

# Who is in my orbit?

## Instructions

The 'Who's in My Orbit?' activity sheet can help you support your child to understand the types of touch that are appropriate in different relationships.

## How does it work?

On the activity sheet, you will see a small planet (Planet Puberty) surrounded by different levels of circles. These circles are 'orbits'.

On Earth, the planets orbit, or go around, the sun. On Planet Puberty, we talk about the relationships that go around, or orbit, you.

Every relationship or interaction in our lives belongs to one of these orbits:

- private orbit
- kiss orbit
- hug orbit
- handshake or high-five orbit
- wave orbit
- stranger orbit

The orbits nearest to the centre are closer types of relationships or interactions. The orbits on the outside are more distant types of relationships or interactions.

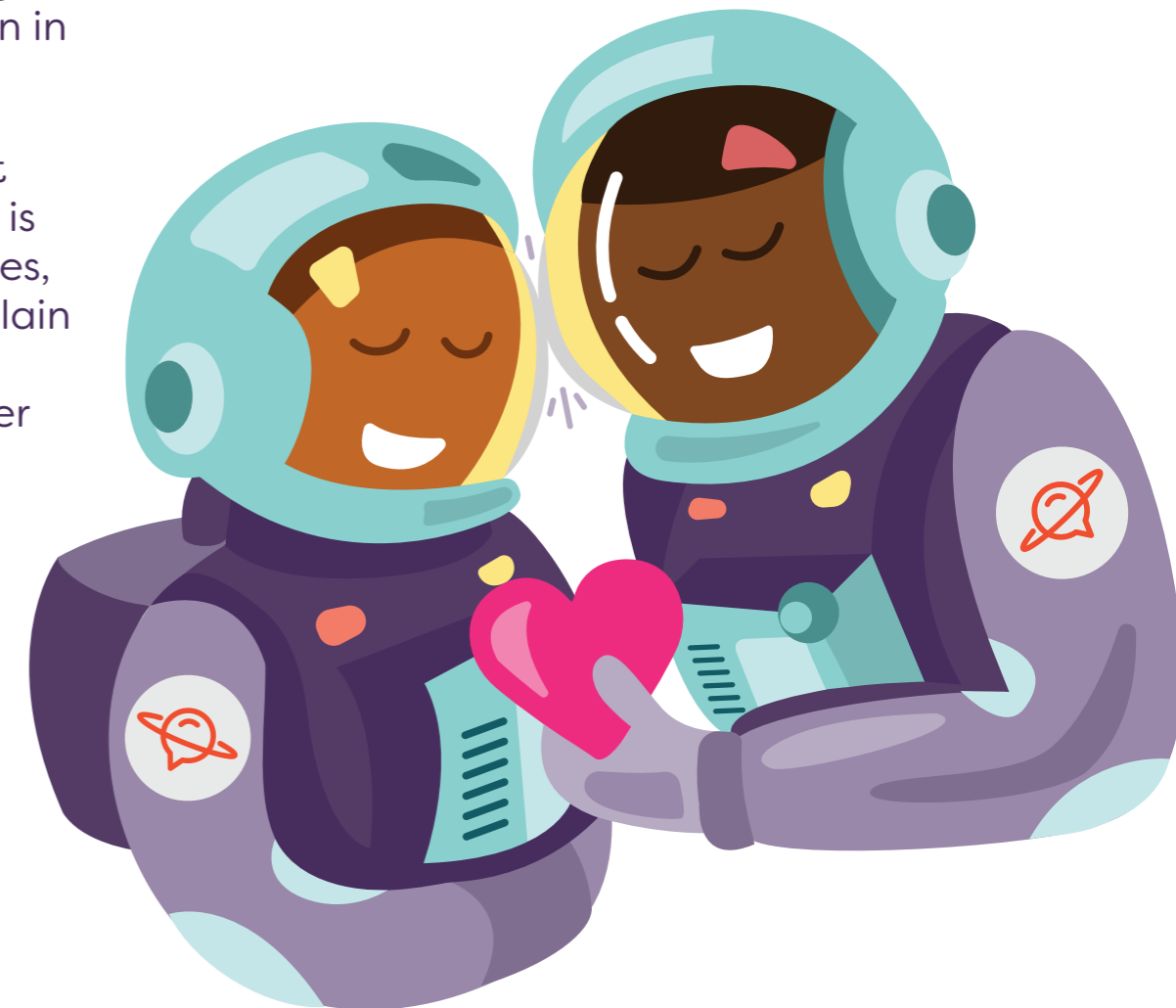
Use this activity sheet to help your child figure out the type of touch they are comfortable with in their different relationships. It will also help you to teach your child about the types of touch that are appropriate in different relationships.

## How to use 'Who's in My Orbit'

- 1 Print out the 'Who's In My Orbit' activity sheet
- 2 Have your child place themselves on Planet Puberty by writing their name, drawing their face or sticking a photo of themselves in the centre of the activity sheet
- 3 Work with your child to identify all the different people in their life. If you have photos of those people, print them. Or your child can draw them on separate pieces of paper
- 4 Ask your child to stick the photo or drawing of each person in the orbit they belong in. Ask your child why they put that person in that orbit
- 5 If your child places a person in an orbit you don't agree with, ask them why. It is important to respect your child's choices, but sometimes you might need to explain why something is not a good choice. For example, 'The postman is a stranger and we do not hug strangers. But it is OK if you want to put grandma in the wave circle and not the hug circle'
- 6 When complete, you can stick the worksheet on your child's bedroom wall

When your child meets new people, they can add them to an orbit. Your child can move people between orbits if the relationship becomes closer, or the relationship ends. You can refer to the activity sheet if your child needs reminding about the type of touch that happens in relationships.

It is always important to emphasise that no matter which orbit a person belongs to, both people must always consent before any kind of touch.



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