

Girls Private Time (Masturbation) Activities

Private Time Cards

Cut out each of the titles (Safety Rules, Yes and No) and all the questions. You could ask your young person a question and support them if needed, to decide if the action is ok and would keep them safe, or if it's not ok and would not keep them safe.

Private Time Sequence Cards

These cards can be used to help your young person understand that touching their penis is private and to help them understand how to keep themselves safe.

Try mixing the cards up and asking your young person to put them in the right order. Discuss with your young person why it is important to follow the right order.

Jo's story

This is a resource for you to adapt and use as you feel appropriate for your young person. There are several pictures and some ideas about what you could discuss.

Social Story

A social story helps to support memory and can be accessed whenever it is required. It helps them to access information and reduce anxiety.

You can sit and read it with your young person frequently. They may then look at it independently. Having it readily available helps.