**GROUND RULES**

This is **‘Body Science!’** Learning about the body is fun and it helps us:

* Learn how to care for our own bodies
* Understand our body belongs to us and our rights
* Helps us get along with other people and not cause harm to anyone else
* Teaches us how to get out of unsafe situations and who to go to for help

**Be private**: no using other people’s names, or personal stories. We only talk about our bodies with people we trust, and trusted adults. This information is only appropriate for your age group and older: do not share with younger kids at lunch who may not be ready for it.

**Personal Values:** Everyone has their own set of beliefs and family values. Even if our values aren’t the same as someone else’s we still show respect and honour the diversity that exists.

**Giggly wigglies**: sometimes bodies are funny. If you must laugh…follow the 3 second rule, take a deep breath and look at the ground until you can join the group again.

Use **scientific terms** and words: slang is ok, but always use scientific word as well. Using scientific words teaches a universal language of health.

**“Interesting**”: doctors never say things are gross or say “ewww”. Instead they say “interesting…” it’s a good word to use when we don’t know what to say!

**No personal questions**. This rule saves a lot of embarrassing moments. It’s ok for students and teachers to not answer personal questions.

**All other questions are ok**: there is no such thing as a bad question in health class. There is a time and a place for questions though. Always have a piece of scrap paper out for you to write down questions that may come up so you can ask them at the appropriate time or submit it anonymously to the question box.

**Support:** sometimes different feelings may come up and you might need to talk with a counselor or teacher after the lesson.