



Open Conversations:

Teaching kids ages 4-10 of all abilities about bodies, boundaries, consent, safety and healthy relationships.

madhatterwellness.com



OpenConversations

Workshop Overview

- The Why of Sexuality Education
- Topics
- Sample Activities
- More Resources
- Q & A

Center

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About Us

- Mad Hatter Wellness, founded by Katie Thune, provides learning opportunities to empower people of all abilities with knowledge and skills to make safe and healthy choices.
- We focus on educating about healthy relationships, with ourselves and others, as well as safety, consent, and lots more. All of this is a part of comprehensive sexual education.
- Four main programs: Sexuality for All Abilities, Open Conversations, Empowered Together and The Power of Me





Things to Think About

- Conversations about healthy and unhealthy relationships can bring up a range of emotions.
- Relationship education is a lifelong process.
- We all have different comfort levels with this topic. This is okay!
- None of us are perfect.

Background Information



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What Are We Talking About When We Use the Term Sexuality?

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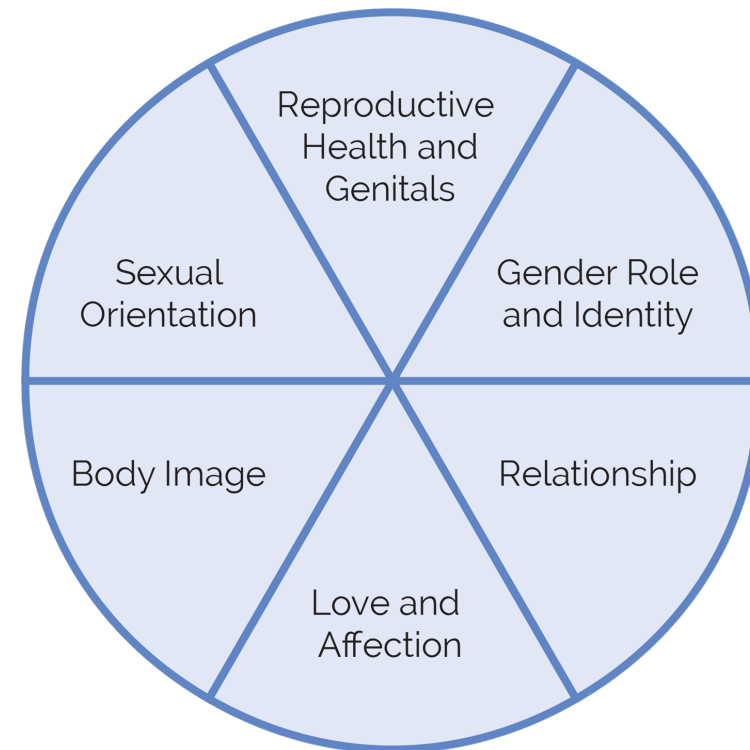


Image used with permission from Better Together Hennepin

Why is sexuality education at an early age so important?

- Health (understanding body parts and what they do)
- Safety (learning who and how to tell)
- Healthy Relationships and Social skills
- Vulnerability, Societal Attitudes and Learned Compliance
- Lifelong learning - body changes and puberty
- Helps develop a sense of self and identity



Our Hope for Sexuality Education for Young People

- Comprehensive
- Non-reactive
- Non-judgmental
- Non-shaming
- Inclusive (age, gender, disability, race, sexual orientation, etc.)
- Accessible to ALL

Focus Question

- Do you remember having conversations about healthy and unhealthy relationships growing up?
- Did anyone in your family talk with you about this?
- What do you want your child to know about healthy relationships?

Topics and Sample Activities



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Tips for Parents and Caregivers

- Keep the discussion positive!
- Teach accurate terminology.
- Talk about body rights – “my body belongs to me”.
- Teach consent!
- Encourage assertiveness and appropriate noncompliance.
- Teach how to tell.
- Use teachable moments.
- Role play healthy boundaries.



Topics

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1. Different Types of Families
2. Healthy Relationships
3. Body Parts
4. Gender
5. My Body Belongs to Me
6. Personal Safety
7. Boundaries
8. Private and Public
9. Pregnancy and Babies


Videos

- Amaze.org
- YouTube
- Genderwheel.com
- Fight Child Abuse
- A Novel Life


Play YouTube video (2:09)



Sorting Activity

Healthy Behaviors	Unhealthy Behaviors
<p data-bbox="278 725 363 782">Doing Fun Things Together</p> 	


Using Kind Words



Asking for Consent




Saying Mean Things



Gets Mad when You Talk to Other People



Kicking or Hitting



Coloring Social Story

SOCIAL STORY: GENDER

A person can think about their gender and how they feel inside.
Some people feel like they are a boy.
Some people feel like they are a girl.



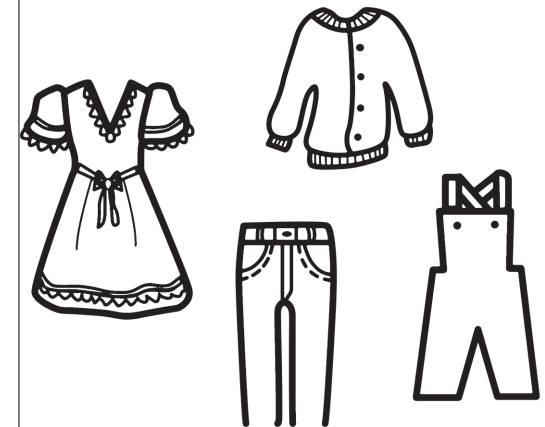
SOCIAL STORY: GENDER

Some people feel like both or neither.
How you feel about your gender can change.



SOCIAL STORY: GENDER

You can't always see if a person is a boy or a girl.
Colors and clothes are for everyone.



Boundaries Flip Book



Circling Activity

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SAFETY NETWORK HANDOUT

Directions: Circle the people you can talk to if something feels unsafe to you.



A grid of 16 icons representing different roles in a safety network. Each icon is labeled with a role name. The icons are arranged in four rows and four columns. The roles are: Friends, Teachers, Parents, Caregivers (top row); Grandma, Grandpa, Uncle, Aunt (second row); Cousin, Doctor, Therapist, Librarian (third row); Staff Helper, Social Worker, Sibling, Neighbor (bottom row). The 'Teachers' and 'Caregivers' icons are circled. The 'Neighbor' icon is also circled. There are also arrows pointing to the 'Grandma', 'Grandpa', 'Uncle', 'Aunt', 'Cousin', 'Doctor', 'Therapist', and 'Librarian' icons.

Other: _____

How to be an Askable Adult

- Only answer the questions that are asked.
- Keep your answers simple.
- Be positive. We want young people to feel empowered to ask questions.
- If you don't know the answer, model finding the answer from a reliable source.
- We all make mistakes. Demonstrate learning from mistakes.

Answering Difficult Questions

- Affirm the learner. “That’s a great question!” or “Thank you so much for asking that.”
- Identify the motivation and type of question.
- Correct any misinformation and answer the factual parts of the question.
- Explore a range of values. “Some people believe _____, while other people believe _____.”

Adapted from Foundations: Core Skills Training for Sex Ed presented by Planned Parenthood

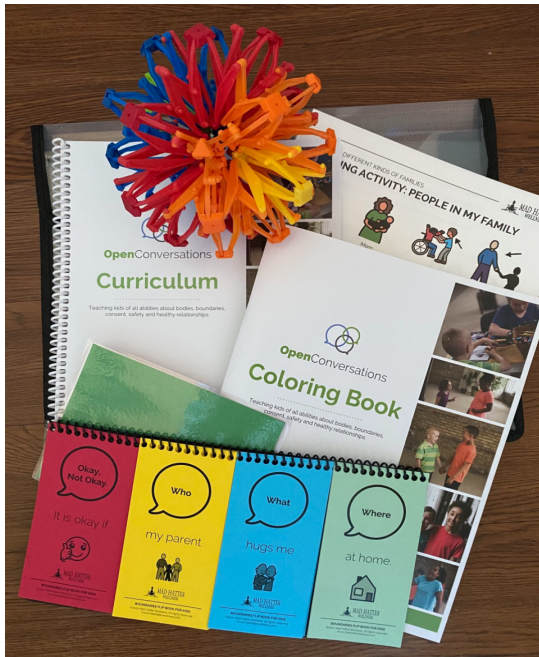


Open Conversations Curriculum Overview



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Open Conversations Curriculum



- Spiral bound curriculum book
- Boundaries flip book (4 books for schools)
- Red/Green card(s)
- Breathing Sphere
- Flash drive to print multiples of worksheets and social stories (for schools and organizations)
- Coloring Book (for families)
- Printed activity worksheets (for families)



Included in Each Lesson

- Key Messages
- Check in and Connect
- Learning Activities (Sorting, Circling, Drawing)
- A Social Story in coloring book form
- A Video
- Boundaries Flip Book Activity in some lessons
- Reflection
- Relaxation

Learning Activities

- There are a variety of modalities to teach the topics: discussion, brainstorming, hands-on, videos, and more
- Each lesson includes: social story, video and other activities (sorting, circling, flip books).
- You decide which activities work best for your group.
- You can do all of the activities or just 1 or 2.



Focus Question 2

What questions do you have for teaching this material in your setting?

Additional Resources



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Communication Boards

HEALTHY RELATIONSHIPS COMMUNICATION BOARD

Relationship 	Friend 	Family 	Romantic 	Professional 	Public
Touch 	Hand 	Hug 	Kiss 	Communicate 	Private
Boundary 	Space 	Body 	Alone 	Bedroom 	Bathroom
Healthy 	Safe 	Close 	Work 	School 	Online
Feel 	Listen 	Respect 	Trust 	Love 	Hurt
Clean 	Dress 	Time 	Change 	Crush 	Date

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ADVANCED HEALTHY SEXUALITY COMMUNICATION BOARD

Cuddles 	Rub 	Masturbation 	Sex
Attracted 	Pleasure 	Infection 	Pregnant
Vulva / Vagina 	Breast 	Butt 	Penis / Testicles

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CORE COMMUNICATION BOARD

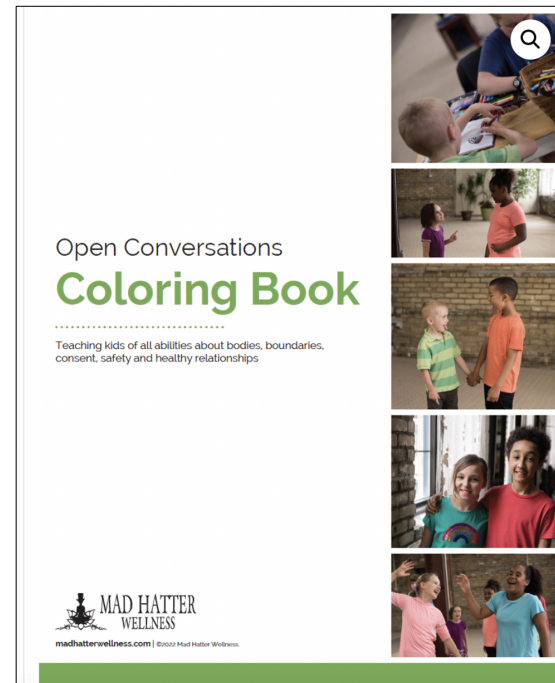
Like 	Want 	Get 	Make 	Good 	More
Not 	Go 	Look 	Turn 	Help 	Different
I 	He 	Open 	Do 	Put 	Same
You 	She 	That 	Here 	All 	Some
It 	They 	In 	On 	Can 	Finished
Where 	What 	Why 	Who 	When 	Stop

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Coloring Book

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Family Discussion Guide and Workbook






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BOUNDARIES SORTING ACTIVITY WORKSHEET



Boundary — a "line" that others cannot cross unless I say it's okay.

Directions: Cut out the who, what and where cards. Place the cards on the corresponding boxes on the worksheet to create different phrases/scenarios. Place a who card in the who box, a what card in the what box and a where card in the where box. Is the scenario healthy, unhealthy, or does it depend? You can use thumbs up to communicate healthy, thumbs to the side to communicate not sure or it depends, and thumbs down to communicate unhealthy.

 <p>Who</p>	 <p>What</p>	 <p>Where</p>
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Helpful Websites

- Sex Positive Families
- Amaze & Amaze Jr.
- MHW YouTube Channel
- HUB (Healthy Understanding of Our Bodies)

**It's time
for the talks.**

Sex Positive Families provides the education and resources that help families raise sexually healthy children.

[BROWSE TOPICS](#)



CONTACT US! 😊

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newsletter.





Questions and Close

