



**For your information should you need it to remind children of the rules about self-stimulation.**

There are also rules about touching yourself too.

Now lots of people like to tickle or stroke themselves as it might feel nice. They might play with their hair, stroke their skin or they may even touch their private parts. This is really very normal. However, some people may get cross or say that it is dirty, especially when you touch your own privates.

This is strange as it is really very normal, however, it is not polite to do it when other people are about. It is something we should only do when we are alone, perhaps in the bath or shower or in bed, a bit like picking your nose, it is certainly not polite to do in class when everyone is watching.

***Remember no one else should touch your private parts.... remember the pants rules...***

**Close: We have talked about lots of the rules about our body and how to manage our feelings.**

Remember, there are lots of people we can ask for help if we are worried.

## 2.20: My personal network

If we are worried about anything, no matter how awful or small, and if anyone touches us in a way we don't like or doesn't stop when we ask them to we can talk to a trusted grownup from our network.

Ask the children to fill in their own **personal networks worksheets**.

This is an opportunity to review their personal networks from when they last did the Taking Care Programme.