

## Talk about what is allowed and not allowed

Children can touch their own genitals if they want, and it may feel good. Usually you do this when you are by yourself.

Adults must sometimes help children brush their teeth, wipe themselves after using the toilet, to wash their genitals or bottom, giving them medicines or rubbing some ointment on a sore. This is allowed when children need help.

Otherwise, adults are not allowed to touch or play with a child's genitals or bottom. Adults are not allowed to ask children to touch the adult genitals or bottom, or to make children touch themselves. No one, not even other children, can be allowed to make someone do such things if they don't want to.



## Children can talk about their bodies with whomever they wish.

Good videos and books can help start a conversation. Watch by yourself first, before seeing it together. You can also ask the public health nurse for advice, or you can phone a Nok. Centre if you have any questions.

Resources and multilingual brochures can be found at: [noksentrene.no/snakkom](https://noksentrene.no/snakkom)

As adults it is our job to help children if they are troubled. It is good to speak up.

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[noksentrene.no](https://noksentrene.no)

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## Head, shoulders, knees and ...?

Talking with young children about bodies, boundaries and sexuality

## Did you know that:

Playful and curious sexual behaviour, exploring ourselves and our peers is common amongst young children. This is fine when it's age appropriate, on the child's own terms and doesn't overstep the boundaries of other children.

Talking with children about bodies, sexuality and boundaries will make it easier for them to speak up if someone crosses their own boundaries.

Bathtime and toileting can be natural situations for learning words to describe the body.



## Talk about the body

“Shall we draw a body? Do you know what the body parts are called? Head, eyes, nose, mouth, arms, genitals, bottom, legs, stomach, heart ...”

“What can your body do? What sounds can your body make?”

“What makes you happy/sad? What do you look like then? How do you feel?”



“What kind of touching feels good/bad? Do you like to be scratched or stroked on your back? What do you not like?”

“Your body is your own and no one else's. You decide whether you want to be hugged, sit on someone's lap and things like that. No one can hug you if you don't want them to, and you can't hug them if they don't want you to.”