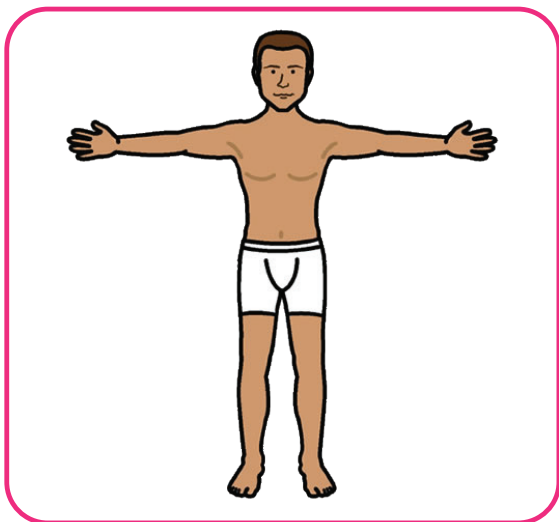


## Private Body Parts



It is important for children to know about private body parts so that they can:

- understand their body
- take care of their body
- keep safe in the community

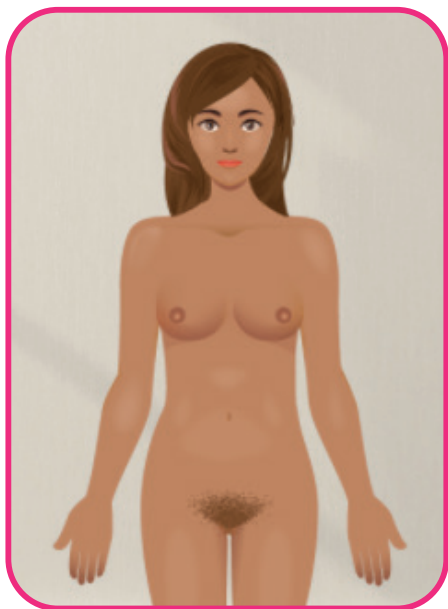


### What is on this page?

This page is about how you can teach your child about public and private body parts.

It has easy read information on:

- naming private body parts
- where the private body parts are
- when to cover private body parts
- things for you to try to help your child learn about private body parts



## Naming private body parts

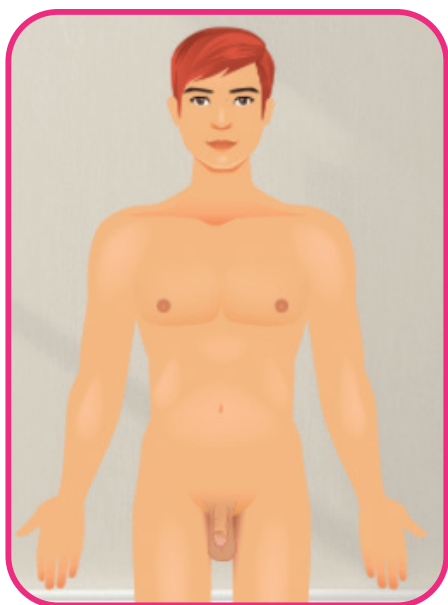
You might feel uncomfortable talking about private body parts with your child.

This is OK.

You can get more comfortable with talking about private body parts by practicing saying the names.

The names of the private body parts are:

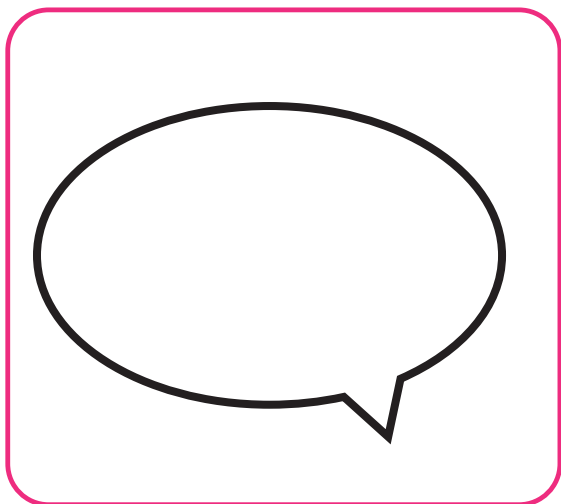
- breasts
- vulva
- clitoris
- labia
- vagina
- penis



- testes
- buttocks
- anus

To learn more about each of these private body parts, go to:

- [Inside the male reproductive system](#)
- [The female reproductive system](#)



Some families use nicknames for private body parts.

It is important to use the real name of private body parts so that your child:

- does not get confused
- can talk about their body properly
- can let you know if there is a problem

When you use the real names of private body parts you can:

- make it easier for your child to learn about puberty
- give your child confidence about their body
- make yourself a trusted adult

Some body parts are private.

This does not mean the rest of your body is public.

People might be able to see parts of your body like your arm or your face in public, but they will still need to ask you for permission to touch them.

This is called consent.

To learn more about consent, go to:

[Importance of consent](#)





## Where are the private body parts?

It is important for your child to know the names of their private body parts and where they are on their body.

This will help them to:

- tell you if something hurts or feels uncomfortable
- tell you if someone has touched a private body part
- have confidence in their body

An easy way to tell which body parts are private is that they are covered by underwear or swimwear.



## Where do private body parts need to be covered?

Private body parts need to be covered when you are in a public place.

To learn more about which places are public and which places are private, go to: [Public and private places](#)

It is important to help your child cover their private body parts at home so they can learn that they need to cover their private body parts in the community.



## Things for you to try to help your child learn about private body parts

Here are some things you can try to help your child learn about private body parts.

- Practice saying the names of private body parts with your child:
  - when looking in the mirror
  - during personal care, like going to the toilet or having a shower
- Use books with cartoons of private body parts and ask your child to:
  - name the private body parts
  - draw on underwear on the bodies







You can download the “Body parts’ worksheets from Planet Puberty to do this: [Male private body parts](#) and [Female private body parts](#)

- Ask your child some questions about private body parts
  - can you tell me all the names of your private body parts?
  - who is in charge of your private body parts?
  - what are the rules about private body parts?





## Resources for you to use

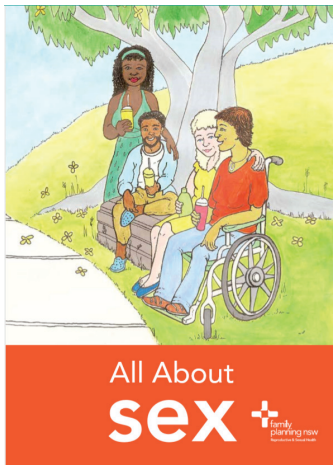
[Male private body parts](#)

[Female private body parts](#)

[My Safe People worksheet](#)

## Planet Puberty quiz

[www.planetpuberty.org.au/  
wp-content/uploads/2021/03/  
Puberty-quiz-Quiz-F.pdf](http://www.planetpuberty.org.au/wp-content/uploads/2021/03/Puberty-quiz-Quiz-F.pdf)



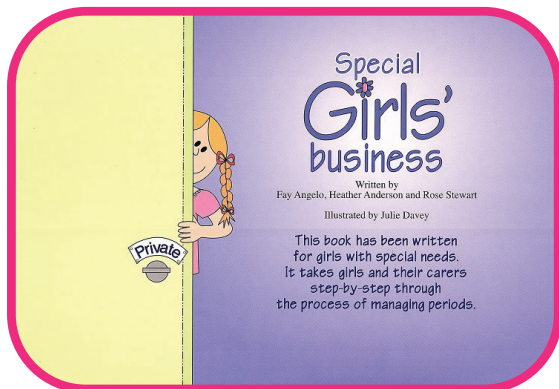
## All About Sex factsheets:

### A Male's Body

[www.fpnsw.org.au/sites/default/  
files/assets/factsheet\\_04\\_a\\_  
mans\\_body.pdf](http://www.fpnsw.org.au/sites/default/files/assets/factsheet_04_a_mans_body.pdf)

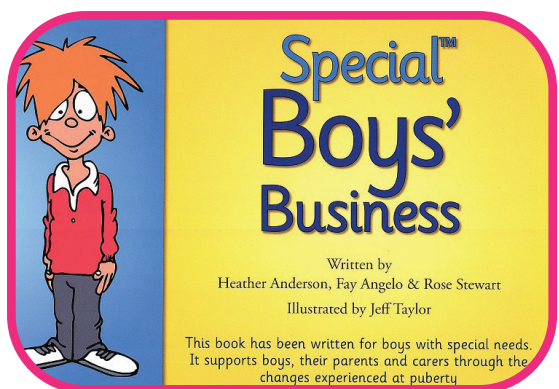
### A Woman's Body

[www.fpnsw.org.au/sites/default/  
files/assets/factsheet\\_03\\_a\\_  
womans\\_body.pdf](http://www.fpnsw.org.au/sites/default/files/assets/factsheet_03_a_womans_body.pdf)



## Special Girls' Business

by Fay Angelo, Rose Stewart,  
Heather Pritchard



## Special Boys' Business

by Fay Angelo, Rose Stewart,  
Heather Pritchard

## Sex Ed Rescue

[sexedrescue.com/free-printable-paper-dolls/](https://sexedrescue.com/free-printable-paper-dolls/)



## What to read next:

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

For more information go to the Planet Puberty website

[www.planetpuberty.org.au](http://www.planetpuberty.org.au)