

Recommended Books for Children—Kindergarten to Grade 3

These recommended books are appropriate for parents to use at home with their children. The description of each book identifies which lesson topics it supports and the grade levels for which it's most appropriate.

Be Careful and Stay Safe by Cheri J. Meiners, illustrated by Meredith Johnson (2007). Kindergarten. Be Careful and Stay Safe uses bright illustrations of familiar scenes and easily understood narration to reinforce many common safety rules and continually remind children that adults are there to keep them safe. (Ways to Stay Safe. The Always Ask First Rule.)

My Very Own Book About Me by Jo Stowell and Mary Dietzel (1999). Kindergarten. This personal safety workbook focuses on touching safety, including pictures for children to color and places for them to add their own words or drawings. This book also comes with a teacher's guide with useful ideas for both parents and educators. (The Touching Rule.)

Your Body Belongs to You by Cornelia Spelman, illustrated by Teri Weidner (1997). Kindergarten. This book explains in simple language that it's okay for children to refuse unwanted touches. The clear message, multiple scenarios, and engaging pictures make this an excellent book to read along with children. (Safe and unsafe touches. Refusing unwanted touches. The Touching Rule.)

The Watch Out! Series (Watch Out! Around Town, Watch Out! At Home, Watch Out! Near Water, Watch Out! On the Road) by Claire Llewellyn, illustrated by Mike Gordon (2006). Kindergarten and Grade 1. Using fun, entertaining illustrations and straightforward, easily accessible language, the Watch Out! Series explains to children what rules they need to follow to stay safe in many situations and why these rules are so important. Each book also contains simple activities to reinforce these important safety skills. (Safety Rules. The Always Ask First Rule.)

My Body Belongs to Me by Jill Starishevsky, illustrated by Sarah Muller (2009). Kindergarten and Grade 1. Told in a series of rhyming couplets paired with simple, colorful watercolors, this book is just right for students who are beginning to read. My Body Belongs to Me reminds children to report any abusive touching and that there are many trusted adults to whom they can report abuse. (The Touching Rule. The Never Keep Secrets Rule.)

Do You Have a Secret? By Jennifer Moore-Mallinos. Discusses the difference between secrets that are fun to keep and those that make people unhappy, and encourages youngsters to confide in their parents or another trusted adult such painful matters as bullying or improper touching.

I Said NO! By Zack and Kimberly King. Helping kids set healthy boundaries for their private parts can be a daunting and awkward task for parents, counselors and educators. Written from a kid's point of view, I Said No! makes this task a lot easier.

My Underpants Rule by Kate and Rod Power. A fun, easy way to teach children how to protect their private parts. Using a superhero theme, colorful illustrations and child friendly humor, it helps parents/carers/educators gently and effectively teach children their Underpants RULE!

My Body Belongs to Me from my Head to my Toes by Pro Familia. As a child, there are constantly people trying to pick you up, hug you, or tickle you. Sometimes, though, children fall victims to people who try to touch them inappropriately. But how do you tell someone, most likely an adult, that you don't want to be touched?

No Trespassing - This is MY Body! By Pattie Fitzgerald. Siblings Katie and her little brother Kyle learn about personal safety, private parts, and "thumbs up & thumbs down" touches by talking with their mom in a loving and easy-to-understand manner.

My Body! What I say GOES! By Jayneen Sanders. Teach children body safety, safe/unsafe touch, private parts, secrets/surprises, consent, respect. The crucial skills taught in this book will help children to protect their bodies from inappropriate touch. Children will be empowered to say in a strong and clear voice, "This is my body!"

Those are MY Private Parts by Diane Hansen. A great starting point for having important, candid discussions with children about recognizing and preventing sexual abuse in kid friendly language. Empowers children to say "no".

No Means No by Jayneen Sanders. 'No Means No!' is a children's picture book about an empowered little girl who has a very strong and clear voice in all issues, especially those relating to her body and personal boundaries. This book can be read to children from 3 to 9 years. It is a springboard for discussions regarding children's choices and their rights.

A Terrible Thing Happened by Margaret M. Holmes, illustrated by Carty Pillo (2000). Kindergarten through Grade 3. Using large, colorful illustrations and a simple, clear story, A Terrible Thing Happened explores what happens to a child who experiences a traumatic event. This story acknowledges the many different responses that young children can have to trauma. It also encourages children to find an adult with whom they feel comfortable to share their experiences so they can begin the healing process. (Never Keep Secrets Rule.)

Talk About Touch by Sandra Kleven, illustrated by Patrick Minock (2012). K– Grade 3. Set in a traditional Alaskan Native village, this book addresses the Touching Rule in an unassuming and very approachable way. Although it's aimed at Alaskan Native families and families living in remote communities, children from all backgrounds will easily connect with the the warm and realistic characters. (Safety Rules, The Touching Rule, The Never Keep Secrets Rule)

Not in Room 204 by Shannon Riggs, illustrated by Jaime Zollars (2007). Grades 1–3. This engaging and thoughtfully illustrated story uses settings and themes familiar to elementary school students to teach readers that it's okay to come forward and report sexual abuse. The realistic characters make this a story students will connect with easily. (The Touching Rule. The Never Keep Secrets Rule.)

My Body is Private by Linda Walvoord Girard, illustrated by Rodney Pate (1984). Grades 2–3. This classic book's thoughtful story and simple, artful drawings emphasize the importance of saying no when experiencing uncomfortable touches and explore different types of unwanted and unsafe touching. (Safe, unsafe, unwanted touches. The Touching Rule.)

Laurie Tells by Linda Lowery (2008). Grade 3. In this beautifully illustrated book, Laurie tries to talk to her mom about her touching problem, but her mom doesn't believe her. Children follow Laurie as she decides whom else she can tell. (The Touching Rule. The Never Keep Secrets Rule.)