

Susmita

LEARNS HER BODY
AND BOUNDARIES



WRITTEN AND ILLUSTRATED BY
KRISTIN MURRAY ALEXI

These children's books have been created to help our children and tween girls become educated on their bodies, their boundaries, their sexuality and their blood.

They are an offshoot of a series of adventure books written about a girl called Susmita who travelled the world. Susmita as a child wears gender neutral clothes and has dark brown skin and red hair so as to not exclude any one culture in particular.

In this book Susmita learns the importance of safe touch, the anatomy of the body and how to say no. This book is a fun way to educate both parents and children on the importance of knowledge and language surrounding the body.

SUSMITA LEARNS HER
BODY AND BOUNDARIES

WRITTEN AND ILLUSTRATED BY
KRISTIN MURRAY ALEXI

Designed AND EDITED BY
JESSE RUBEN SOHN

Copyright © 2020 Kristin Murray

All rights reserved. No part of this book may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Written and illustrated by Kristin Murray Alexi
Designed and edited by Jesse Ruben Sohn

Text design and layout by Jesse Ruben Sohn
This book was typeset in Chalkboard
Printed and Bound in Australia

ISBN 9781716910395

Published in 2020

www.yonilicious.com.au/sex-ed-books

TO ALL OUR YOUNG CHILDREN
YOUR BODY IS YOUR OWN,
YOU HAVE THE RIGHT TO SAY NO
... ALWAYS

It is time for Susmita to learn the sacred parts of her body so that she can stay nice and safe.

She will also learn communication skills so that she can communicate her boundaries properly.



Susmita will then be able to let people know what she feels comfortable with regarding the touch of her body.

Susmita learns that her body is very special and sacred, and that she is the only person who can decide what feels good for her and what feels bad. Susmita also learns that no one has the right to touch her body without her permission.

SUSMITA LEARNS HER BODY AND BOUNDARIES

Susmita learns about the green, orange and red parts of the body. She also learns the green, orange and red code words for her boundaries.



Green is used for body parts that are exposed when wearing winter clothes.

If someone touches this area with their hands it is generally okay.



Orange is for the parts of the body exposed when wearing summer clothes.

If someone touches this area with their hands it may be inappropriate and Susmita may need to state her boundaries.



Red is for the body parts exposed when going for a swim, taking a shower or getting dressed.

If anyone touches Susmita in these areas it is unacceptable, unless Susmita's parents need to clean her. Otherwise if this happens Susmita must use the red code words to stop the person immediately and tell her parents.



Green code words are to be used for touch from people that Susmita loves, or that she feels safe to be touched by.

Susmita may also use green code words for situations like hair cuts at the hairdresser, or going to the dentist.

In these situations people should still ask Susmita if it is okay to touch her.



“Can I give you a hug Susmita” is one way a loved one can ask for Susmita’s permission for touch.

“Can I wash and cut your hair Susmita?” is another way a safe person can ask for Susmita’s permission for touch.

However, if someone forgets to ask, Susmita can communicate her boundaries with **green code words** such as:



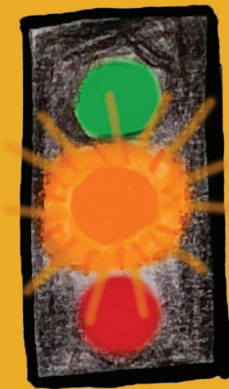
“This hug is okay by me, thank you for this hug”.

“Touching my head while cutting my hair is okay by me, thank you for this haircut. Can you please ask me for permission before touching me next time I visit”.



Orange code words are used for touch from people that Susmita doesn't really know, or doesn't really like.

An example being at a family gathering where Susmita receives a hug from an aunt or uncle that makes Susmita feel uncomfortable.



People should ask Susmita for permission to touch her in these situations, with questions like “can I give you a hug Susmita?”

However, if they don't, the way Susmita can communicate her boundaries is to use **orange code words** like:



“I don't feel comfortable with a hug right now, I would prefer a handshake”.

Or

“Can you please ask me for my consent before you hug me?”



Red code words are used for hugs or any kind of touch that feels bad and wrong.

These words can be used when being touched in any of the green, orange or red zones of the body, but especially the red zones.



SUSMITA LEARNS HER BODY AND BOUNDARIES

If someone touches Susmita in any way that feels bad and wrong she must say things like

“Excuse me, this does not feel comfortable, please stop now”.



Susmita learns that she can say “no” regardless of what colour code she is experiencing.

Even if it is a code green situation and everything feels fine, she can still say no.

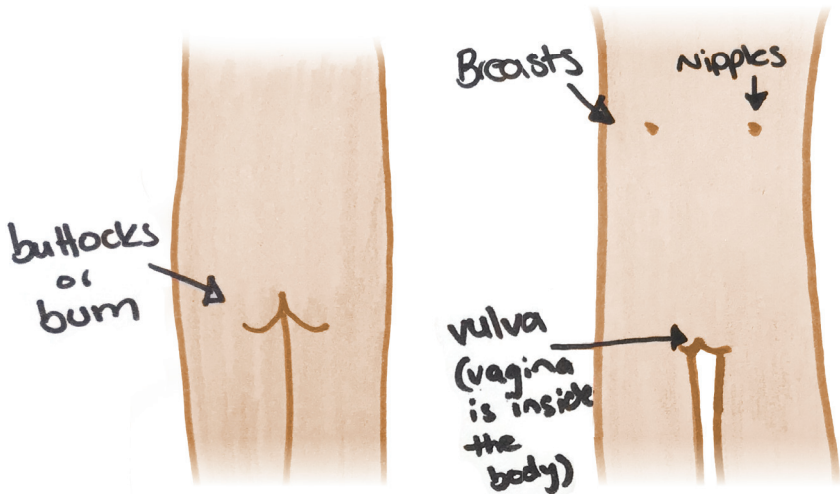


It is so important that no one ever touches the red zones on Susmita's body.

These zones are for Susmita only, unless her parents have to clean them or a doctor has to inspect them—which should only ever happen when Susmita's parents are present.



Susmita learns that if someone touches her body in any of the red zones she must understand what they have touched. This is so she can tell her mum or care-giver exactly what has happened. Therefore Susmita learns the names of the red zone parts of her body.



Susmita also learns that she should never touch the red zones on anybody else. She learns that these are sacred parts of other people.

She learns that if anyone ever asks her to touch or photograph these parts, especially an adult, that she must say "no" and tell someone that she trusts what this person has asked of her.



Susmita learns some more language to communicate her boundaries, and that she can say these words in any situation that she feels uncomfortable in. These words are:



"Stop"

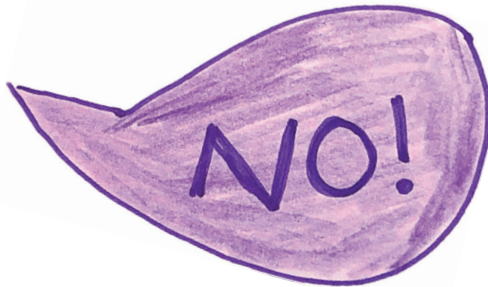
"Stop, I don't consent"

"Stop, I said no, I am going to tell my mum/dad/auntie/grandfather". And simply "no".



Susmita learns that no is a complete sentence, and that she does not need to explain why she is saying no.

Susmita's body is her own, and in the same way that she has special toys that she doesn't want anyone else to touch, it is the same with her body but much more important.



SUSMITA LEARNS HER BODY AND BOUNDARIES

Susmita also learns that it is OKAY for her to touch herself in all of the zones on the body, but to save the red zones for private, in her bedroom with the door closed.



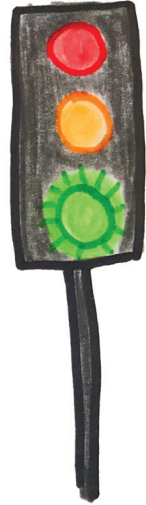
SUSMITA LEARNS HER BODY AND BOUNDARIES

She learns that she can ask for privacy from her parents or caregiver during this time, by letting them know that she is having special Susmita time.



SUSMITA LEARNS HER BODY AND BOUNDARIES

Susmita also learns that the colour codes are different for children than for adults, and that it will change when she is all grown-up. However, Susmita does not need to learn about this just yet.



Susmita is so happy that she learned so many things about her body and her boundaries today, and feels confident that she can be much safer with herself and the people around her.



THE END

WRITTEN AND ILLUSTRATED BY
KRISTIN MURRAY ALEXI

Designed AND EDITED BY
JESSE RUBEN SOHN



TO LEARN MORE ABOUT THE AUTHOR

WWW.YONILICIOUS.COM.AU

IG @YONILICIOUS

JOIN SUSMITA ON ALL HER JOURNIES

IG @SUSMITAS_ADVENTURES

