

Suggestions for Working with Anatomically Correct Dolls

Problem	Approach	Outcome
<p>Empowering a child/client to have confidence to talk about their body</p> <p>Building trust</p>	<p>Dolls allows:</p> <ul style="list-style-type: none"> • a client to talk about any part of their body and sexuality. • a healthy trainer and client interaction. 	<p>The dolls can be used to explain anatomical terms (“this is the penis, this is the vagina, this is the anus, and these are the breasts”), rather than saying something like - "down there" and thus approach sexual activity in a natural way.</p> <p>Play-acting with anatomically correct dolls offers a good opportunity for trainer and client interaction.</p>
<p>Talking about emotional needs</p>	<p>An anatomical doll represents a real depiction of a person’s body and can encourage touch.</p> <p>It allows the client the freedom to handle these dolls to express any concerns or questions about their own body/sexuality/emotions.</p>	<p>Play-acting with the dolls promotes healthy human interactivity and provides a sound board for parents/professionals to hear the emotional needs of the children/clients and respond to different situations.</p> <p>It’s also a playful way to express their feelings. Parents/professionals can anticipate concerns and have the opportunity to address them.</p>

Talking about physical and sexual development in a manner appropriate to the child/client's maturity stages	Anatomical dolls are a good option for parents/professionals to explain sexual differences (gender) and the terms associated.	The dolls allow the clients to explore their natural curiosity about human anatomy and sexuality.
Naming genitalia and talking about the reproductive cycle	Anatomical dolls can be used as a point reference on: male and female anatomy; the reproductive organ; stages of pregnancy and the development phases of a new child.	Handling and touching or placing the body parts in their respective place on the anatomical doll lets the clients explore the human body in a tangible way.
Explaining intercourse	Parents and educators can, in an assertive and non-threatening way, address issues with the aid of the anatomical dolls.	Clarify that individuals can express their feelings/ attraction through sex. The dolls permit to demonstrate different sexual acts.
Pregnancy and Birth	Professionals and parents can use the dolls to explain the different phases of pregnancy and birth.	The anatomical pregnant doll allows approaching pregnancy and birth in a real way. Anatomical pregnant dolls are the perfect tool to explain the process of birth without making it stressful.
Abuse and Bullying	Professional/Parents can empower a client/child to recognize different behaviour as abuse or bullying and to report them.	Role playing with anatomical dolls can be used to illustrate various scenarios of inappropriate conduct and train different and assertive ways of self-protection: "I do not like you to touch me there so stop right now...you have no right to touch me there... that is bad touching and stop right now..."