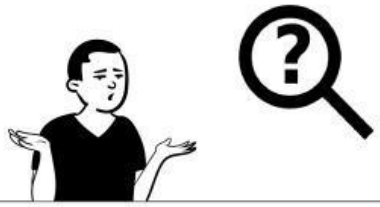
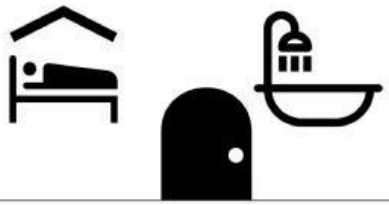
Body Changes and Privacy

My body is changing because I am growing. This is OK

Sometimes I feel curious about my body. This is OK too



Some places are private, like my bedroom, the bathroom, or behind a closed door



Some places are public, like school, the park, the bus, or when I'm with other people

Touching my private parts is not okay in public places. Even if my body reacts on its own

If my body reacts, I go somewhere private to feel calm and safe

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