

Bodies - similarities and differences

Learning objective

Students explore the physical features of people and identify similarities and differences between them.

Take Home Messages

- Everybody has parts that are the same.
- Everybody has parts that are different.
- We should celebrate the things that make us unique.

Curriculum Links

[WA Curriculum](#)

HPE: Being healthy, safe and active

- The different parts of the body and where they are located.

[International technical guidance on sexuality education](#)

Key concept 4.2 (5-8years)

- Everybody has the right to decide who can touch their body, where and in what way.

Materials

- Images of people with different body types and physical features, e.g. [Everyone's Got a Bottom](#) picture book (page 24 - picture of family).
- Craft supplies (glue, scissors, wool, coloured paper/card).
- Student activity sheet: Child body outlines.

Before You Get Started

- It is recommended and age appropriate that students at this level learn the correct names of their external body parts, including sexual parts, e.g. penis, vulva, breast, testicles and buttocks (or bottom). Knowing these names enables children to communicate clearly if they need to get help; and in particular, in cases of abuse or injury. For more information see the FAQ: [How early should you introduce the names of body parts?](#)
- [Protective interrupting](#) - All staff in the room need to know and understand how to use this technique to prevent students from potentially disclosing sensitive information or abuse in front of other students.
- [Dealing with disclosures](#) - All staff in the room must be aware of the school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.

Learning Activities

Picture Talk 10 min

1. Show children the images on page 24 of [Everyone's Got a Bottom](#). (NB: The shared reading of the book is part of Pre-primary Learning activity: [Private vs public bodies](#)).
2. Invite suggestions from students for adjectives that can be used to describe different physical

features. For example:

This is Ben. What colour is Ben's hair?

(black)

This is Ben's little sister, Emma. How is Ben's hair different from his sister's hair?

(brown)

This is Ben's little brother, Jack. What do you notice about Ben's brother's hair? Why do you think it is different?

(light brown and curly, like his dad's, could be step-brother or half brother, could be foster child or adopted)

In order from tallest to smallest, name the characters. Why is Ben the tallest?

(Emma, Jack, Ben. Ben is the oldest)

Are the oldest people always the tallest?

(no, people can be shorter than people that are older than them. People are all different heights)

Learning Activities

Body outlines 20 min

Independent or Small Group

3. Provide each student with an A3 copy of the [Student activity sheet: Child body outlines](#).

4. Ask students to share their thoughts about the body outlines:

Do you think this body outline is a boy or girl? Why?

(Students may give a range of ideas encourage them to justify their response. E.g. Boy - looks like it has short hair. Do all boys have short hair?)

How is this body outline the same as your body?

(legs, arms, fingers, head, etc)

How is it different?

(I am shorter/taller, I have long hair, I have eyes/nose/other features not identifiable on the outline)

What parts of our bodies are quite similar to other people?

(arms, legs, brain, lungs, heart, toes, etc)

What parts of our bodies can be very different to other people?

(hair - colour, curls/straight, eye colour, height, penis/vulva)

Teaching tip: This provides a good opportunity to talk about body diversity. Some people are not born with some body parts, some people may have had injuries that mean their bodies look/work differently. Use this as a safe space to discuss and embrace these differences whilst also showing similarities. E.g. Our bodies allow us to live, breath, learn, love.

Teaching tip: Private body parts may come up naturally in these conversations. That is OK. Help students to refer to the body parts using the correct terminology and address them in the same way that you do any other body part. Private body parts are covered specifically in the [Learning activity: Public vs private body parts](#).

5. Students use their craft supplies to make their body outlines look different by adding different hair, colouring the skin different colours, etc. Ask students to give each of the body outlines a name.
6. Have students share their work using the [think-pair-share](#) teaching strategy to verbally describe the differences they have illustrated (focusing on the variations, e.g. short hair, long hair, curly hair, straight hair, dark hair, blue eyes, brown eyes, etc).

3-2-1 Reflection

5 min

7. Write the word 'similar/same' and 'different' on the board.
8. Ask students to share one thing that is similar and one thing that is different that they have shown on the body outlines.

For example, "They both have blue eyes but Raj is right-handed and Jasmine is left-handed".

9. Point to the words 'similar' and 'different' as the students describe the features.

Health Promoting Schools

My body inside and out

Learning objective

Students identify the correct names and location of their body parts (which may include genitalia).

Take Home Messages

- Each body part has a different name.
- Each body part has a different name.
- Every body has similar body parts but there are some parts that are different for male and female bodies.

Curriculum Links

[WA Curriculum](#)

HPE: Being healthy, safe and active

- The different parts of the body and where they are located.

[International technical guidance on sexuality education](#)

Key concept 4.2 (5-8years)

- Everybody has the right to decide who can touch their body, where and in what way.

Key concept 6.1 (5-8 years)

- It is important to know the names and functions of one's body and it is natural to be curious about them, including the sexual and reproductive organs.

Materials

- [Teaching resource: Child body outline](#) - A3 hardcopy or electronic.
- Body jigsaw - enlarge the Body outline on to A3 (minimum) colour card and cut into 6 jigsaw sections. Enough for each student to have 1 body section each.
- Alternatively - draw large body outlines onto butchers' paper in different coloured marker and cut into 6 sections to create the jigsaw.

Before You Get Started

- Children need to know the correct names for the parts of their body. Using the correct terminology helps them to speak without embarrassment so that they have the language to ask questions, seek help and explain any changes of concern accurately. This is particularly important for protecting children against sexual abuse.
- This learning activity preludes [Learning activity: Public and private body parts](#). Private body parts may naturally come up in discussion in this lesson.
- The correct names of the private parts are vulva, vagina, breasts, penis, testicles, anus and buttocks (or bottom).
- People often use the word 'vagina' when they mean 'vulva'. The vagina is the inside tube leading up to the uterus (womb). The vulva is the outside part made up of the clitoris and the labia (inner and outer lips).
- For more information see the FAQ: [How early should you introduce the names of body parts?](#)
- 'Public' body parts depend on cultural contexts. Some cultures consider hair, face, arms, stomach, etc 'private' body parts in the sense that they are covered up in public. However, for the purpose of protective behaviours, 'private' body parts refers to the sexual body parts.

Learning Activities

Body jigsaw 10 min

1. Display a copy of [Teaching resource: Child body outline](#).
2. Give each student a Body Outline - jigsaw piece (some children may need to be given more than one to cater to different group sizes).

3. Ask:

Raise your hand if you are holding a body part that is an arm.

Raise your hand if you are holding a leg/head/neck/shoulder/elbow/etc.

4. [Grouping strategy: Jigsaw](#). Have students join the jigsaw pieces by colour to form a full human body and groups to work in for the next activity.

Learning Activities

Hokey pokey 15 min

5. Sing Hokey Pokey as a class using traditional lyrics to begin with.
6. Ask:

What other body parts can you see that can be included in this song?

(elbow, shoulder, hip, knee, ankle, etc)

7. Sing Hokey Pokey using some of the other external body parts the students listed.
8. Explain:

"These are all body parts that we can see. The body parts on the 'outside' are called 'external' body parts."

9. Ask:

What body parts do we have that you cannot see (the parts that are on the inside)? These are called 'internal' body parts. You might like to remember this by the word 'in'.

(brain, heart, stomach, lungs, etc)

How might these body parts be added to the Hokey Pokey song?

(Point to the external part closest to that part e.g. head for brain)

Teaching tip: Private body parts may come up naturally in these conversations. That is OK. Help students to refer to the body parts using the correct terminology and address them in the same way that you do any other body part. Private body parts are covered specifically in the [Learning Activity: Public vs private body parts](#).

Learning Activities

Draw and label 15 min

10. Allow students time to draw all of the internal and external body parts on the combined jigsaw pieces.

Alternative: use craft materials to create the different body parts (e.g. squiggle of wool for hair, popsticks for bones).

3-2-1 Reflection

5 min

12. Ask:

What is an external body part? (Remember 'ex' means out)

(a body part we can see, body parts on the outside, legs, eyes, nose, elbow, knee, ankle, etc)

What is an internal body part? ('in' for 'inside' and 'internal')

(a body part we can't see, body parts on the inside, stomach, lungs, heart, brain, etc)

Health Promoting Schools

Families

- Send the Talk soon. Talk often link to parents and encourage them to read pages [Ages and Stages 2-5 years](#) and [Keeping children safe](#).

Public vs private body parts

Learning objective

Students develop their understanding of the differences between public body parts and private body parts.

Take Home Messages

- Each body part has a name.
- Everybody has body parts that are the same.
- Some parts of male and female bodies are different.
- Some body parts are public and some are private.
- Each person is in charge of their own body.

Curriculum Links

[WA Curriculum](#)

HPE: Being healthy, safe and active

- The different parts of the body and where they are located.
- Protective behaviours to keep safe and healthy

[International technical guidance on sexuality education](#)

Key concept 4.2 (5-8 years)

- Everybody has the right to decide who can touch their body, where and in what way.

Key concept 6.1 (5-8 years)

- Everybody has a unique body that deserve respect, including people with disabilities

Materials

- Book: [Everyone's Got a Bottom](#) by Tess Rowley
- Pictures from [Everyone's Got a Bottom](#) online reading 2min 20sec OR anatomically correct dolls
- Blank A3 paper - 1 per student
- Student activity sheet: Child body outline - public vs private (A3 copy)
- Student activity sheet: Speech bubble - 1 per student

Before You Get Started

- This activity extends the students' knowledge from the Pre-primary Learning activities: [My body inside and out](#) and [Bodies - similarities and differences.](#)
- Children need to know the correct names for the parts of their body. Using the correct terminology helps them to speak without embarrassment so that they have the language to ask questions, seek help and explain any changes of concern accurately. This is particularly important for protecting children against sexual abuse.
- The correct names of the private parts are vulva, vagina, breasts, penis, testicles, anus and buttocks (or bottom).
- People often use the word 'vagina' when they mean 'vulva'. The vagina is the inside tube leading up to the uterus (womb). The vulva is the outside part made up of the clitoris and the labia (inner and outer lips).
- 'Public' body parts depend on cultural contexts. Some cultures consider hair, face, arms, stomach, etc 'private' body parts in the sense that they are covered up in public. However, for the purpose of protective behaviours, 'private' body parts refers to the sexual body parts.
- Body diversity - approximately 1.7% of the population are born with intersex variations. It is possible that there will be children in the class that have intersex variations - some may be aware of this and others may not. It is important to acknowledge this diversity when facilitating lessons on physical sex characteristics. For more information read the Background teacher note: [Intersex variations.](#)
- [Gender diversity](#) - it is estimated that between 1.2% and 4% of Australian young people are gender diverse or transgender. This is when someone's sense of being male or female is different from the sex they were assigned at birth. When teaching lessons about physical sex characteristics, it is important to understand and acknowledge this diversity. It is possible that children in the class may be gender diverse and may disclose this information in discussions. For more information read the Background teacher note: [Gender diversity.](#)

Learning Activities

Book: Everyone's got a bottom 10 min

1. Conduct a [shared reading](#) of a picture book that explains public and private body parts such as [Everyone's Got a Bottom.](#)

Learning Activities

Private parts 15 min

1. Revise the external body parts from [Learning activity: My body inside and out.](#)

2. Ask:

Are there any parts of the body in this story that we did not add to our pictures from our last lesson?
([Learning activity: My body inside and out](#))

(Genitals - penis, testicles, vulva, vagina, breasts, nipples, etc).

Teaching tip: Students may have different names that they use for these body parts. Acknowledge the name the student has used and explain the correct term.

3. Explain:

"There are some names for these body parts that may be considered 'rude words' or 'swear words'. Let's agree to use the correct terms. Sometimes we giggle or laugh when we feel embarrassed, especially when we are talking about things like private parts. It is ok to laugh but also important to be able to learn about our bodies."

Teaching tip: If you have not set up a [group agreement](#), this can be a good way to start building one. Add 'using correct terms' and 'it's ok to laugh' to the start of your group agreement.

5. As the names of the genitals are listed, use the pictures from [Everyone's got a bottom](#) (online reading 2min 20sec) or anatomically correct dolls to point to each part - vulva, vagina, breasts, penis, testicles, anus and buttocks (or bottom).

6. Explain:

"These body parts are 'private' body parts. These are the parts that are covered by underwear or bathers. The other parts of the body (that we can usually see) are 'public' body parts. Male and female bodies have many parts that are the same and some that are different. The private body parts are different for male and female bodies."

3-2-1 Reflection

Independent or Small Group

7. Explain:

"We are in charge of our own bodies. 'From my head to my toes, I can say what goes.' These are rules to help keep us safe. '

8. Have students recite the saying, "From my head to my toes, I can say what goes".

Optional activity: [Student activity sheet: speech bubble](#) - trace around the words and decorate the speech bubble.