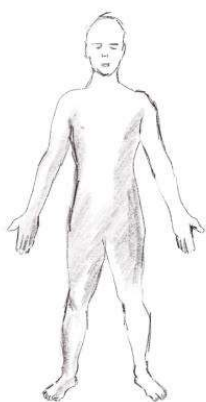


Talking about my body



Some parts of our body are private and it can be tricky to find the right time to talk about them. We need to be able to talk about our genitals, breasts and bottoms so that we can learn how to stay healthy. The type of language we use to talk about our body varies, from medical language to slang. It can be difficult to know which type of language to use and when.



Notice

When your child is approaching puberty, it is a good time to have a relaxed chat about how their body will change as they get older. With prepubescent children and also those who are going through puberty, this kind of chat is often easier if you are doing a shared activity, driving in the car or going for a walk. With older children, you might also talk about issues such as menstruation, masturbation, consent, birth control, relationships, gender, sex and sexuality.



Think

Learning the appropriate language to use and when can be tricky. Understanding when we are safe or at risk by talking about our bodies can be difficult to judge – especially if we are either very comfortable or very uncomfortable talking about our private parts. If we don't know appropriate words for our private parts, or we feel the language that we do know is rude or inappropriate, we may not know how to tell other people if we are at risk of abuse or if we are unwell.



Attend

Learning the correct biological terms for our body parts, including our genitals, ensures we can be accurate when we talk about them. It is important to learn when it is appropriate (and when it is inappropriate) to discuss your body. If you or your child find it difficult or embarrassing to talk about your child's body, that's okay. You might need to have more than one go at starting and continuing the conversation with them. For adults, it's important to be able to talk about your body to someone you can trust.