

Sexual Abuse Prevention Books & Website Resources

Books about sexual abuse, boundaries, and consent:

Age 1 to 5: **Some Parts are Not for Sharing** by Julie Le Federico. Friendly fish and underwater scenes are used to give a simple message about private body parts and safe touch.

Ages 2 to 4: **Yes! No! A First Conversation About Consent** by Megan Madison and Jessica Ralli. Developed by experts in early childhood development, this book makes consent make sense for young children and their parents.

Age 2 to 8: **It's my Body: A Book to Teach Young Children How to Resist Uncomfortable Touch** by Lory Freeman. Gives examples of different types of touches to help children to recognize and resist uncomfortable touch. Covers touches that are: nice, acceptable but unwelcome, unpleasant but necessary (for example from doctors) and unacceptable. Stresses a child's right to protect their body.

Age 3 to 7: **The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse** by Sandy Kleven. Jimmy's mum explains the difference between good touches and touches that are uncomfortable, secret or forced. She tells him how to resist inappropriate touching and explains that abuse is not a child's fault. Provides advice on what to do if a child tells you about an abusive situation.

Age 3 to 7: **My Body Belongs to Me** by Jill Starishevsky. An interactive book which uses rhythm to engage the reader. Defines body boundaries, sexual abuse, and emphasizes the importance of telling.

Ages 4 to 7: **Let's Talk About Body Boundaries, Consent and Respect: Teach children about body ownership, respect, feelings, choices and recognizing bullying behaviors** by Jayneen Sanders. Teaches children about the importance of respecting the boundaries of others as well as their right to have their boundaries be respected using different scenarios that can be discussed.

Age 3 to 10: **No-No the Little Seal: A Story for Very Young Children That Tells About Sexual Abuse** by Sherri Patterson and Judith Feldman. Encourages children to talk about their worries through the story of NoNo. When his uncle touches him inappropriately and tells him to keep it a secret, NoNo struggles with whether it is wrong to tell and who he can talk to. Includes a guide for parents and a CD of the story with songs.

Age 5 to 10: **'I Said No!: A Kid-to-Kid Guide to Keeping Private Parts Private** by Zach and Kimberly King. Explains what private body parts are, good and bad touching, scenarios of what someone may say, what to do if you feel uncomfortable, who trusted adults are and what to do if no one listens or believes you. Includes advice on reading the book with children.

Ages 5 to 10: **Consent (for Kids!): Boundaries, Respect, and Being in Charge of YOU** by Rachel Brian. An introduction to consent for kids that is presented in a clear and playful way.

Ages 7 to 10: **How We Got Cyber Smart: A book about how to stay safe online** by Lisa Rothfield-Kirschner. A book for kids who are starting to explore the internet on their own with an activity and tips and recommendations for parents included.

Books about healthy sexuality:

Age 2-6: **What Makes a Baby: A Book for Every Kind of Family and Every Kind of Kid** by Cory Silverberg. A straight-forward book about human reproduction and birth.

Age 3-6: **Amazing You!** by Dr. Gail Saltz. Presents straight-forward information about reproduction, birth, and body differences.

Age 8 and up: **Sex Is a Funny Word: A Book about Bodies, Feelings, and You** by Cory Silverberg and Fiona Smyth. A comprehensive healthy sexuality comic book for kids that includes children and families of all makeups, orientations, and gender identities, also includes information about boundaries and touching.

Age 8 and up: **The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families** by Rachel E. Simon. A thorough sex, gender and relationships education book for kids aged 8-12 that includes children and families of all gender identities, sexual orientations, and family makeups

Age 10 and up: **The Girl's Body Book (The Boy's Body Book): Everything You Need to Know for Growing Up You** by Kelli Dunham. A comprehensive book that covers puberty, common questions about body changes, drug and alcohol use, school, managing emotions, relationships, friendships, families, and future planning.

Age 10 and up: **It's Perfectly Normal: Changing Bodies, Growing Up, Sex & Sexual Health** by Robie Harris. A comprehensive book that covers puberty, reproduction, birth, hygiene, sexual abuse, sexually transmitted illnesses and healthy relationships.

Parenting Books:

What Your Child Needs to Know About Sex (And When) by Fred Kaeser. Mr. Kaeser offers advice for having positive conversations with children; beginning when they are young. Mr. Kaeser also has a blog. Reading the blog is a free way to get lots of the same (good) information.

How to Talk to Your Kids about Sex by Dr. John Chirban. This book offers advice on how help children view their sexuality positively and how to have on-going conversations about sexuality, and relationships. Dr. Chirban also has a blog entitled, "The Age of Un-Innocence: Confronting Difficult Topics with Kids." Located on *Psychology Today's* website.

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children by Debra Haffner. This book is a practical guide that offers parents a way to have on-going conversations about sexuality and dating. It focuses on pre-school to middle-school aged children.

The Sexwise Parent by Janet Rosenwieg. This book offers information on protecting kids from bullying and abuse as well on advice on talking with kids about sexuality. Dr. Rosenwieg also provides information about how sex offenders manipulate boundaries, and ideas about keeping your children safe in different environments.

Websites:

Stop it Now!

Enough Abuse (Gate-Keepers Program)

National Child Traumatic Stress Network

Safe 4 Athletes

Netsmartz

Connect Safely

www.stopitnow.org

www.enoughabuse.org

www.nctsnet.org

www.safe4athletes.org

www.netsmartz.org

www.connectsafely.org