

**Grades K-3**



better  
to know

# **Body Parts and Safe Touch**

Kids' Guide

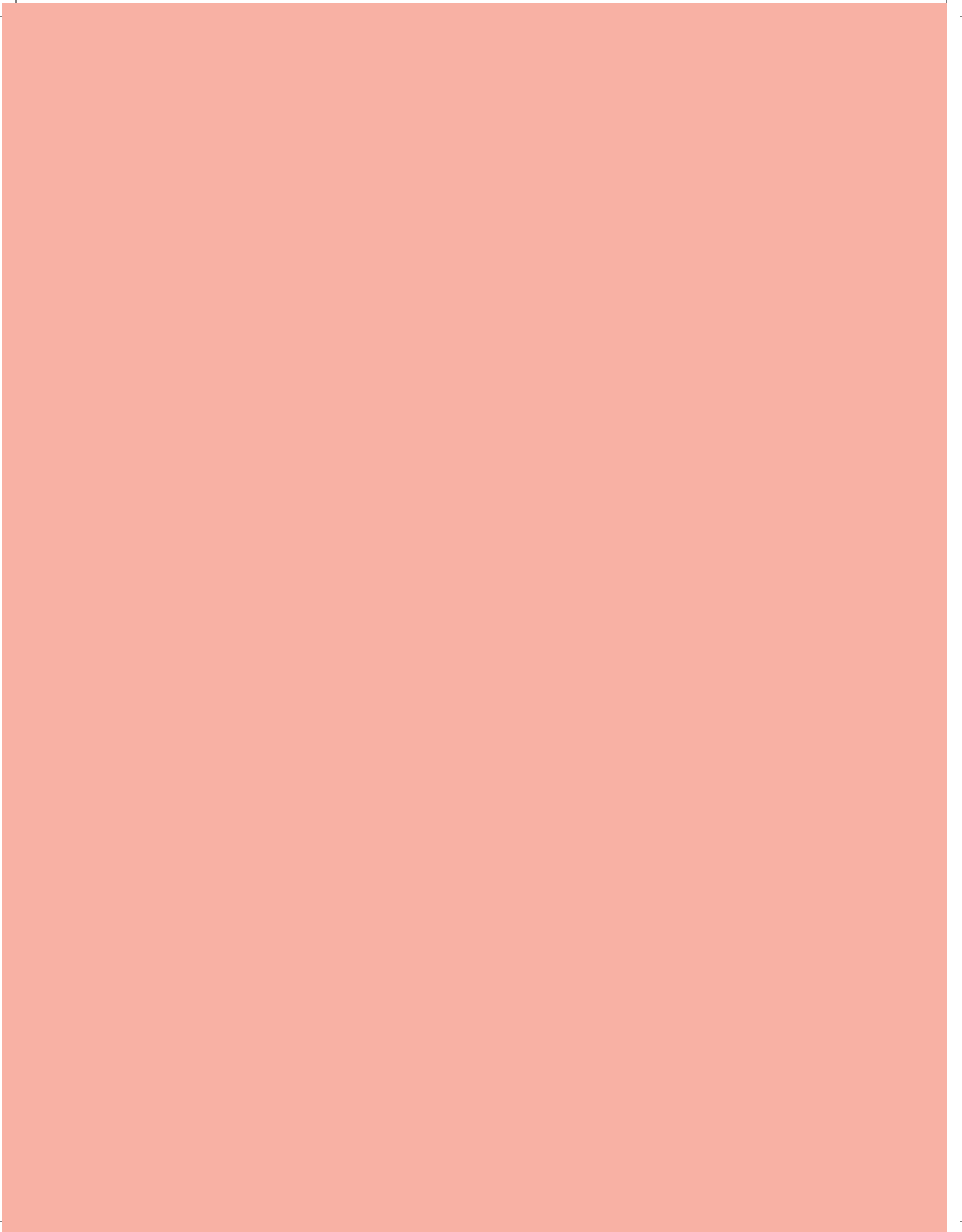


Department of Health and Social Services

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# Body Science

Your body has lots of different body parts. Some body parts are the same for everyone. Some are different.

Some body parts are private. Private parts have special rules.

Some touch feels safe. Some touch feels unsafe. Some touch is helping touch (to help your body).

Some adults can help you learn about bodies. Some cannot.

Sometimes body stuff can feel confusing. This book can help. It will teach you about private body parts, types of touch and trusted adults who can help you learn more.

## Did You Know?

Body science facts are true facts about your body.

For example:

- ▶ Your brain helps you think, learn and feel.
- ▶ Your mouth helps you eat, talk and show feelings.

# Rules for Learning

When you learn about body science, follow these three rules to help you learn and feel safe:

1. Learn with a trusted adult.
  - Body science can be confusing. A trusted adult can help you. A trusted adult is someone safe who listens and helps you.
2. Giggles are okay. Keep learning.
  - Talking about bodies can make you giggle. If you get too silly, take a deep breath and think: “This body stuff is interesting.”
3. Use real body part names.
  - All body parts have real names. Real names help others understand you.
  - For example: If you called your finger a “bendy thing”, people might not know what you mean.

# Public and Private Places

A public place is a space where other people can see you. Public places have rules that help keep everyone safe.

**Example:**

At a public swimming pool, you wear a swimsuit to keep your private parts covered.

A private place is a space where other cannot see you.

**Example:**

In the bathroom with the door closed, you can use the toilet, change clothes or take a bath.

Sometimes a place is not private, even if it is usually private.

**Example:**

If the bathroom door is open and other people are around, it is not private.



Public place



Private place

### Did You Know?

Sometimes young kids bathe with family or friends. It's okay if everyone feels safe and no one is touching or staring. As kids grow, they often want more privacy. Sometimes people don't like bathing with others and that is okay, too. You get to choose.

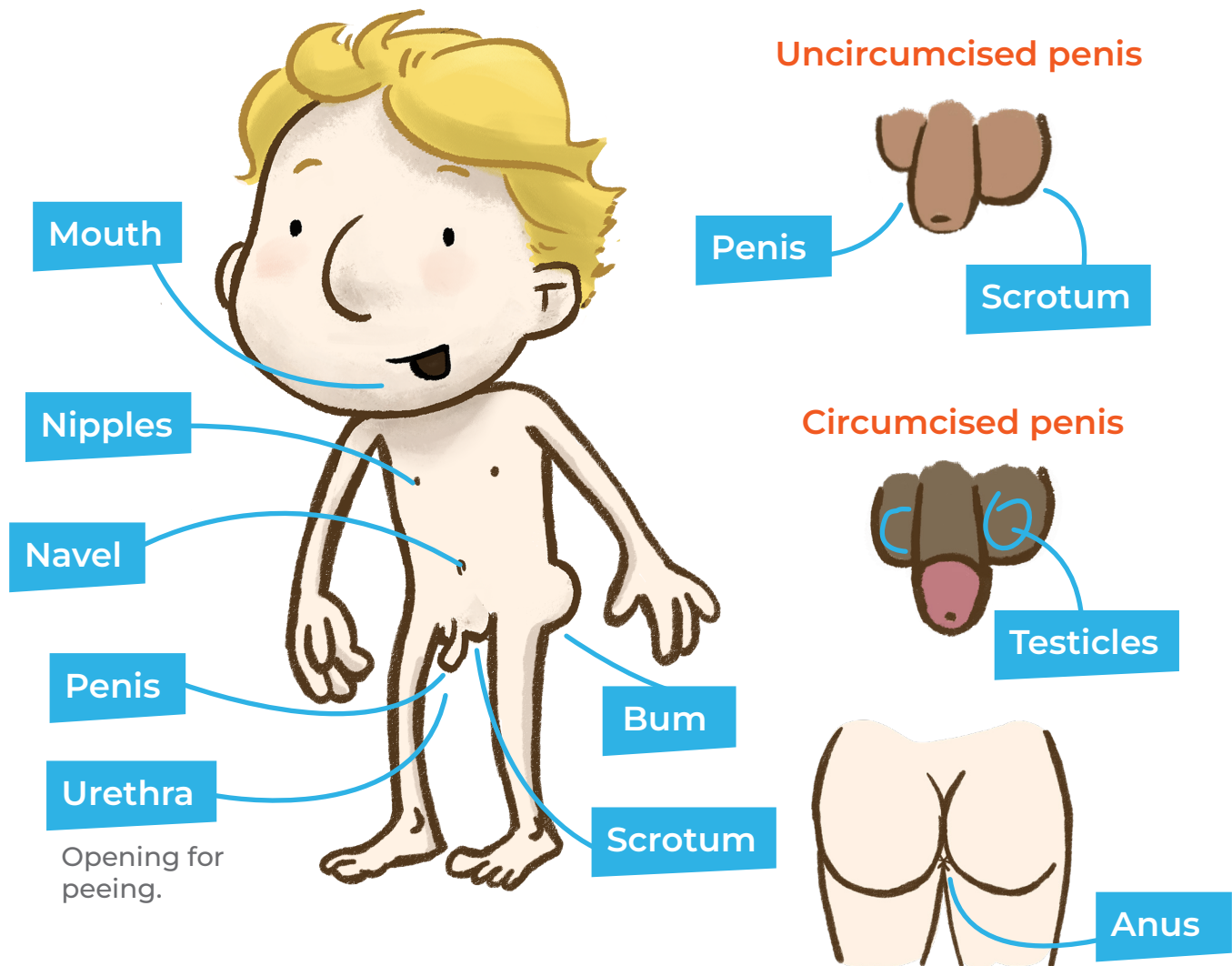
# Private Body Parts

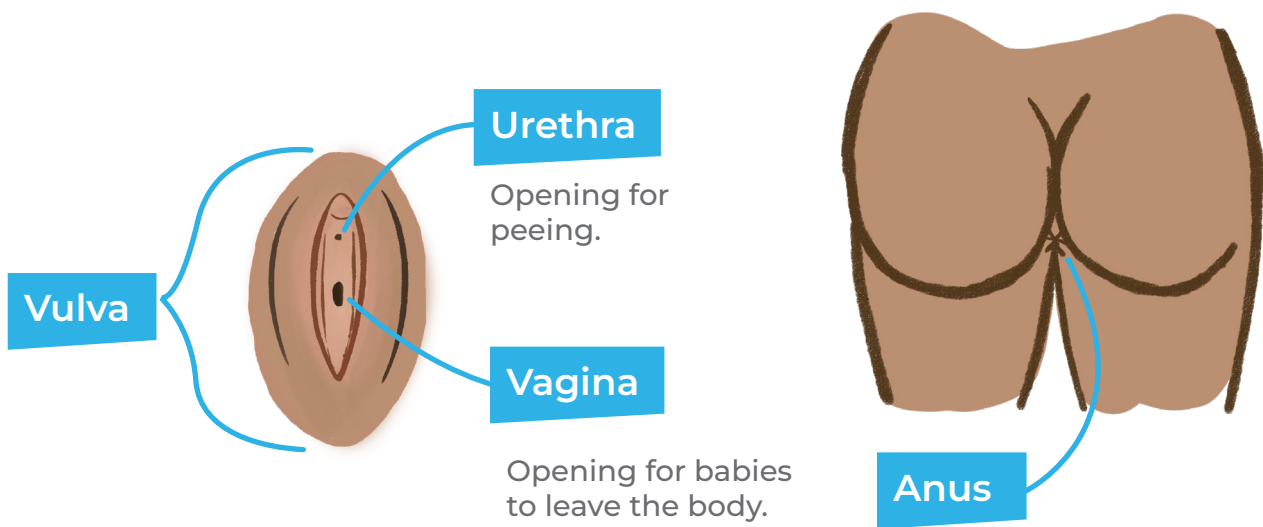
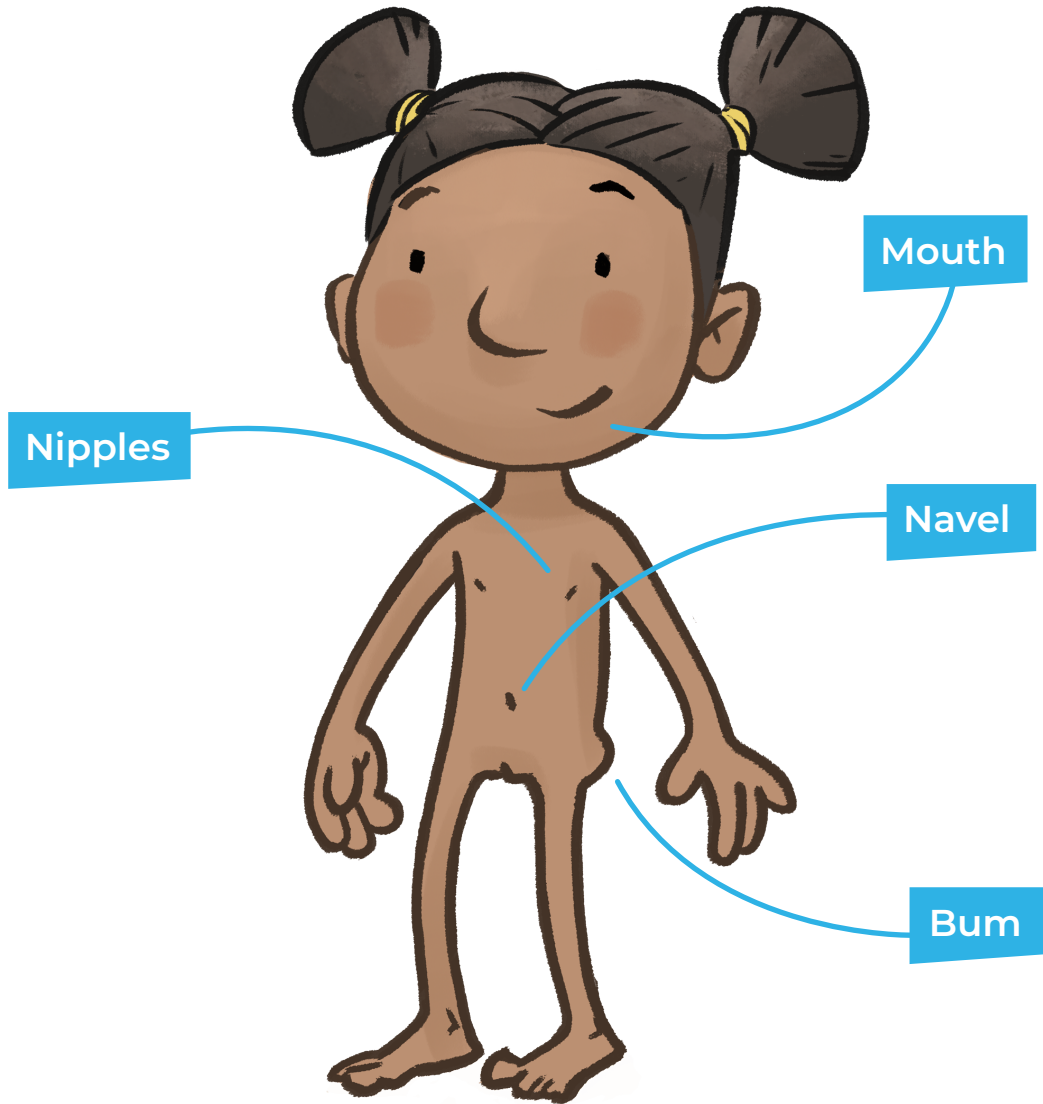
Private parts are body parts that are private and sensitive. They have important jobs.

Most private parts are covered by your clothes, but some are not. Some private parts look the same on everyone, and some look different. Private parts have special rules to help keep your body safe and healthy. One important rule is not to look at or touch other people's private parts.

If you want to learn about private parts, you can look at body science pictures, like the ones in this book. You can also ask a trusted adult your questions.

## Private Body Parts: Names





# Private Body Parts: What They Do

**Mouth:** Your mouth helps you breathe, eat, talk and show feelings (like smiling or frowning). Some people also use their mouth to kiss. Kissing is a special kind of touch that can show you care. Kissing is only for people you feel close to and safe with (like a caregiver) and only if everyone says “yes”. Sometimes germs can get into your mouth and make you sick. You are not allowed to kiss friends at school, even if you both want to. This helps keep everyone healthy and stops germs from spreading.

**Chest and Nipples:** All kids have a chest and nipples. Some kids’ chests grow breasts as they get older. After a baby is born, breasts can make milk to help feed the baby.

**Navel (Belly Button):** Your navel is also called your belly button. Sometimes people do not wear shirts, and you might see their chest, nipples and belly button. It’s okay to notice, but try not to stare and do not touch.

**Bum and Anus:** The anus is an opening in your bum. It is how poop leaves your body. Poop is waste your body does not need. Most people call it poop, but scientists call it stool. Some kids laugh because “stool” can also mean a little chair. English can be funny!

**Genitals:** Genitals are the body parts between your legs. Genitals can look different on different bodies. Some people’s genitals are called a penis and scrotum. Other people’s genitals are called a vulva.

**Penis:** Some bodies have a penis. There is a small opening at the tip of the penis called the urethra (it sounds like “your-reath-ra”). This is how pee leaves the body. Because the opening is at the tip, it can be easier to pee standing up if you have a penis. Pee is the leftover liquid your body does not need. Most people say pee, but scientists call it urine.

## Did You Know?

All penises are born with a fold of skin at the tip called the foreskin. Sometimes a doctor removes the foreskin for health, cultural or personal reasons. This is called circumcision.

**Scrotum:** Underneath the penis is a sack of skin called the scrotum. Inside the scrotum are two testicles.

**Vulva:** Some bodies have a vulva. The vulva has folds of skin on the outside. Inside are two openings:

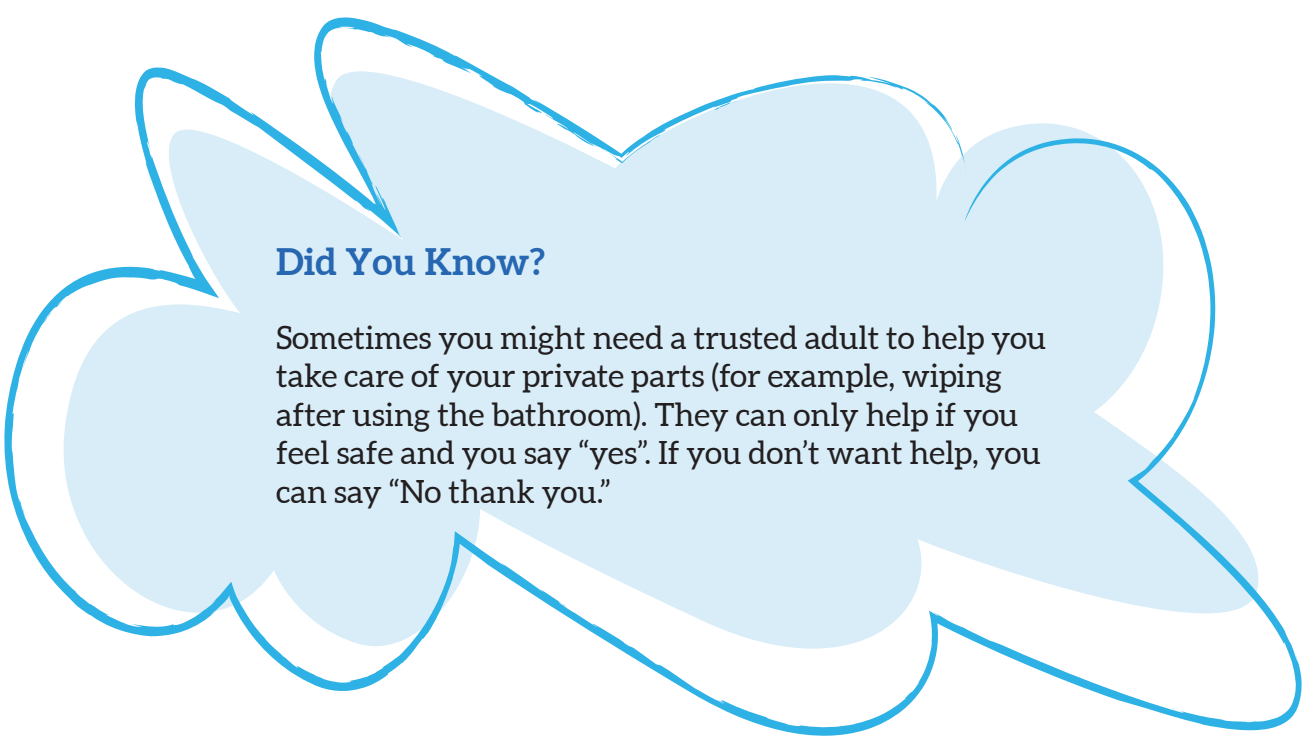
- ▶ The first opening is how pee leaves the body. It is called the urethra (just like on a penis). It is inside the vulva and points down, so it can be easier to pee sitting down if you have a vulva.
- ▶ The second opening is called the vagina. This is where a baby can leave a grown-up's body. As a kid, nothing comes out of this opening. Some kids think pee comes out of the vagina, but now you know the difference!

### Did You Know?

The bum, anus, penis and vulva are extra-sensitive private body parts. They have important jobs and special rules. Kids use them for peeing and pooping. Grown-ups can also use them to make babies. Kids' bodies cannot make babies. These body parts stay covered in public (by underwear or a swimsuit). Other people should not look at them or touch them.

### Did You Know?

Some private parts are hard to see on your own body. You can use a mirror to look - just like you use a mirror to look at your face. It is okay to look at your private parts in a private place, like your bedroom with the door closed.



### **Did You Know?**

Sometimes you might need a trusted adult to help you take care of your private parts (for example, wiping after using the bathroom). They can only help if you feel safe and you say “yes”. If you don’t want help, you can say “No thank you.”



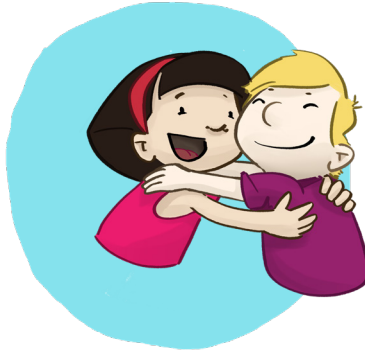
### **Did You Know?**

You can't tell if someone is a boy or a girl just by looking at them. The only way is to ask. Many people with a penis want to be called boys, but not all of them do. Many people with a vulva want to be called girls, but not all of them do.

# Good Touch, Bad Touch and Helping Touch

You feel different kinds of touch every day.

Some touch can feel good



Some touch can feel bad



Some touch is to help (or fix) your body



Like a checkup at the doctor or dentist.

Helping touch might feel uncomfortable, but you should still feel safe.

Helping touch can feel safer when you:

- ▶ Have the adult explain what is happening.
- ▶ Ask for a break if you need one.

# Consent

Touch should only happen when everyone wants it, or when it is needed to take care of your body. Consent means asking before you touch someone, and listening to their answer. For example:

- ▶ “Can I give you a hug?” > “Yes, I’d love a hug.” (So, you can hug!)
- ▶ “Can I poke you?” > “No, thanks.” (So, NO poking!)

If someone doesn’t listen after you said no:

- ▶ Say it again: “Please stop. I don’t want to be poked.”
- ▶ If they still don’t, use a stronger voice: “STOP!”
- ▶ If they still do not stop, leave and tell a trusted adult. If the first adult doesn’t help, tell another trusted adult.

You can also say yes or no with your body. Open arms usually mean yes, and crossed arms or pulling away usually means no.



## Practice: Types of Touch

Look at the pictures and choose if it is good, bad or helping touch.

- ▶ If both people look happy and comfortable, it is usually good touch.
- ▶ If one person looks upset, scared or pulls away, it is usually bad touch.
- ▶ If it is a doctor, nurse, dentist or other helper taking care of a body, it is usually helping touch.



**High five**

### Good touch

Both people are smiling. Both people agreed to a high five.



**Thumbs up!**



**The doctor**

### Helping touch

A doctor is checking a patient's heart to help their body. The patient feels safe and cared for.



**Thumbs up!**



**Side hug**

### Bad touch

One person looks scared or uncomfortable. One person does not want the hug. The hug needs to stop, even if the other person is a grown-up.



**Thumbs down!**



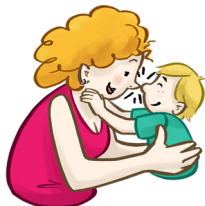
**The poke**

### Bad touch

One person looks scared and does not want to be poked. The poke needs to stop, even if the other person is a friend.



**Thumbs down!**



**Nose kiss**

### Good touch

Both people are smiling and feel good. Both people want to do a nose kiss.



**Thumbs up!**

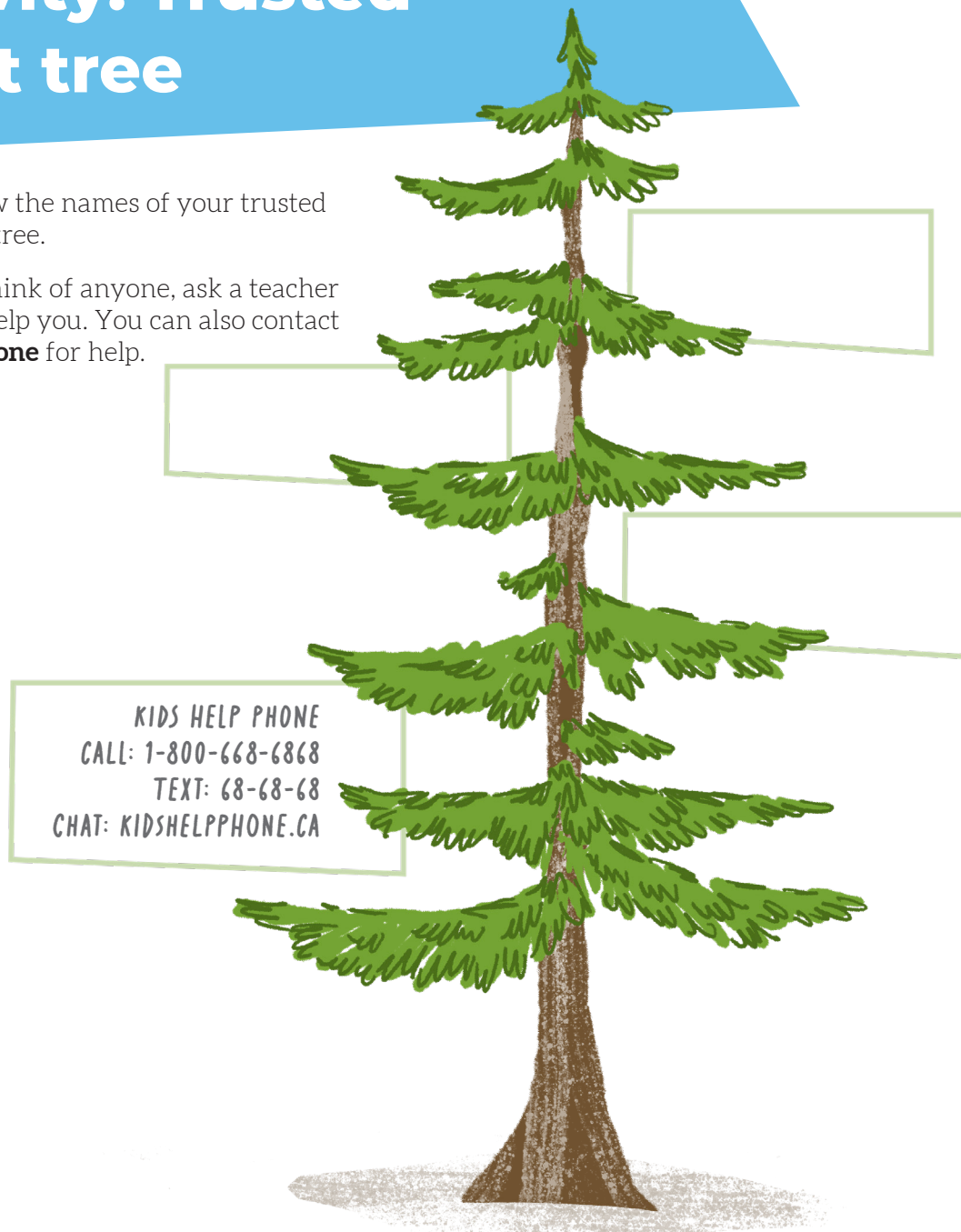
# Trusted Adults

Trusted adults are grown-ups who help you feel safe and listen to you. They are people you can talk to about your body, types of touch or anything that worries you. A trusted adult can be someone at school like a teacher or counsellor, or someone outside of school like a parent, caregiver or family friend.

## Activity: Trusted adult tree

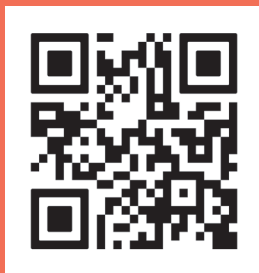
Write or draw the names of your trusted adults in the tree.

If you can't think of anyone, ask a teacher at school to help you. You can also contact **Kids Help Phone** for help.





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*SCAN HERE TO WATCH THE  
K-3 BETTER TO KNOW:  
BODY PARTS AND SAFE TOUCH*

[youtube.com/watch?v=wlsh0qRHhOU](https://youtube.com/watch?v=wlsh0qRHhOU)  
companion video

better  
to know

**Yukon**

