

Parents and Caregivers' Information Sheet

Kindergarten to grade 2 – 2024

BODILY AUTONOMY



THE SEXUALITY EDUCATION NEEDS OF YOUNG CHILDREN

Answering kids' questions about sexuality is not always easy!

WHAT IS THE BODILY AUTONOMY PROGRAM?

It is a sexual violence prevention program that focuses on sex education and the promotion of egalitarian relationships.

According to the Grade 1 curriculum, inappropriate touching is described as touching that hurts or is unpleasant (eg, touching private parts).

The content of the workshops included;

- Emotions, their causes and effects
- Body science, names of body parts including private parts (nipples, penis, testicles, vulva, vagina, uterus)
- The appropriate and inappropriate context for someone to see your private parts
- Caring Behaviors in Groups and Families
- Identifying people you trust

EMPOWERING YOUNG CHILDREN BY TEACHING THEM THE **CORRECT TERMS** FOR THEIR BODY PARTS

As children are growing up, it's important for them to learn the proper names for all of their body parts. Parents and other adult caregivers almost always correctly label the parts that all people have in common—like our eyes, nose, mouth, etc.—but they often utilize vague euphemisms when talking to children about their genital parts. For example, adults might refer to them as “private parts” or “down there” or use babyish or slang terms that, unfortunately, can communicate that those parts of us are “different” or maybe even bad. Naming the vulva and vagina or penis and scrotum in the same direct and accurate ways we point out that people have a urethra, buttocks and nipples help to normalize those parts and encourage healthy attitudes and effective communication. Also, when children know and feel good about using proper terms for body parts and functions, they can more clearly and comfortably describe any kind of pain or irritation they may be feeling in these areas to a parent or health care provider. And, should a child ever experience sexual abuse in any form, they'll be much better equipped to explain exactly what has happened to them to adults who can help (Amaze,2022).



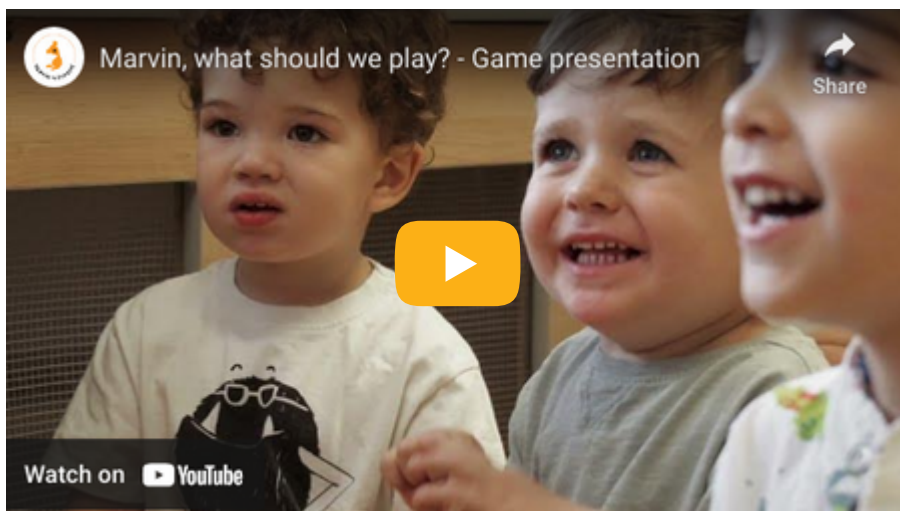
(Image from Marie-Vincent, 2023)

THE FIVE KEYS TO SEXUAL VIOLENCE PREVENTION

Marvin is the little bear your child recently met through a variety of activities: games, storybooks, discussions and more. Now, Marvin is passing the baton to you! On his little paw, you'll see the five keys to preventing sexual violence. They can be summed up with the word **SECRET**



(Marie-Vincent 2022)



MARVIN, WHAT SHOULD WE PLAY? - GAME PRESENTATION

In classroom workshops, we discuss personal boundaries with students and use the activity with Marvin to identify appropriate and inappropriate touching.

In this video, the Marie-Vincent Foundation explains the goals of Marvin's game.

TEACHING YOUR KID HOW TO RECOGNIZE A TRUST WORTHY ADULT

Do you know what a trusted adult is?

"They are someone you feel good with, that you like to see and who can help you in case of problems.

Know that you can always come see me to ask me your questions or if you need help. »

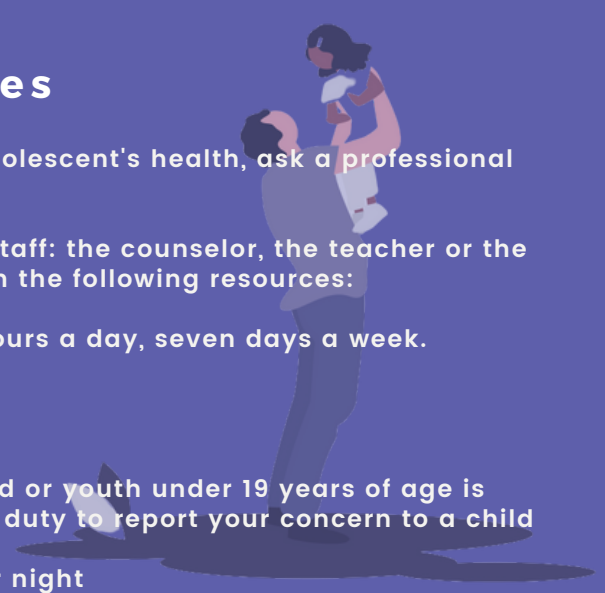


Resources

 **Important!** If you are concerned about your adolescent's health, ask a professional for help, or call the helplines mentioned below.

Do not hesitate to communicate with the school staff: the counselor, the teacher or the principal. Your family doctor can also help, as can the following resources:

- **Kids Help Phone:** to confide in somebody, 24 hours a day, seven days a week. Anonymous and bilingual. Toll-free number: 1-800-668-6868.
- **Reporting Child Abuse in BC:** If you think a child or youth under 19 years of age is being abused or neglected, you have the legal duty to report your concern to a child welfare worker. Phone 1 800 663-9122 at any time of the day or night



RESOURCES IN FRENCH

La Fondation Marie-Vincent

La Fondation Marie-Vincent rêve d'un monde sans violence envers les enfants et les adolescent-e-s.

La sexualité de l'enfant de 0 à 12 ans Par Frédérique Saint-Pierre et Marie-France Viau

Ce livre explore la place qu'occupe la sexualité dans le développement normal et global de l'enfant



RESOURCES IN ENGLISH

Amaze Jr.

Little kids have big questions. amaze jr. brings parents age-appropriate sex ed resources about talking to young children, and fun videos to share with your children.

Marie-Vincent Foundation

The Marie-Vincent Foundation dreams of a world without violence against children and adolescents.

Contact us:

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