



# MY BODY – YEAR 3

Developing a healthy, safer lifestyle

## STICKY KNOWLEDGE

Use the names of the main parts of the body, including genitalia (penis, testicles, scrotum, vagina, vulva, nipples).

Know the PANTS Rule.

Privates are private.

Always remember your body belongs to you.

No means no.

Talk about secrets that upset you.

Speak up - someone can help.

Report concerns to a parent, responsible adult or teacher.

Keep trying until you are heard.