

Lesson 4

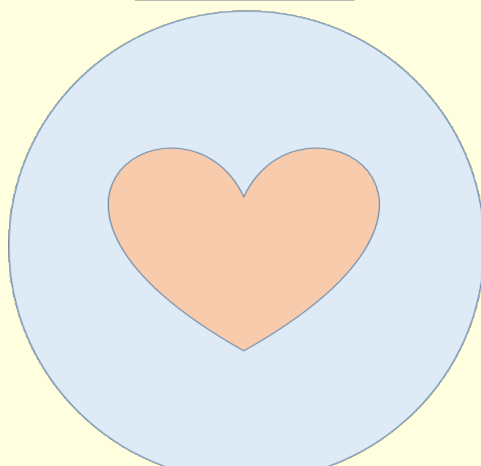
Keeping Safe and Managing Risk

WALT: Understand the importance of 'My Body, My Rules' and FGM

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Ground Rules

PSHE Ground Rules



WALT: Understand the importance of 'My Body, My Rules' and FGM

*Know the parts of our bodies that are private and belong to us.

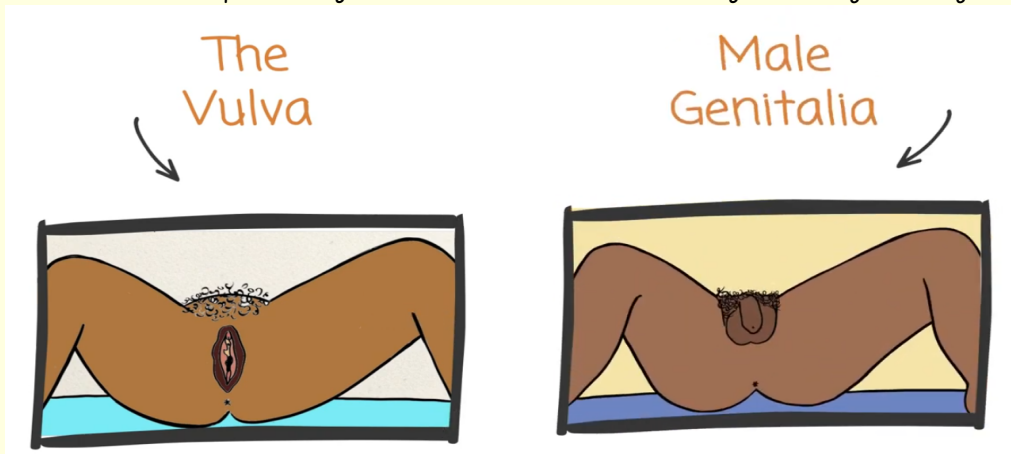
**Understand that everyone has the right to be protected against harm to their bodies.

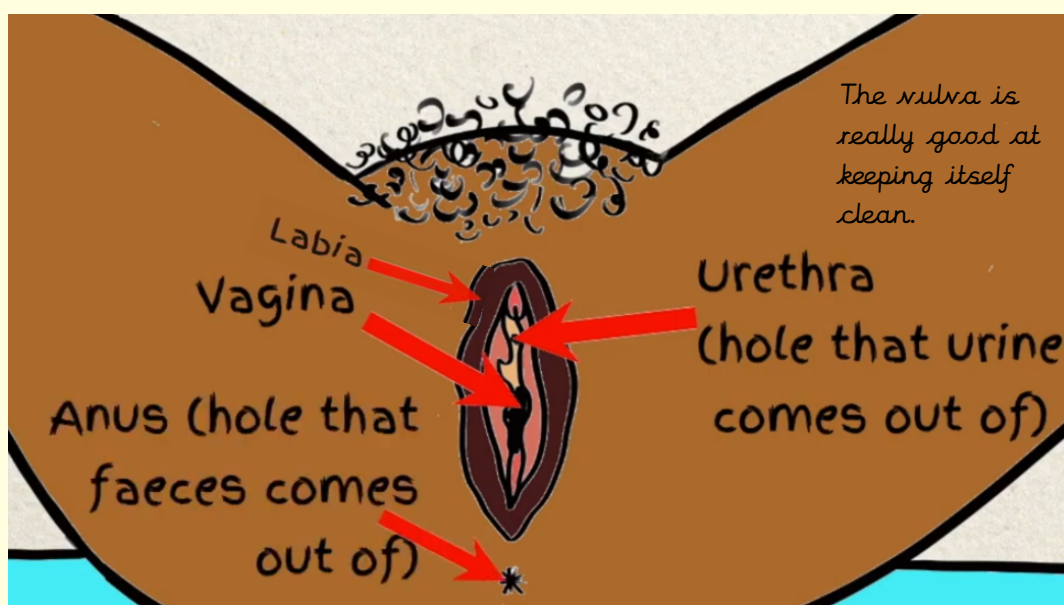
***Know where and how someone can get help and support.

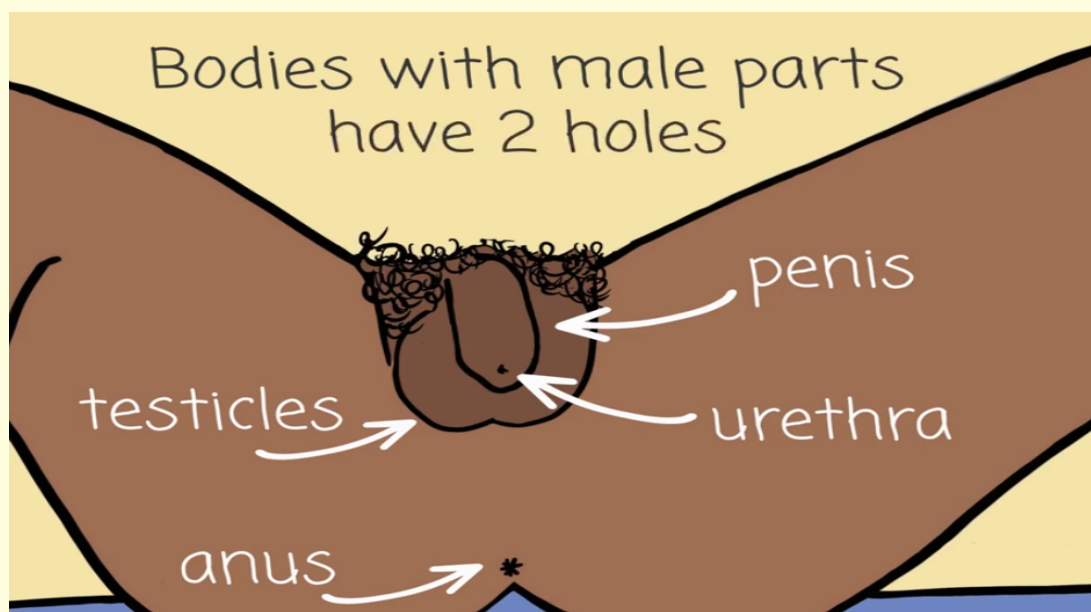
WALT: Understand the importance of 'My Body, My Rules' and FGM

There are many parts of our bodies that are the same.

There are other parts of our bodies that are defined by our gender/sex.







No two vulvas or penis' are the same. They all come in a variety of different shapes, colours and sizes.

There is no 'normal.'

But if you were worried, who could you speak to?

Nobody has the right to purposely change or hurt somebody else's body.

ARTICLE 19 (protection from violence, abuse and neglect)

Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents or anyone else who looks after them.

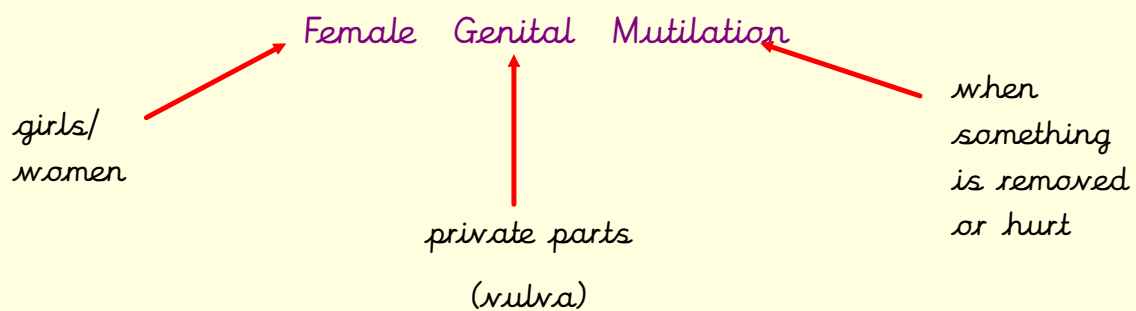
This is dictated by the United Nations Convention on Rights of the Child (UNCRC)

Body rights are about someone's right to make decisions about their own body. Bodies belong to the person whose body it is - you!

Sometimes peoples rights are not respected. This can be in lots of different ways.

If you felt this, what could you do?

What is meant by FGM? Let's break it down.



So **FGM** is where some parts of a girls private parts are removed or injured.



FGM is not allowed in the uk or abroad

It is really important that you tell an adult (such as a parent, teacher or trusted adult) if you or somebody you know has experienced or is at risk of experiencing FGM.

Can you remember the PANTS rules?



Privates are private

Always remember your body belongs to you

No means no

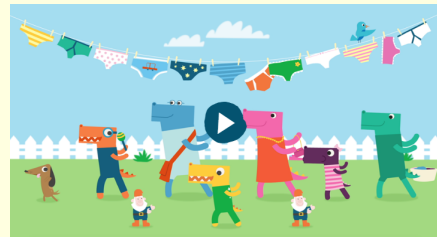
Talk about secrets that upset you

Speak up, someone can help



NSPCC

Watch the video to recap if needed:



<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>



STAYING SAFE

Never stay silent! Any teacher, or other trusted adults in the school can help, or even another trusted adult outside of school could help too

The NSPCC Childline helpline is available 24/7 to call 0800 028 3550. They talk to lots of children about anything that is worrying them

But in any emergency, everyone should call 999