

You
create the
boundaries
for your
own tinana



Bubbles





Private parts are yours and not for anyone else to see or touch – that is why they are called private

You are important and you and your **tinana** (body) are to be treated **respectfully**

It is OK to touch your own private parts in a safe, private place and not in front of others. A **private place** is like your bedroom with your door shut when you are alone

Sometimes adults may need to look at or touch a child's private parts. For example, if your bottom is sore, you may need to see a doctor. A safe adult will also be with you if this needs to happen

If you don't want that to happen, you can say 'no' or 'stop!' because **you create the boundaries for your own tinana**

Private parts are your genitals and these have proper names eg vagina, vulva, penis, testicles, breasts.



Everyone has a personal space bubble

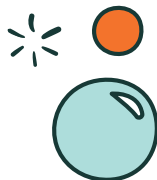
Let people
know
“You’re in
my bubble”

Check if it
is ok to enter
someone’s
personal
space

“Can I
give you
a hug?”

Bubbles

It is important to respect people's personal boundaries



There are lots of times when it feels good to be close to people, like giving or receiving **awhi** (cuddle, hug) or giving a high five



It is OK to tell or remind someone if they are in your personal bubble



Some **tamariki** (children) might still be learning about personal space bubbles and might stand too close and might need to be reminded

Sometimes when you stand too close to someone, you might feel uncomfortable and realise you are in someone's **space bubble** or they are in yours



How to tell if sexual play or touch is not OK



Boundaries



- When the behaviour is not **mutual play**
- When a **tamaiti** (child) is forced, bribed or tricked into doing things
- When the sexual play, language and knowledge of a child is beyond their developmental age and stage
- When there is an **age difference**
- When it is harmful, whether emotionally, mentally or physically
- All **whānau** (families) have differing values, beliefs, cultural differences and parenting styles. However, children need clear **rules and boundaries** relating to OK and not-OK touching

Responding effectively to sexualised behaviour

A **safe adult** has an important role in giving clear messages to **tamariki** (children) about the rules and boundaries of playing safely.



What to do if you see children engaging in concerning sexualised behaviour:

- Keep **calm** to create a safe space to **kōrero** (talk)
- Do not 'lose it' or get angry, as this will prevent **tamariki** (children) from speaking freely
- Be **curious** and ask non-threatening questions: 'What are you playing?', 'Where did you get the idea to play that?' or 'Whose idea was it to play that game?'
- **Name** the behaviour and be clear about the rules e.g. 'It's not OK to be playing with your pants off'
- **Re-direct** the play with something like: 'Put your pants on and come into the lounge'
- Inform the parent/caregivers so they can have an open conversation with their **tamaiti** (child)
- See this as an opportunity to have open conversations about playing safely. Be mindful that you don't bring it up too many times - name it, talk about it and move on
- **Tamariki** need adults to provide **aroha** (love) and **tautoko** (support) when responding to incidents of sexualised play or behaviour
- If the behaviour occurs again and you're concerned, contact a professional who can **tautoko** (support) you

Ngā kawa ki tauware

Rules about touching

There are rules in life for most things; rules on how to play games, how to drive a car and how to use a computer. There are rules about good touching too.

Tamariki (children) are curious and learn about their bodies in different ways. Safe adults in their lives who are calm and confident about rules of touch can give safe playing messages.



Boundaries



RULES ABOUT TOUCHING:

- Always be **respectful** of another person's space or personal bubble and body
- Say **NO** to bottom games
- Private parts are private
- it's simple!

Talking about “OK” & “not-OK” touching

PRIVATE PARTS
ARE PRIVATE



It can feel awkward and embarrassing, but all **tamariki** (children) will benefit from these **kōrero** (talks) by knowing and learning clear boundaries

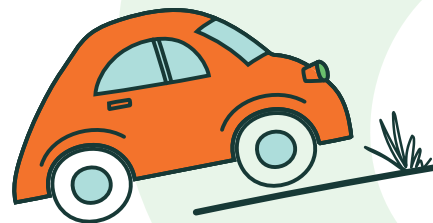
Both adults and **tamariki** (children) can find talking about OK and not-OK touching difficult

Adults who are **clear** about good touching rules and role model respectful behaviour will equip **tamariki** (children) to know how to respond. **Tamariki** may need to say '**No, that is not OK**' if they are in a situation with others who engage in not-OK touching, playing bottom games or looking at images that are not OK for **tamariki**

Equipping **tamariki** (children) with these rules on good safe touch will help to minimize incidents of concerning sexualised behavior and help to keep all children safe

Understanding age expected sexualised play and behaviour

Traffic lights remind us about rules on the road, and they can help us to learn about OK and not-OK sexualised behaviour.



Boundaries



Whero (Red)

Harmful sexualised behaviour



Karaka (Orange)

Concerning sexualised behaviour



Kakariki (Green)

Healthy and age appropriate sexualised behaviour

When to be worried



Whero (Red) –
means 'STOP!'

Sexual behaviours that involve not-OK touching, is not mutual and might be harmful, secretive or coercive. Time to take action, stop the behaviour and seek professional support

It can be hard to talk about sexualised behaviour but it is good for **tamariki** (children) to talk with **pakeke** (adults) in their life who they trust and feel safe with

Safe **pakeke** can help **tamariki** understand what is healthy, safe and respectful touching



Karaka (Orange)
– means 'be aware'

Sexual behaviours might be beyond a child's years and not mutual. Time to intervene and stop the behaviour with a safe **pakeke** response



Kakariki (Green)
– means 'safe, OK'

Sexual behaviours that are age appropriate, mutual and have a sense of innocence and curiosity. These instances provide opportunities to talk with your **tamaiti** (child) about safe playing



Guidelines for your tinana



Boundaries

Touching your own private parts can feel nice and is OK if it's done in a private place and not in front of other people

My **tinana** (body) belongs to me

Another person's **tinana** belongs to them

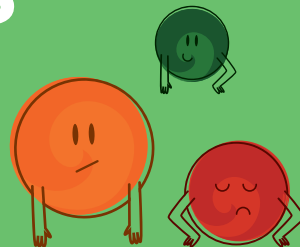
The parts of our **tinana** that are private are covered by our underwear

A private place could be your bedroom or bathroom with the door closed

It's **not OK** to touch other people's private parts

Guidelines for getting changed and using the wharepaku

These are important rules to learn!



Rules for toilets

- One person only in the **wharepaku** (toilet) cubicle at any one time
- The **wharepaku** is not a place for playing
- People need to have privacy when using the **wharepaku**



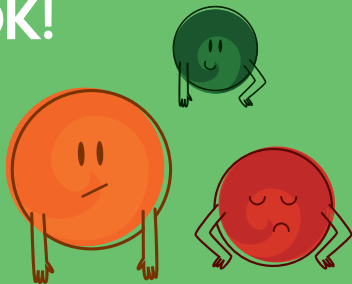
Rules for getting changed

- People want **privacy** when they take off their clothes
- You can ask for **privacy** when getting changed
- It is not OK to try and see people when they're naked or look under their clothing

If people don't follow these rules about bodies, it can make **tamariki** (children) feel worried, **pouri** (sad) or confused. It is good for **tamariki** to tell a safe **pakeke** (adult) if someone is not following the safe boundaries.

Kōrero! Hianga! Kia haumaru! Aūe!

Talk, play and stay safe OK!



Boundaries

What are our whānau values to keep everyone safe at home? It is important to prepare all **tamariki** (children) to play safely and be able to respond to 'not-OK' touching. Encourage every day conversations as a **whānau** (family) creating safe boundaries for all **whānau** members.

Whānau might like to create a plan that could include:

- Safe ways for **tamariki** to play in the home
- Where you can touch your own private parts
- **Boundaries** around online / internet safety
- **Equipping** children to respond to not-OK touching
- How to say 'No!' – Walk away; tell the person that it is not OK or to stop; talk to a safe **pakeke** (adult) who will **whakarongo** (listen) and help you

Safe touching

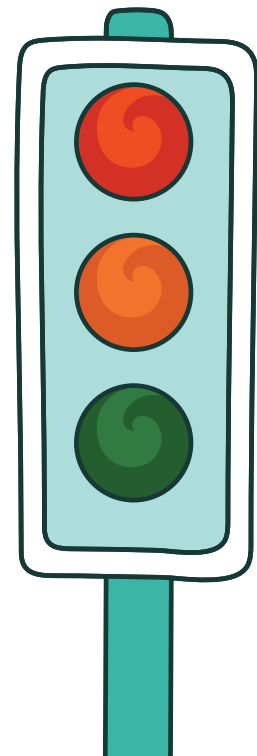


Safe touching

- Makes you feel good, **harikoa** (happy) and loved
- This kind of touching could be hugs and kisses from someone in the **whānau** (family) that you love and trust, or a pat on the back or a high five from a friend who is encouraging you – good kisses and good hugs from people you are **harikoa** to be close to

Not-OK touching

- Rude touching could be someone touching your breasts, bottom, vulva, vagina or penis
- Hugs or kisses that you don't like and make you feel weird, yucky or unsure
- If someone makes you touch them and you don't want to do it
- If someone says that the touching is a secret and asks you not to tell
- If someone uses threats or bribes, e.g. they will not be your friend anymore



Supporting tamariki to use the internet safely



Internet

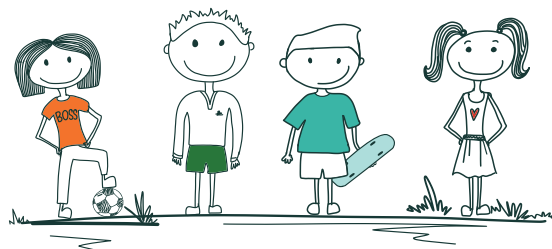
- The internet can become problematic when **tamariki** (children) are exposed to explicit sexual material or content which they cannot understand
- **Supervise** screen time and ensure privacy settings and restricted access is set up on devices
- Children are often very skilled with technology and adults need to **keep up to date**
- **Equip tamariki** to know what to do when not-OK or inappropriate images are on the screen
- This can happen unintentionally as children search the internet out of curiosity, or children can be shown inappropriate sexualised content by other people
- Social media sites have clear age restrictions that adults need to support **tamariki** to follow
- Learn how to check the history of your web browsers
- Give the message to turn off the computer and for the **tamaiti** (child) to tell an adult if they feel scared, confused or yucky about something they see



Keeping tamariki safe online



- **Safe pakeke** (adults) are so important and need to give clear, simple and safe information to **tamariki** about internet safety
- A safe adult response will **make a difference** and assist the child to make sense of what they have seen
- Be mindful of the child's age and **developmental stage** when giving them information
- Always remember, you are talking with a **tamaiti**
- A child's young brain, when exposed to sexually explicit images, struggles to make sense of what they are watching
- When a **tamaiti** has been exposed to explicit sexual images, a safe adult needs to let them know that this is not always a reflection of what consensual intimate sexual relationships are really like



Keep tamariki safe from R-rated material



Things are
R-rated or
restricted for a
reason



It's not OK for
tamariki (children)
to look at R-rated
movies, games or
images

If adults are watching
R-rated movies or
games, make sure
tamariki are not
watching

Tamariki do not
have the **emotional**
maturity to process
R-rated content



Internet





Tamariki can feel scared, **confused** or yucky when they are exposed to this material

It is difficult for **tamariki** to distinguish between **fantasy** and **reality**



Exposure to R-rated material can contribute to **tamariki** initiating sexualised play and behaviour beyond their developmental age and stage



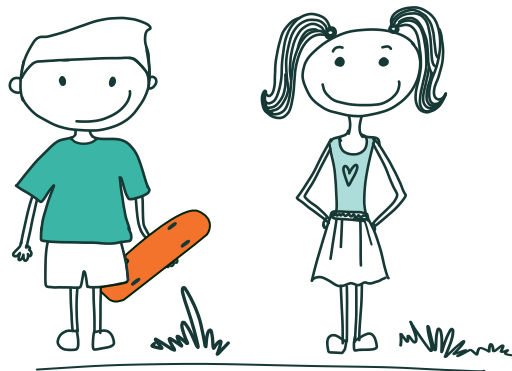
Safe people tamariki can trust

It's really important to teach **tamariki** (children) to **identify safe people**. This relates to strangers and also people in the **whānau** (family) they may already have a relationship with

Talk to **tamariki** (children) about what makes a person 'safe'. Explain a safe person would be someone who is kind, respectful, **keeps tamariki safe**, does not hurt others, stops when a **tamaiti** (child) says stop and doesn't tell **tamariki** to keep yucky or bad secrets



Communication



OK and not OK secrets



It is important to teach children about **OK and not OK secrets**

Not OK secrets can make **tamariki** (children) feel yucky, weird, sad or confused

For example, **OK secrets** make people feel happy, like birthday presents or surprises for someone special

Tamariki need to feel it is ok to tell a safe **pakeke** (adult) if something yucky happens, like being asked to keep a '**not OK secret**' and not tell anyone.



Kōrero with your tamariki about sexualised behaviour

- **Make time** to **kōrero** (talk)
- Start when they're young and with simple, everyday conversations
- Create a safe, quiet setting to talk with your **tamaiti** (child)
- **Be relaxed** and choose a time with few distractions
- Talk with your **tamariki** (children) in day to day activities, like naming body parts in the bath
- Have regular, fun **one-on-one** time to talk with your **tamaiti** to create a comfortable space for **kōrero**
- Stay calm, so your **tamaiti** gets a sense that you are a person they can talk to about difficult things
- Bedtime is a common time when **tamariki** ask questions; even though you may be tired, it's important to take these opportunities to **kōrero**
- Driving in the car next to each other or doing things together can help **tamariki** be more relaxed to have these conversations



Communication

It's cool to kōrero!



Take time to have conversations



- Acknowledge all questions are **important**
- It is important to be honest, but be selective about the information you give and make it age appropriate
- Use your child's **pātai** (question) as a guide for your response
- If a question pops up that you're not prepared for, respond with 'That is a really important question. Is it OK if I think about it and get back to you?'
- Respond with **aroha** (love) - be careful not to shame or embarrass children when they ask difficult questions
- It helps if safe **pakeke** (adults) respond openly - **tamariki** will feel confident and able to ask more questions
- Be prepared for some tricky **kōrero** to come up - children are likely to ask questions at some point and may catch you off guard
- Use words and language that are **appropriate** for your child's age and stage
- It is helpful for **tamariki** to know the proper names for their genitals; penis, vagina, vulva, breast, testicles, bottom, anus
- It is OK to tell **tamariki** that there is some information they will learn as they get older
- Be **aware** of your own understanding of sexuality and puberty as this will influence your responses