

## **Public and Private Body Parts Activity**

This activity is best played with a smaller group of individuals (between 2-10 people), but could be altered to play with individuals in a larger group or one-on-one setting. It was created to be played with those with developmental disabilities in an effort to provide accurate and positive relationship and safety information.

Depending on the group you are working with, you can take cards out that you do not think are appropriate, or that you do not want to discuss at the time.

### **What you will need:**

- Public and Private Body Parts cards
  - The Body Parts cards depict images of various body parts that are either considered public or private when exposed (e.g. an arm is a public body part while a bum is a private body part). Please include a conversation to stress that **all** parts of the body are private when it comes to touch.
  - There are two additional cards that say PUBLIC and PRIVATE in order to sort the cards in visual piles.
- The green flags (yes, go, thumbs up) and red flags (no, stop, thumbs down) – these can be found in a separate document called, *Red and Green Flags for expressing thoughts, feelings and opinions*

### **How to play the activity:**

Prior to beginning the game, each participant will be given a red and green flag. The facilitator will explain that the flags will be used to express individual opinions on whether or not the body part on the card is public or private.

- Green flags will indicate that the participant thinks the body part is public.
- Red flags will indicate that the participant thinks the body part is private.
- It is ok if participants put up both flags; be sure to discuss why two flags may be appropriate
  - e.g. Stomach: a person may think this is a body part that should be covered while others may not. Discuss the idea that we all have different ideas about how we like to dress and this is our choice

The facilitator will begin by explaining that everyone's body is private and should only be touched by certain people. You can ask the group, "who can touch your body?" You can have a discussion about consent and asking to touch someone before you touch them and

how to respond when someone asks to touch you (practice saying yes and no). Explain that this game is only talking about what body parts can be exposed (e.g. seen by other people).

To play the activity the facilitator will hold up the body parts cards one at a time and ask the group whether or not they think the image is of a public or private body part. The facilitator might say "this is a picture of a \_\_\_\_\_, what kind of part do you think this is? Is it a public, or private body part? Lift the red or green flag to tell me what you think." You can tailor this question to meet the needs of the group. Participants will indicate their answer with the flags provided.

If a participant cannot decide, the facilitator may discuss the premise of the "bathing suit area" or "underwear area." Explain to participants that if you can see a part of your body when wearing a bathing suit or underwear, it is likely that that body part is public. If you cannot see that body part while wearing a bathing suit or underwear it is likely that this body part is private. Once the participants raise their flags the facilitator can follow up with the group and ask why they think the body part is public or private. This is especially important when the group is divided in their responses. The facilitator will then discuss the card and explain to the group why it is public or private and can relate back to the bathing suit area concept if needed.

Once the answer is explained to the group, the facilitator will place the card into the PUBLIC or PRIVATE pile, and will continue to do so for the remainder of the cards.

You may have to define a term for the group. If you are unsure whether everyone knows the definition of a word you can ask the group, "Does anyone know what \_\_\_\_\_ means?" Ask participants to indicate their answer with the red or green flags.

Once you are finished playing, you can ask participants if there were any body parts that were not discussed in the activity they would like to talk about.

### **Other variations:**

**Large group:** Break the large group into smaller groups to play as described above. This variation only works if you have multiple facilitators and multiple sets of cards.

**Individual Session:** If you are working with an individual in a one-on-one setting the activity can be played the same. You may want to emphasize certain cards or leave out cards. You may or may not choose to use the flags.

# Eyes



# Hands



# Armpits

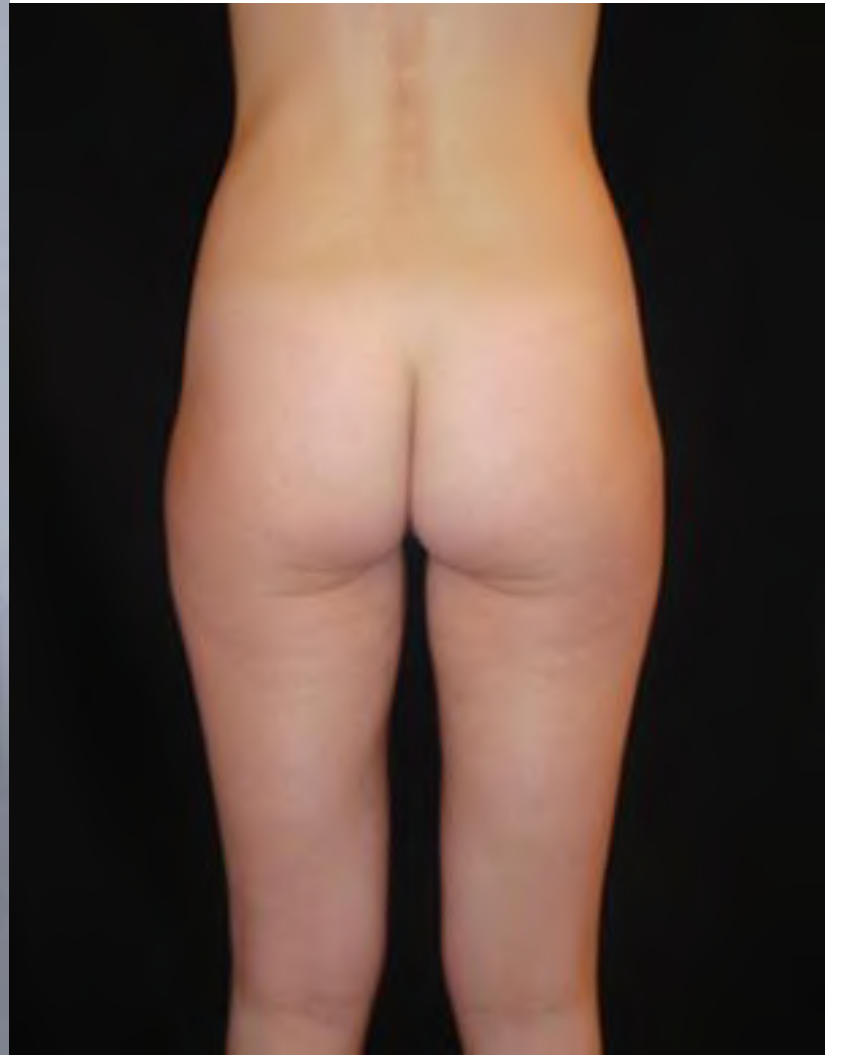




# Hair



# Bum



# Ears





# Belly Button





**Nose**



# Back & Shoulders





# Knees





# Feet



# Lips



# Penis/Scrotum





# Chest





# Breasts



# Vulva



# Arms



**PUBLIC**



**PRIVATE**