

Taking Care of My Body

A NOTE TO PARENTS: 2 and 3-year-olds are curious about their bodies because our bodies are amazing! Use this time to teach them the correct name for their body parts, especially their private parts. Help them see that our bodies are good gifts from God. Our bodies are so good that we want to take care of them. Bath time is a great opportunity for this chat. This infographic provides a few things to say about major body parts a child might notice.

Your body is special, and your body is good! The Bible says, "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." (Psalm 139:13-14 NIV) Here's how you can take care of your body.

EARS

God made ears for hearing. Too much noise hurts ears. To take care of ears, stay away from noisy places, or cover your ears. Turn down the volume and get used to listening to quiet sounds. Don't put anything inside your ears. Tell parents if something bad happens to your ears.

EYES

God made eyes so we can see and show other people how we are feeling. Poking and too much light can hurt eyes. Some people wear glasses on their eyes. To take care of eyes, protect them from getting poked, close eyes under water, wear sunglasses on bright days, and don't look at screens too long. Give your eyes a rest every 20 minutes. Tell parents if your eyes hurt.

NOSE

God made noses for smelling. The stuff inside your nose is mucus. Noses get hurt when there's too much stuff inside. To take care of your nose, don't ever put anything inside. Use tissue to blow your nose if there's too much mucus inside, and don't eat the mucus. Tell parents if something bad happens to your nose.

MOUTH

God made your mouth for eating, smiling and kissing people you love. Letting bits of food sit in your mouth hurts it. To take care of your mouth brush your teeth two times every day, and use dental floss in between your teeth. Tell parents if your teeth hurt. Save kisses for mom and dad. Nobody can make you kiss them if you don't want to give a kiss.

CHEEKS

God made cheeks for holding food when we chew and for a nice place for a kiss from someone you love.

STOMACH

God made stomachs for turning food into energy. Too much bad food can hurt your stomach. To take care of your stomach, eat fruits and vegetables and not too much. Tell Mom or Dad if your stomach feels bad.

ARM

God made arms for picking things up and giving hugs. Arms and hands can get hurt if they are too hot or too cold. To take care of arms, wash your hands after using the toilet and before you eat. Wear gloves if it's cold. Don't touch hot things. Arms are great for high fives, hugs, and handshakes. Tell Mom or Dad if something bad happens to your arms.

SKIN

God made skin to keep my inside parts inside and to keep outside things out. Cold weather and too much sunshine can hurt skin. To take care of skin wear warm clothes when it's cold. Wear sunscreen when it's sunny. Tell parents if skin hurts.

PRIVATE PARTS

Private means "just for me." Private parts are the parts of my body under my swimming suit. Private parts are genitals, butts, mouth and chest. Boys genitals are called a penis. Girls genitals are called a vagina. We don't show private parts to friends. God made private parts so you can get your potty out, and so you can know that you are a boy or a girl. To take care of your private parts make sure they are just for you. Nobody can touch your private parts. No one can ask you to touch their private parts. No one should show you pictures of private parts. If any of these things happen, you should tell Mom or Dad.

FOOT

God made feet for standing, walking and running. To take care of feet, wash them in a bath, wear socks and shoes, ask mom and dad to clip your toenails regularly, but don't make the corners too short or you can get an ingrown toenail. Cut them straight across.

Good touch

Makes you feel happy
(High five, hug, fist bump)

Bad touch

Makes you feel hurt
(Kick, push, punch, pinch)
It's not ok for anyone
to make you feel unsafe.

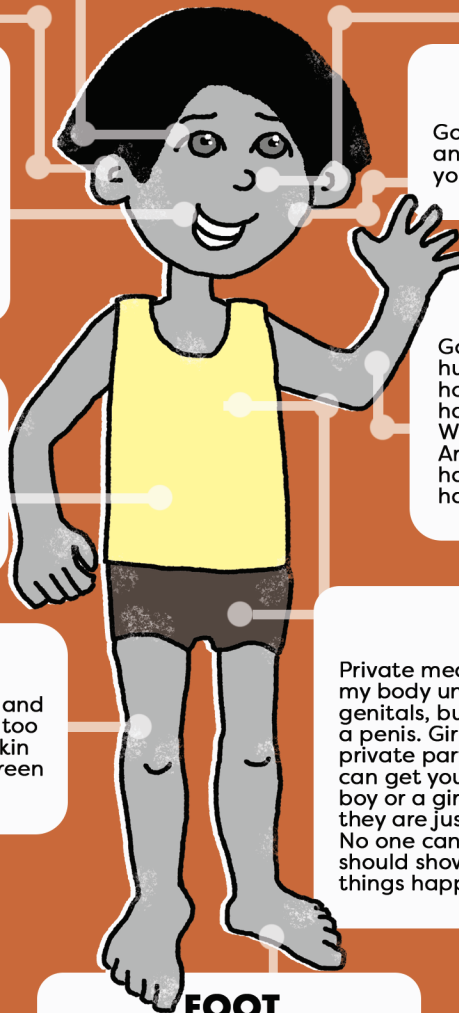
Bad touch

A touch on a private part
Those parts are just for you!

HERE'S HOW WE PROTECT OUR PRIVATES:

If any friend, family member or person wants to play touching games or see your private areas:

1. Say "NO!"
2. Get away.
3. Tell Mom or Dad.
4. Never keep secrets about touching.



CONQUERORS THROUGH CHRIST

“We are more than conquerors through him who loved us.”
Romans 8:37

CONQUERING PORNOGRAPHY THROUGH CHRIST

Pornography is a sin that's so easy to walk into and so difficult to get out of.

Many Christian purity ministries offer helpful tips for escaping the porn trap, but miss what matters most: **The purifying, cleansing, past-erasing, self-control-teaching power of the gospel.**

*“The grace of God . . . teaches us to say ‘no’ to worldly passions and to live self-controlled lives.”
(Titus 2:11-12)*

Conquerors through Christ exists to help the saints **reject, resist, and recover** from porn in order to **rejoice** in marital sex or the gift of singleness.

At conquerorsthroughchrist.net you will find spiritual encouragement and practical advice for each step of the way. We have resources for ministry leaders, spouses, parents, students, and anyone who struggles with porn.

At Conquerors through Christ, we believe it is never easy to conquer impurity, but with the saving love of Jesus and the help of God's people, **you can conquer porn!**

Subscribe to our monthly eNewsletter to enjoy uplifting articles full of spiritual and practical encouragement.
conquerorsthroughchrist.net/subscribe

KEY RESOURCES



5 Steps to Escape Porn

These videos walk through the 5 steps, sharing Scripture and practical tips to make porn part of our past. Why these steps? Because they work!



High School Curriculum

This 4-year resource allows teachers to play videos and lead discussions with students on godly sexuality and the dangers of pornography.



From Dirty To Dancing

This Gospel-centered book written by Mike Novotny help readers move from despair in sexual sins to celebration in God's forgiveness.



Bible Study - Bought at a Price

This Bible study for teens and adults helps open the discussion about sexual sin with compassion, holiness, and forgiveness.



Parent Support System

This series of eBooks, videos, and infographics helps parents teach kids how to use those bodies to honor their Father in heaven.



CtC Training Camp

CtC has prepared a short video and discussion based course to equip pastors for preaching both law and gospel as it applies to pornography.



Middle School

This lesson plan, which includes a webinar for lesson leaders, focuses on sexuality with particular emphasis on pornography and its temptation.



Accountability Guide

CtC has developed a guidebook for those looking to walk together in rejecting and resisting pornography with honesty and grace.



The First 40 Days - Devotional

Our newest resource is a devotional book for that crucial time when a person takes those first steps to quit using pornography.

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