



# **Becoming a Wonderful Woman**

Kaidee Dick, Family Planning NSW

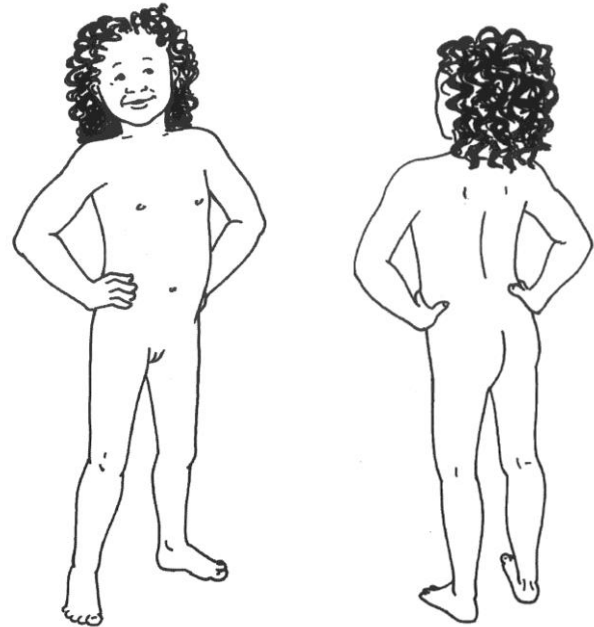
# Public and Private

*A framework for teaching concepts of public and private as a foundation for socially appropriate behaviours.*



# Parts of the body

- The private parts of a female's body are her **breasts, vulva, anus and buttocks.**
- These private parts of people's bodies are usually covered with their underwear.



Images: Family Planning Queensland (2010) Everybody Needs to Know  
Text: Family Planning NSW (2013) All About Sex

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# Parts of the body

- No one should touch or see another person's private parts unless the other person wants them to, and has said that they can.
- Some parts of female's bodies that they do not cover with their underwear are their hands, arms, faces and feet. These parts of the body are OK for other people to see most of the time.
- However, it can be different depending on the different places that they go. Eg swimming pool, restaurant.

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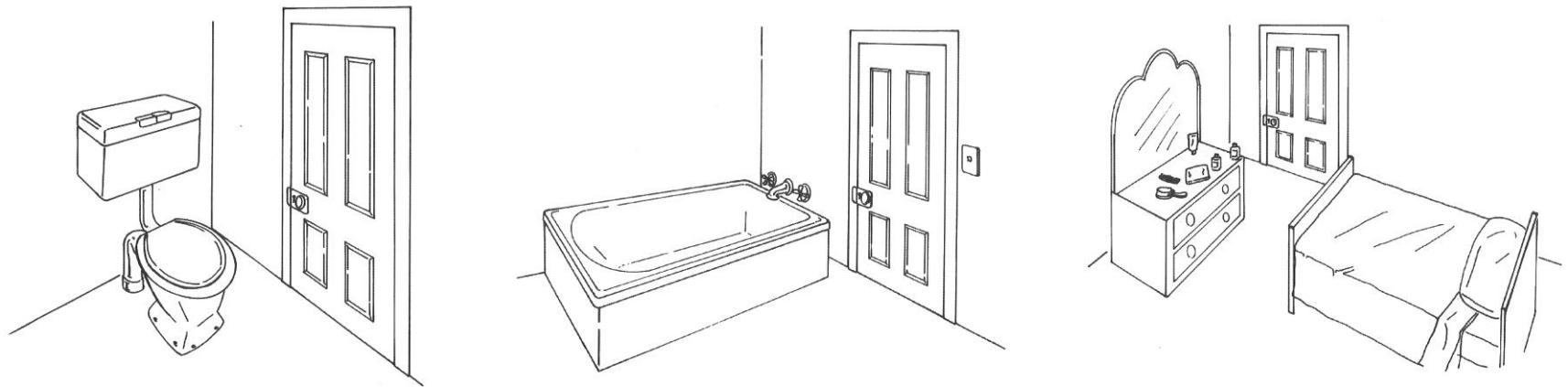
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# Private Places

- Usually a person's bedroom, bathroom or toilet is a private place.
- No one else should come into a person's private place unless they say they can. It is the person's private place.



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**Text:** Family Planning NSW (2013) All About Sex

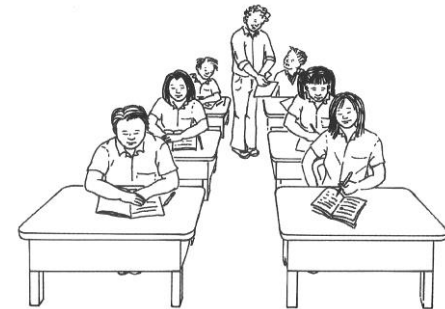
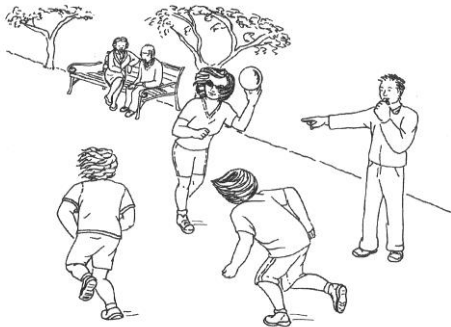
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# Public Places

- A public place is where there are other people around. Some public places are the bus, train, in the park, at the movies, in the lounge room and kitchen. These are not a person's own private place.
- A person shares these places with other people.
- People can walk in and out without asking if it is ok.



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# Public and Private Behaviours

- Private parts of the body can be touched when a person is in a private place.
- If a person has sexy feelings they can go to a private place to touch their private parts.
- A person can masturbate or have sex in their bedroom if they want to. It is only private if a person is there by themselves or with the person they are going to have sex with. They should shut their bedroom door and close the curtains.
- A person can do sexy talking with another person in a private place like their bedroom if they both want to.

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# Public and Private Behaviours

- When people are in public places they can touch the parts of someone else's body that are not covered with underwear. But they can only do this if the other person has said they can.
- A person can hold hands with a close girlfriend or boyfriend in public places, like the movies, if they both want to.

A person's body belongs to them.

It is not OK for someone to touch another person's body unless they say they can.

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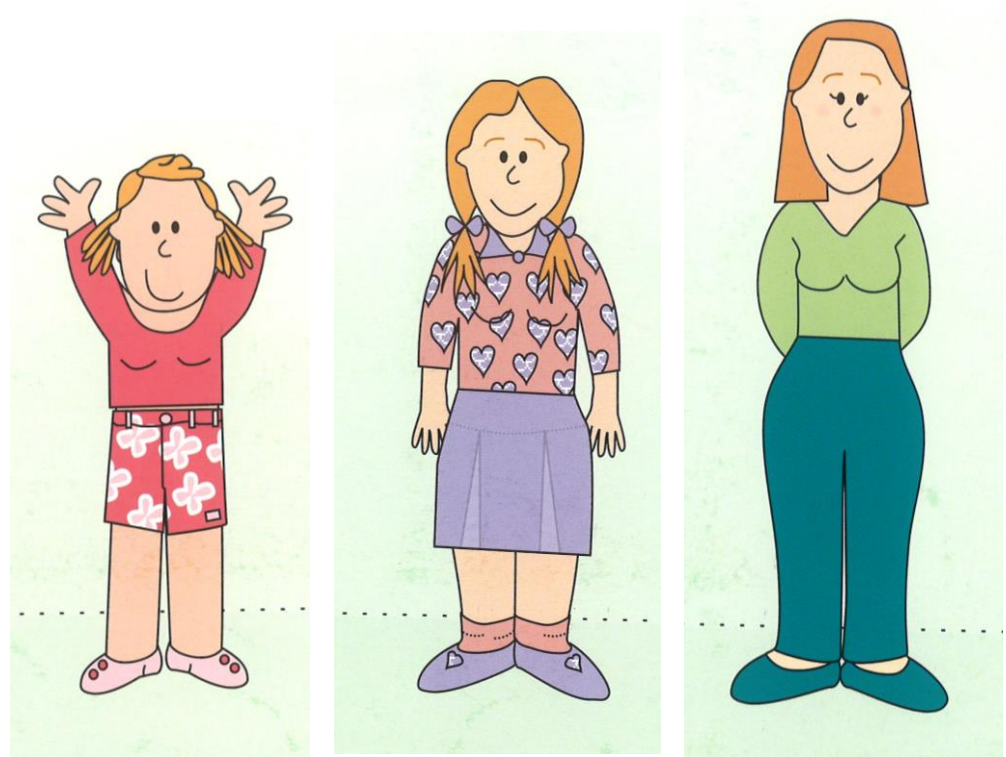
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# Preparing for Puberty

What are the physical, social and emotional changes that may occur during puberty?



Images: Angelo et al (2005) Special Girls Business

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# Matrix of changes at adolescence

## • Physical changes

- breast and nipples grow to various sizes
- genitals grow and darken
- pelvis becomes wider
- ovulation begins
- menstruation begins
- growth spurts, height and weight increases
- pubic hair, underarm hair, body hair
- increased sweating
- skin becomes oily and acne can develop
- discharge from vagina occurs

## • Emotional changes

- mood changes
- sexual feelings develop

## • Social changes

- parents, friends and society start expecting different things
- social expectations increase
- emancipation from parents - focus shifts from family to peers
- forming identity - struggle for control vs support

# Taking Care Of Myself

A Healthy Hygiene,  
Puberty and Personal Curriculum  
For Young People With Autism

by MARY WROBEL



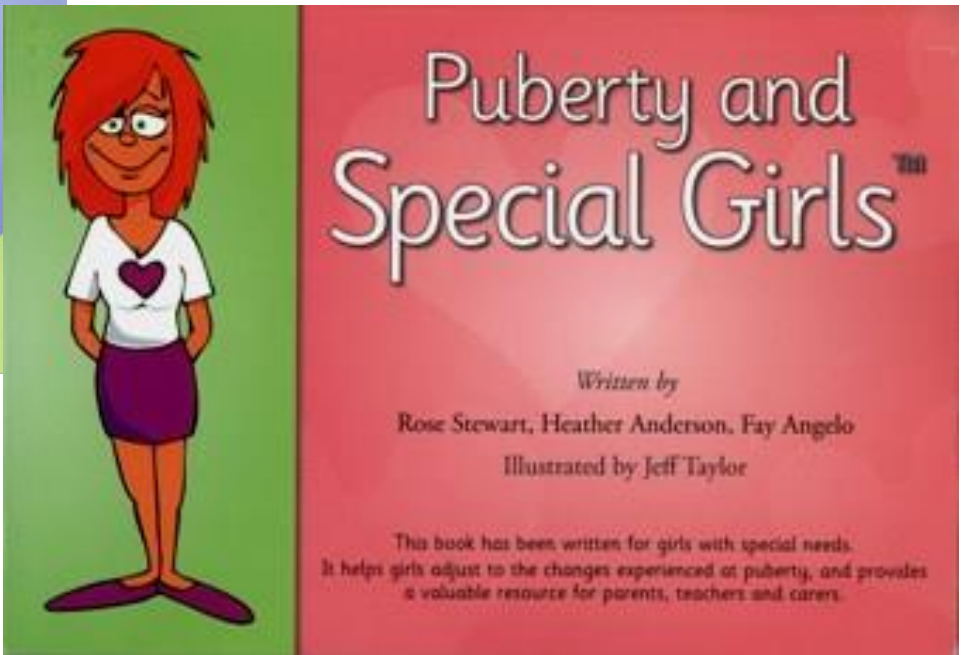
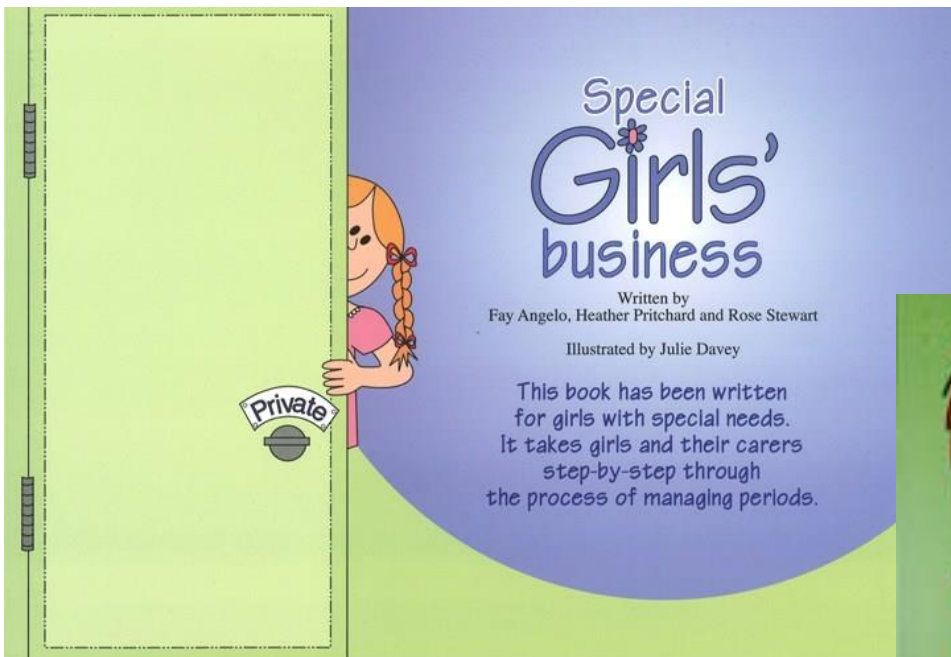
- General puberty & hygiene information & activities
- Step-by-step easy English instructions & photographs

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# Special Girls Business / Puberty and Special Girls



# Menstruation (Periods)

**What does  
your daughter  
need to know  
about periods?**

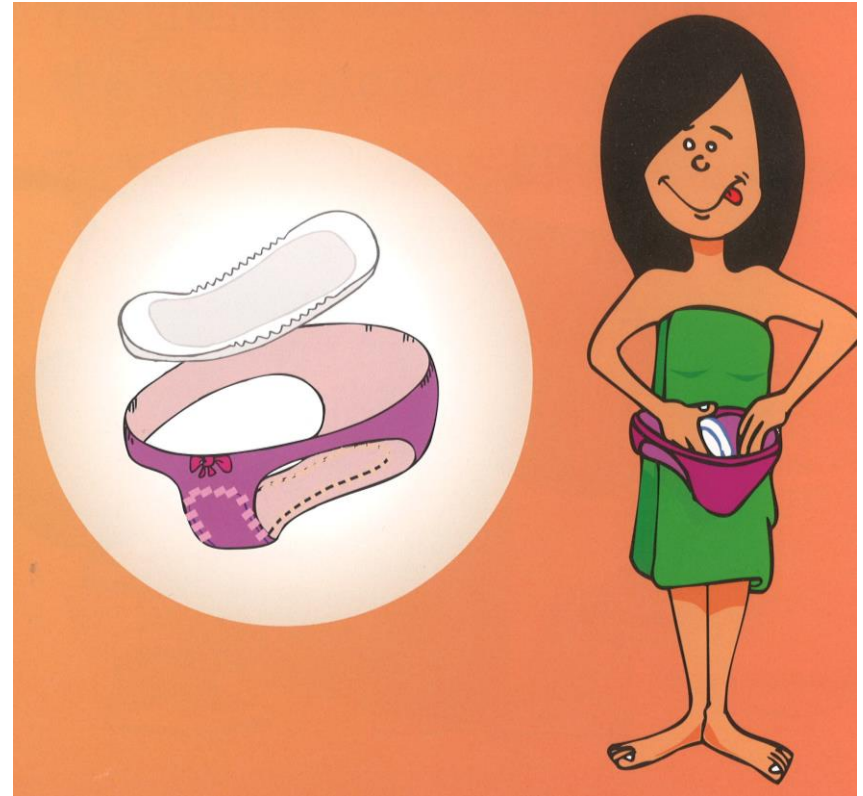


Image: Angelo et al (2009) Puberty and Special Girls

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- Periods are part of growing up (for girls).
- They are normal and healthy.
- Periods are when blood comes out from a woman's vagina. A woman usually bleeds once a month for about 3 to 7 days.
- When a woman gets her periods, she has to use a pad or tampon to catch the blood before it gets on her clothes. It needs to be changed every few hours in a private place.
- It is normal for a woman to experience lots of different feelings when she has her period.
- Periods are private.

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# Who can help support your daughter with her periods?

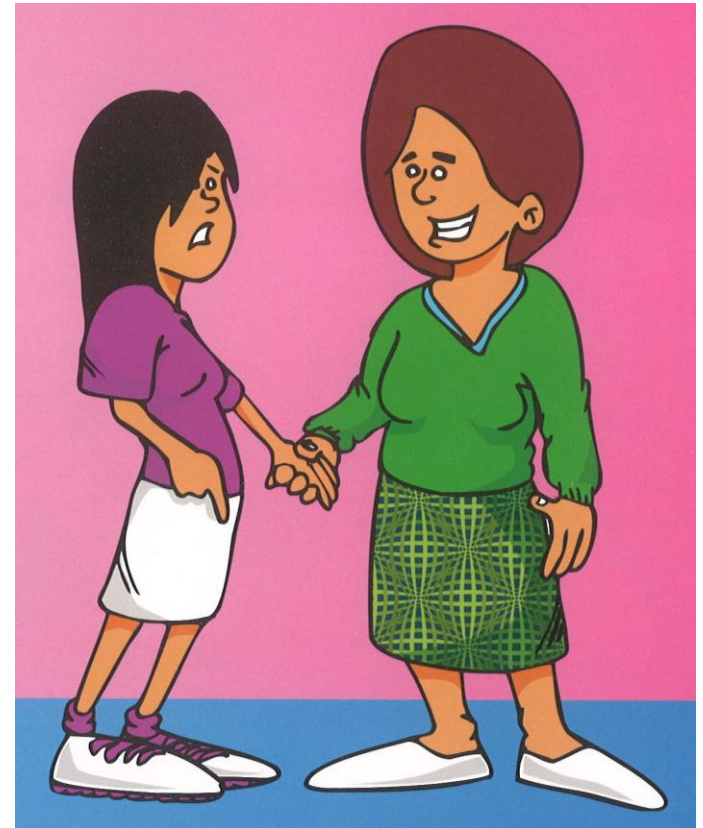
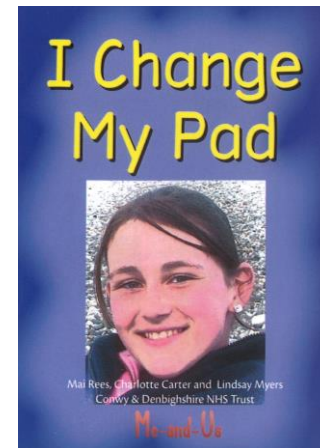
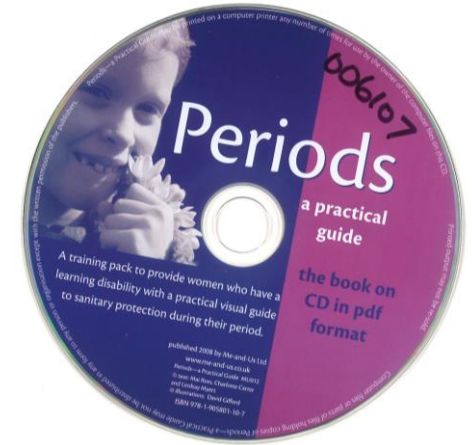
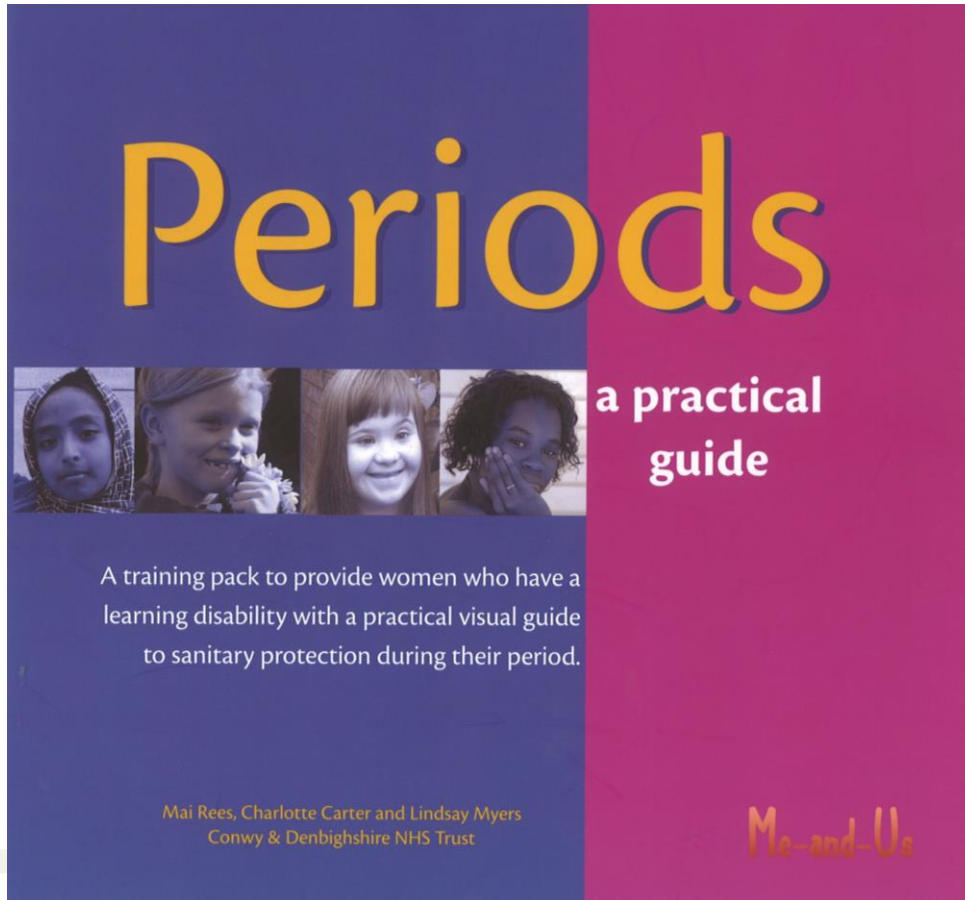


Image: Angelo, et al (2009) Puberty and Special Girls

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# Periods A Practical Guide





# Tara Grows Up



- A guide to periods and puberty
- Demonstrates teachable moments
- Acted by young woman with intellectual disability
- In-depth step-by-step understanding about changing a pad

# Masturbation

- Many people enjoy masturbating. It is normal and healthy.
- It can help girls learn about their bodies such as the shape and feel of their private body parts.
- Masturbation can help people to understand what they like and what feels good for them.
- Masturbation is private.

**Where is a private place your daughter can masturbate?**

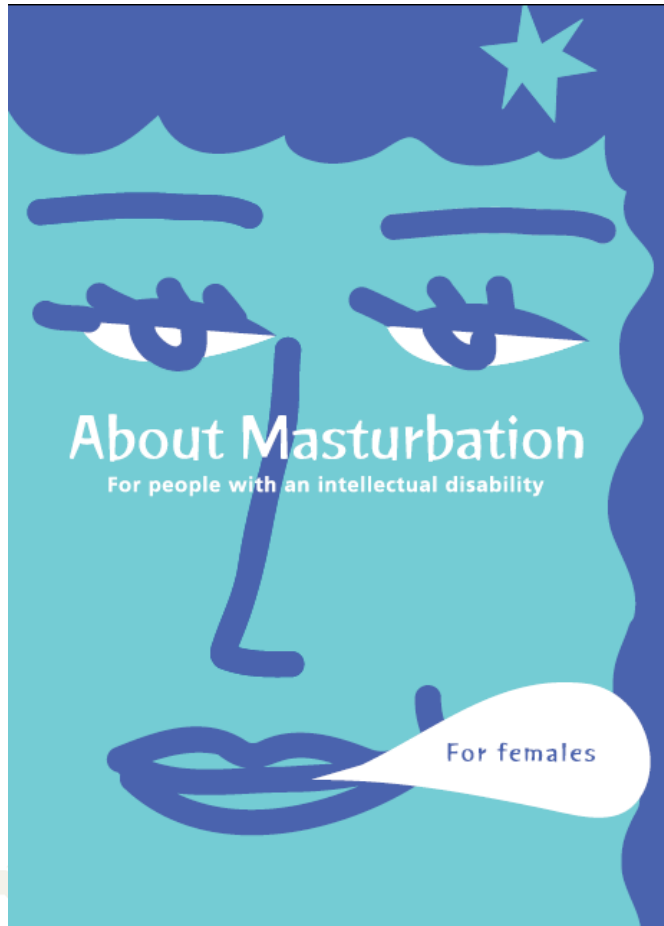
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# About Masturbation: For Females



*Social story* with positive messages:

- Healthy and normal
- Public / private
- Social rules
- Hygiene



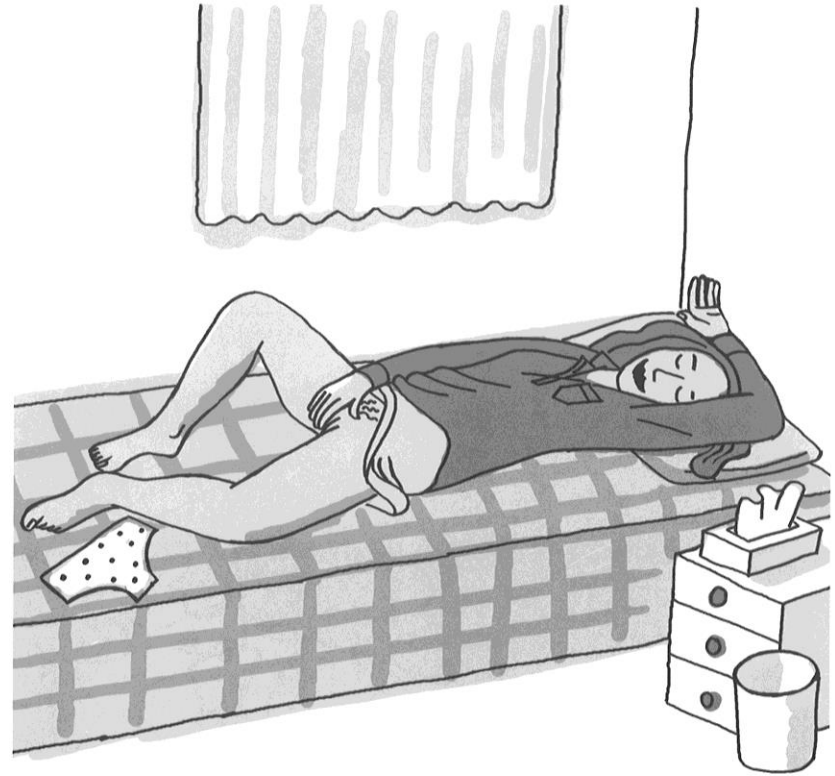
This is a woman in the park.  
The park is a public place.  
She is feeling sexy, so she decides to go  
home to a private place.



She goes to her bedroom and  
closes the door.  
Her bedroom is a private place.



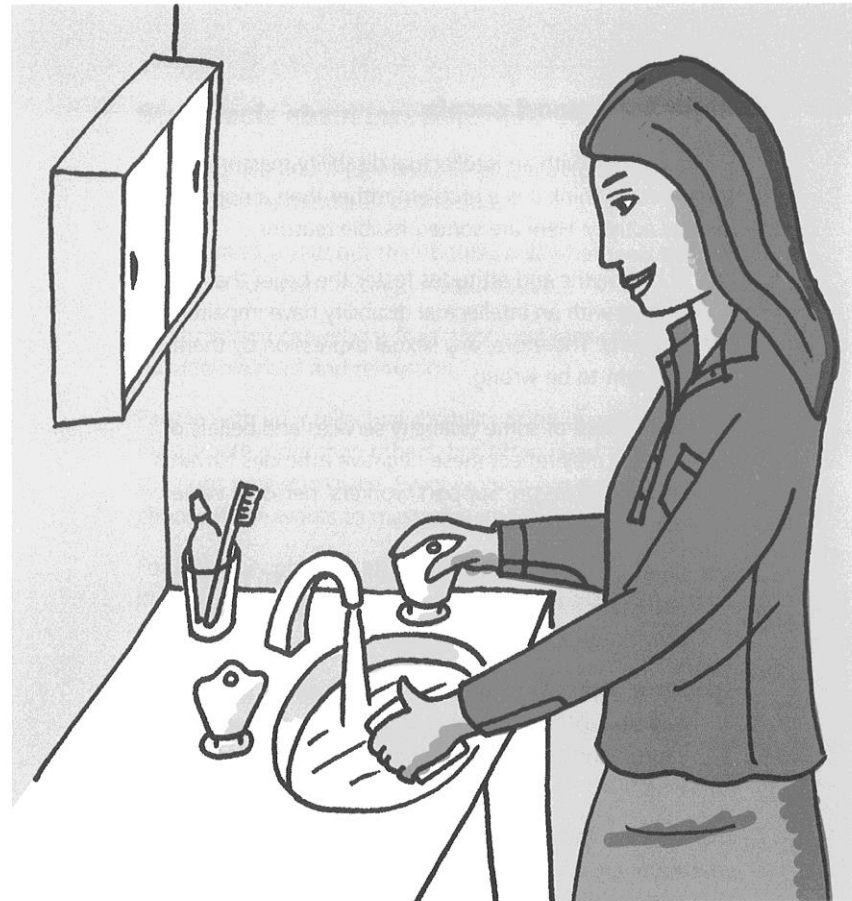
She is touching her vagina with her hand.  
It is OK to masturbate in a private place.



When she masturbates her sexy feelings  
get bigger and bigger.  
Her vagina might get slippery and wet.  
This is called an orgasm or coming.  
She is feeling good.



Afterwards she cleans herself up.  
She wipes her vagina with a tissue.  
She then puts her underpants and clothes  
back on.



She goes to the bathroom and washes  
her hands.



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