

WHO am I? for Kids

A Guide to
Identity, Bodies,
and Belonging



Purpose for Parents

At this age, children are forming basic beliefs about their bodies, relationships, and identity. These conversations should be simple, reassuring, and ongoing. The goal is not to explain everything, but to lay a trustworthy foundation rooted in God's love and truth.

1. GOD MADE YOU ON PURPOSE

What We Want Kids to Know

- God created them.
- Their body matters.
- They are loved exactly as God made them.

Scripture

"So God created mankind in His own image." – Genesis 1:27

"Children are a gift from the Lord." – Psalm 127:3

Church Teaching

"We believe that all persons have been made in the image of God and must be treated with dignity, justice, and respect."

Conversation Starters

- Who made you?
- What are some amazing things our bodies can do?
- How should we treat other people's bodies?

Parent Note: Keep language concrete. Avoid introducing adult terms or cultural debates. Emphasize safety, goodness, and God's care.

2. YOUR BODY IS A GIFT

What We Want Kids to Know

- God gave us bodies to care for.
- Some parts of our bodies are private.
- We don't let others touch us in ways that make us uncomfortable or are inappropriate.

Scripture

"Your body is a temple of the Holy Spirit." – 1 Corinthians 6:19

Conversation Starters

- What does it mean to take care of something special?
- Who should you tell if something makes you feel confused or unsafe?

Parent Note: This is a good time to teach about boundaries, trusted adults, and healthy communication without fear or shame.

3. GOD MADE BOYS AND GIRLS

What We Want Kids to Know

- God made boys and girls.
- God's design is good.
- People can act and feel differently, but God's truth stays the same.

Scripture

"Male and female He created them." – Genesis 1:27

Conversation Starters

- What are some ways boys and girls can be the same?
- What are some ways people are different?

Parent Note: Avoid stereotypes ("boys don't cry," "girls must look a certain way"). Focus on God's design, not cultural expectations.

4. BEING KIND AND LOVING OTHERS

What We Want Kids to Know

- Everyone deserves kindness.
- We can love people even when we disagree.
- Jesus teaches us to love and care for others.

Scripture

"Do to others as you would have them do to you." – Matthew 7:12

Church Teaching

"We seek to cultivate the mind of Christ and a heart for others."

Conversation Starters

- How can we show kindness at school?
- What should we do when someone feels left out?

Closing Prayer

God, thank You for making me.

Help me take care of my body and be kind to others.

Help our family love You and follow You.

In Jesus name, Amen.