

*how to...*

**TEACH YOUR CHILDREN  
BODY SAFETY AND  
SEXUAL BOUNDARIES**



*with culturally relevant  
& age appropriate games*

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*Hello and a big warm welcome!*

*Many parents and carers think sex should be spoken about when children reach puberty.*

*But the truth is, little ones start learning messages about sex, consent, and body safety from a much younger age, through everyday experiences.*

*I have found the best way to guide is by creating consistent and meaningful experiences that align with children's growth development in trusted ways.*

*That's why games are amazing tools. They help children learn important skills for everyday life, and they can also guide conversations about boundaries and consent.*

*So I've put together a bunch of age-appropriate, culturally friendly games you can play with your kids. These games aren't just fun; I also share 'teachable moments' as important life skills that your children can learn from you.*

*Here are five games to get you started!*

*Toltu Tufa*

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# Tickles!

## How to play:

One person lightly tickles another in a fun manner, usually resulting in giggles or laughter. The tickling stops when the person being tickled says "stop" or indicates they've had enough.

## Teachable moment:

Stopping IMMEDIATELY after the person being tickled says 'stop'. Pointedly show that players need to listen to one another to enjoy the game and anyone can say stop at any time, even in the middle of play.





## Simon Says...

### How to play:

In this game, children must ONLY follow instructions that start with the phrase "Simon says. For example, "Simon says touch your head!" Children are eliminated from the race for following instructions that do not start with "Simon Says.."

### Teachable moment:

Reinforce the importance of listening carefully and only acting when given clear permission.



# 3

## Red light, Green Light

### How to play:

In this game, a leader faces away from children who stand behind the leader at a distance. When the leader says "green light," the children race forward. Upon hearing "red light" and the leader turning around, the children freeze. Fidgeting during a 'red light' moment results in elimination from the game. The game ends when children can reach the leader without elimination.

### Teachable moment:

Teach your children about listening, stopping and starting on command. Encourage children to respect each others signals and stopping immediately when the command is given.



# 4

## Puppet shows

### How to play:

Use puppets to bring to life 'every day scenarios' about consent and boundaries. For example, the puppets can choose to play a game of 'tickles' to show what happens to relationships when we listen or ignore instructions, both practically and emotionally.

### Teachable moment:

Parents or carers can play all roles or offer children to play a puppet role. This game will encourage children to assert their own boundaries, seek help if they feel uncomfortable as well as practice expressing their feelings and preferences in a playful environment.



# 5

## Rough 'n' Tumble Play

### How to play:

Age appropriate 'rough 'n' tumble' play starts by asking permission to play with the child. Then, parents or carers may engage in activities such as gentle wrestling, pillow throwing, rolling and chasey until the child says stop. The game can resume when the child says they are ready to play again.

### Teachable moment:

Parents and carers can demonstrate the power of consent, even when power dynamics are uneven. Children may be taught that even if someone is taller or stronger, their own boundaries must be respected and their voices are worthy of being heard on saying "Stop".





## *Thank You!*

I hope you find my list of games a fun way to introduce body safety and sexual consent to your children.

Share your ideas with me as I'd love to hear your ideas too!

I'm available to listen and collaborate via my contact details below.

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