body parts is not always sexual.



Children might touch their private parts for different reasons like:

- helping them calm down
- feeling nice
- feeling itchy
- feeling in pain
- learning about their body by exploring

It is important that your child learns that touching private parts is a private behaviour and needs to be done in a private place.



Where can you do private behaviours at home?

Private behaviours should only be done in your private place at home.

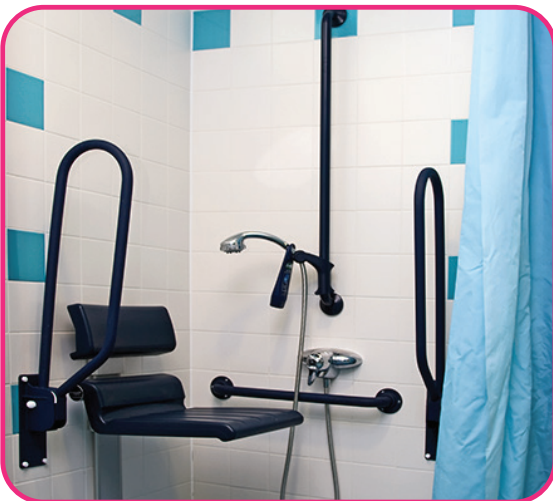
Private places for your child at home are:

- their bedroom with the door shut
- the bathroom with the door shut
- the toilet with the door shut

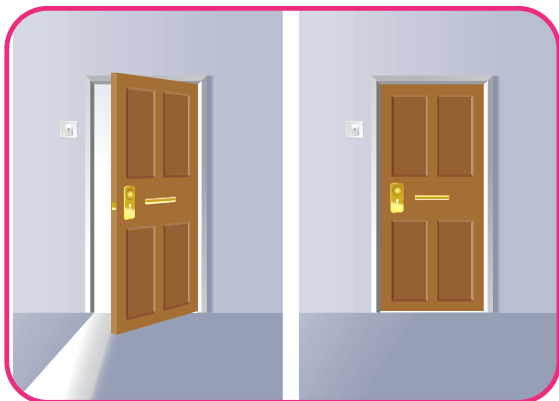
Some children might need help with private behaviours.

This might include going to the toilet or having a shower.

This is OK.



You can support your child to have privacy by:



- making sure the doors are closed
- making sure that nobody can see your child while they are using the toilet or having a shower if you cannot close the door
- talking about consent with your child

For more information about consent, go to: [Consent and personal care](#)

Some children might share their bedroom with their siblings.

This is OK.

You can support your child to have privacy by:



- making a sign for the door to let people know when they are being private in their private place
- making sure that your children have equal private time in their bedroom
- making sure that your child uses the bathroom or toilet for private behaviours if their shared bedroom is being used by someone else

How can I support my child to learn about private behaviours at home?

It is important that your child understands that private behaviours can only happen in their private places.

Here are some ways to help your child learn about private places and behaviours at home.



- Make sure that the whole family follows the same rules about public and private.

This is so that your child can learn from others.

- This means making sure that family members are not naked or doing private behaviours in areas other than their bedroom or the bathroom
- Organise private time for your child each day.



For example, your child might have 15 minutes in their bedroom with the door shut each day



- Knock on the door and ask permission to enter your child's private place.

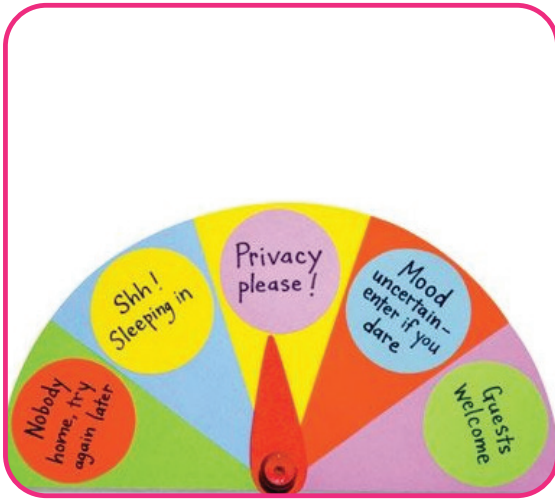
If you need to go into your child's room while they are having private time you can try saying "I need to come in, I will count to 10 and then open the door"

- Make sure your child knocks on the door before entering other people's private places.

You should also talk to your child about what to do if someone says "No"

- Organise private time for yourself. Show your child that private time is important by having time to yourself.

This is called modelling.



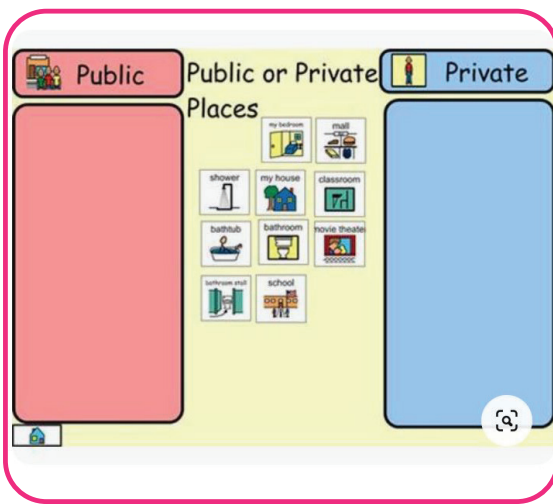
You can also try:

- asking your child to tell you why a behaviour is public or private
- making a sign with your child to help them communicate about when they want private time
- using games to practice whether a place is public or private

It might take a long time for your child to learn to do private behaviours in private places.

This is normal.

Your child might need to practice these skills a lot.

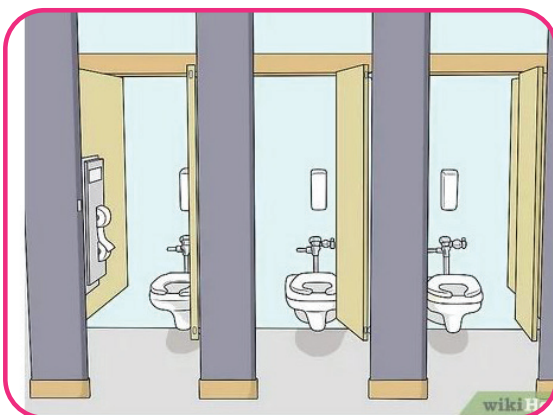


It is important to keep teaching your child about public and private behaviours at home to make sure that they can do things like:

- live out of home or with housemates
- go for sleepovers
- visit other people's houses

Where can you do private behaviours in the community?

When your child is in the community it is important to teach them that they can only do some private behaviours.

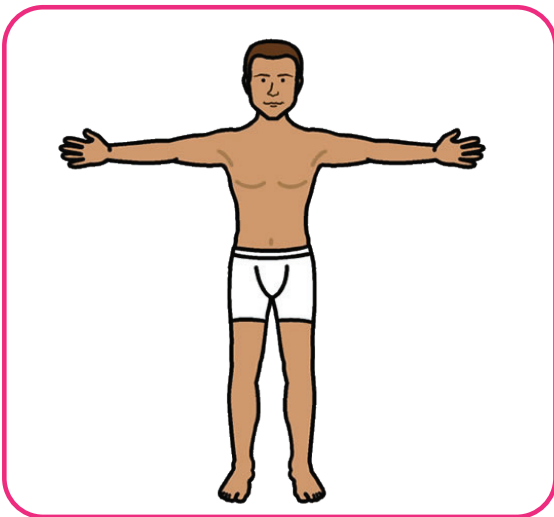


These are:

- going to the toilet
- having a shower
- changing their clothes

These private behaviours can happen in:

- public toilets
- change rooms



Toilets and change rooms are private places, but they are different from private places at home.

Public places in the community have different laws or rules about private behaviours.

Exploring private body parts or masturbating cannot happen in the community, even if you are in a private place like a toilet.

Exploring private body parts or masturbating can only happen in your private place at home.

It is important that your child understands that they cannot explore private body parts or masturbate in the community.

This will help keep them safe.

Resources for you to use

Planet Puberty body stencils



www.planetpuberty.org.au/the-body/private-body-parts/



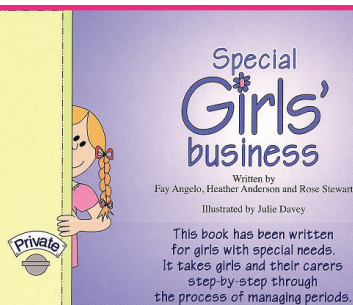
Planet Puberty quiz

<https://www.planetpuberty.org.au/wp-content/uploads/2021/03/Puberty-quiz-Quiz-F.pdf>



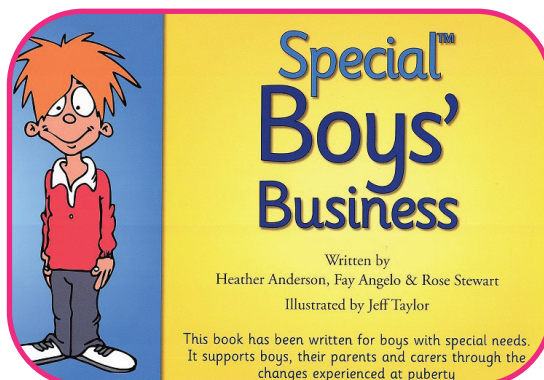
All About Sex fact sheet: Public and private

www.fpnsw.org.au/sites/default/files/assets/factsheet_05_private_and_public.pdf



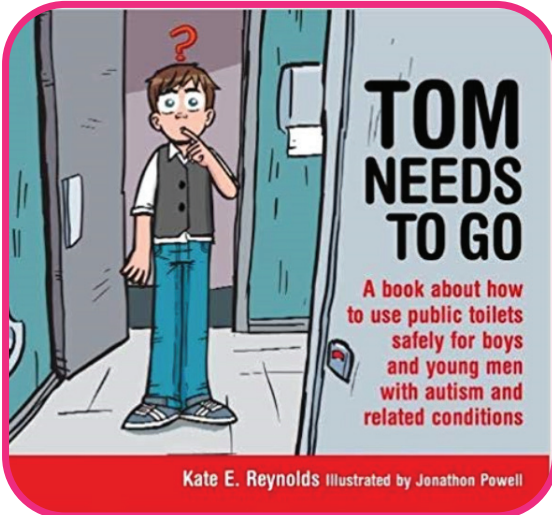
Special Girls' Business

by Heather Anderson,
Fay Angelo and Rose Stewart



Special Boys' Business

by Heather Anderson,
Fay Angelo and Rose Stewart



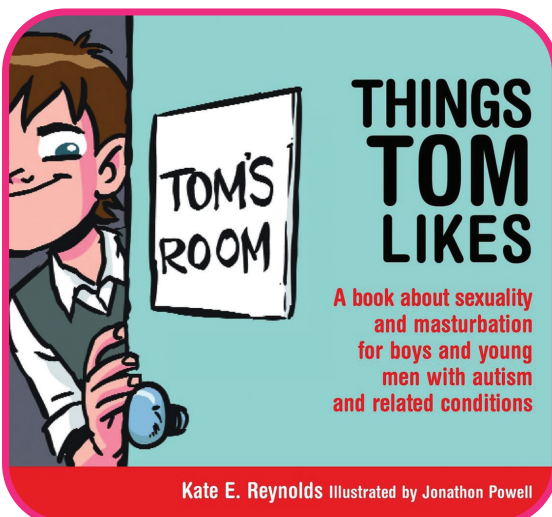
Tom Needs To Go

by Kate E. Reynolds



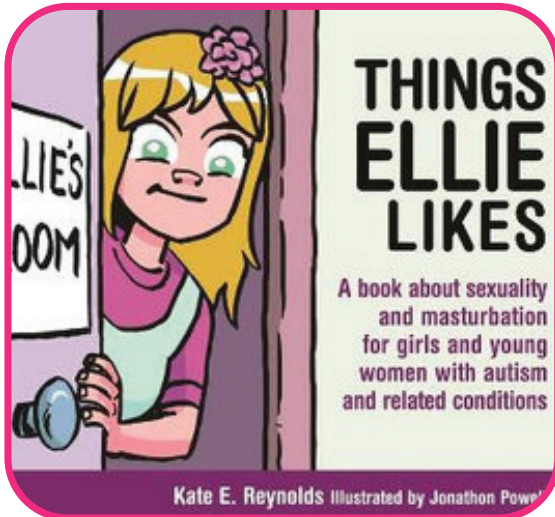
Ellie Needs To Go

by Kate E. Reynolds



Things Tom likes

by Kate E. Reynolds



Things Ellie Likes

by Kate E. Reynolds



What to read next:

- [Public and Private Parts](#)
- [Public and Private Places](#)
- [Consent](#)

For more information go to the
Planet Puberty website

www.planetpuberty.org.au