



Words you will learn:



body

The whole physical part of you.



change

When something becomes different from how it was before.



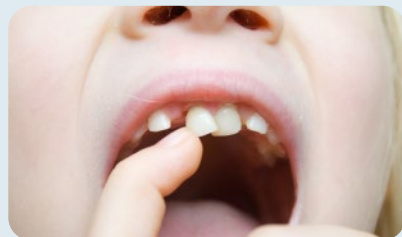
grow

To get bigger over time.

As we get older, we:



grow taller



loose teeth



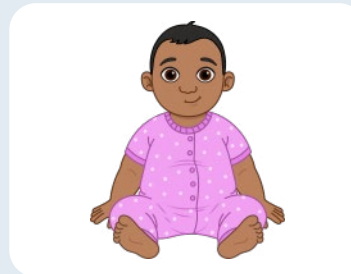
learn new things



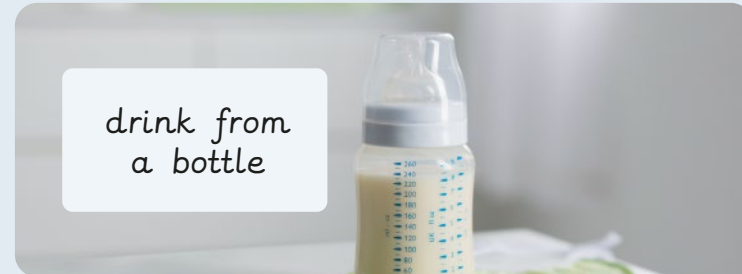
need bigger shoes

Things I can do as a...

baby



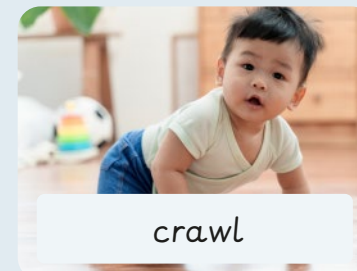
drink from
a bottle



toddler



crawl



ride a tricycle

child



ride a bike



read a book





Parts covered by our underwear or swimsuits are called **private parts**.

Private means something that just belongs to you.

It is not for everyone to see, touch or know about.



Let people know you are uncomfortable by saying:

Please stop.

Can we do something else instead?

I don't like that.

I'm telling a grown up.

That's not what I like.



I can talk to a **trusted adult** if:

- Someone is unkind.
- Hurts me or someone else, including online.
- I feel scared, worried or confused, including online.
- Someone asks me to keep a secret that makes me uncomfortable, including online.