

BODY SCIENCE

Body science is about all the systems that make our bodies work. It's what makes our bodies the same, different, and unique.

Body science includes:

- Everyday topics like hydration, digestion, the effects of the sun, what our urine and bowel movements tell us, and how to dress for different weather.
- Learning vocabulary. This might be through songs like "Head and Shoulders, Knees, and Toes" or during diaper changes and toileting, using scientific (or medical) terms for all body parts.
- Developmental changes like growing bodies, puberty, ageing, babies, conception, and pregnancy.
- Normalizing difference. Body science gives opportunities for normalizing differences and rooting out discriminatory assumptions early by speaking about differences in straightforward, scientific ways, emphasizing that all bodies are worthy of respect.

For example, talking about how melanin makes skin colours darker or lighter, how bodies come in different sizes, or how cognitive development gives people different mobility, auditory, or language processing abilities and sensory needs.

Note: Use real scientific terms in age-appropriate ways and normalize questions and curiosity about bodies. Children's books can be great tools for this.

Supporting Children to Understand Body Science

- Find age-appropriate books and videos (that you have watched or read first).
- Intentional conversation. Make sure you've carved out the time for an in-depth conversation.
- Use clear and simple language.
- Use anatomically correct language for body parts, not slang or cutesy words.
- Don't make assumptions:
If a child brings up a topic for the first time, ask clarifying questions like: "What do you know about X?", "Tell me more about X.", "What do you think?", or "Where did you learn about X?". This helps ensure that you and the child are talking about the same topic and that you aren't jumping to conclusions about what X means.
- If you're unsure about a topic, just say so. Then do your own research and follow up later.

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Need More Support?

Local Resources:

- [Relationship and Health Educator](#)
- [Let's Talk about Touching \(Professional Development\)](#) – Connect with your local CCRR about local offerings
- Family Physicians, Pediatricians, or Nurse Practitioners
- Public Health Nurse
- Counsellors

Resources Found in the WKCCRR Library:

- Being You: A First Conversation about Gender by Megan Madison
- Some Bodies by Sophie Kennen, Airin O'Callaghan (Illustrator)
- I Have the Right to Be a Child by Alain Serres
- The Bare Naked Book by Kathy Stinson and Melissa Cho (Illustrator)
- The Human Body Book Pack

Online Resources:

- [A Caregiver's Guide to Teaching ABCs of Consent](#)
- [Amaze Jr.: Age-Appropriate Videos for Talking to Kids Ages 4-9](#)
- [Sex Positive Families Resources](#)
- [Jayneen Sanders' Website - Free Resources for Printing, and Supports for Teaching Body Safety](#)
- [Additional List of Learning Resources to Explore](#)