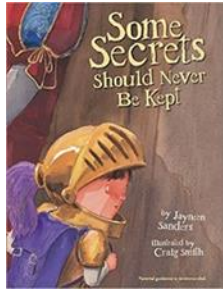


# Books to help parents talk with children about safety, sexuality and body autonomy



## ***Some Secrets Should Never Be Kept***

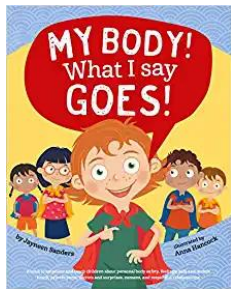
Written by Jayneen Sanders

Illustrated by Craig Smith

Appropriate for children 3 to 12 years old

[Find the book here.](#)

Description by the publisher: “*Some Secrets Should Never Be Kept* is a beautifully illustrated children's picture book that sensitively broaches the subject of keeping children safe from inappropriate touch. We teach water and road safety, but how do we teach Body Safety to young children in a way that is neither frightening nor confronting? This book is an invaluable tool for parents, caregivers, teachers and healthcare professionals to broach the subject of safe and unsafe touch in a non-threatening and age-appropriate way. The comprehensive notes to the reader and discussion questions at the back of the book support both the reader and the child when discussing the story.”



## ***My Body! What I Say Goes!***

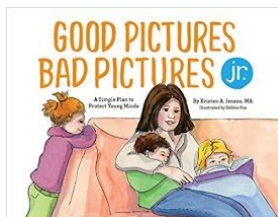
Written by Jayneen Sanders

Illustrated by Anna Hancock

Appropriate for children ages 3 to 10 years old

[Find the book here.](#)

Description by the publisher: “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! What I say goes!* Through age-appropriate illustrations and engaging text this book, written by the author of *No Means No!* and *Some Secrets Should Never Be Kept*, will teach children the following crucial and empowering skills in personal body safety: identifying safe and unsafe feelings; recognizing early warning signs; developing a safety network; using the correct names for private parts; understanding the difference between safe and unsafe touch; understanding the difference between secrets and surprises; respecting body boundaries.”



## ***Good Pictures Bad Pictures Jr.: A Simple Plan to Protect Young Minds***

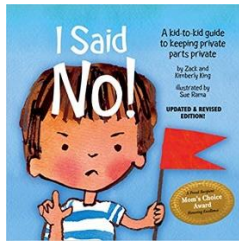
Written by Kristen A. Jenson

Illustrated by Debbie Fox

Appropriate for children 3 to 6 years old

[Find the book here.](#)

Description by the publisher: “Young children deserve to be armed early against internet dangers. *Good Pictures Bad Pictures Jr.* makes it easy for parents to protect their young kids ages 3 to 6. Using gentle, age-appropriate messages, children will learn to Turn, Run & Tell when they are accidentally exposed to inappropriate content.”



### ***I Said No! A Kid-to-kid Guide to Keeping Private Parts Private***

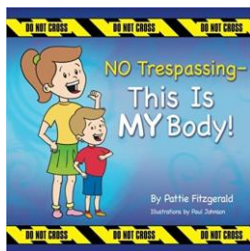
Written by Zack and Kimberly King

Illustrated by Sue Rama

Appropriate for children 4 and older

Find the book here.

Description by the publisher: “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. To help Zack cope with a real-life experience he had with a friend, he and his mom wrote a book to help prepare other kids to deal with a range of problematic situations. *I Said No!* uses kid-friendly language and illustrations to help parents and concerned adults give kids guidance they can understand, practice and use. Using a simple, direct, decidedly non-icky approach that doesn't dumb down the issues involved, as well as an easy-to-use system to help kids rehearse and remember appropriate responses to help keep them safe, *I Said No!* covers a variety of topics, including: What's appropriate and with whom. How to deal with inappropriate behavior, bribes and threats. When and where to go for help, and what to do if the people you're turning to for help don't listen. Dealing with feelings of guilt and shame.”



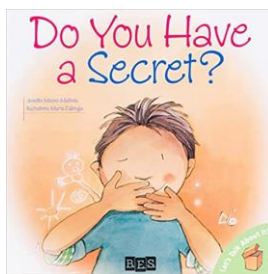
### ***NO Trespassing – This Is MY Body!***

Written by Pattie Fitzgerald

Appropriate for children 4 to 8 years old

Find the book here.

Description by the publisher: “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. With an empowering dialog that is never fearful, parents can use this book to begin this important discussion with their children. Katie and Kyle’s mom also explains the essential ‘No Secrets’ rule in their family, and that it is never their fault if they get an ‘uh-oh feeling’ from anyone. The story is written with a positive and engaging approach using child-friendly language and charming illustrations.”



### ***Do You Have a Secret? (Let's Talk About It!)***

Written by Jennifer Moore-Mallinos

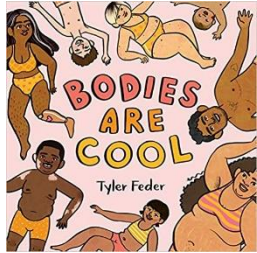
Illustrated by Marta Fabrega

Appropriate for children 6 to 9 years old

Find the book here.

Description by the publisher: “Every child has secrets, and many secrets are fun to keep, for instance, a surprise birthday gift for Mom, or a secret handshake with a friend. But sometimes, children have secrets that make them feel bad or scared, and these secrets are best shared with parents, or with a trusted adult. A child who is bullied might be inclined to keep it secret, but it's always best to tell an adult or teacher about it. Or children who are touched intimately and improperly by an older person will soon feel better if they confide in a trusted adult. *Do You Have a Secret?* helps kids distinguish between good and bad secrets.”

# Books to spark positive and supportive conversations about diversity and LGBTQ+

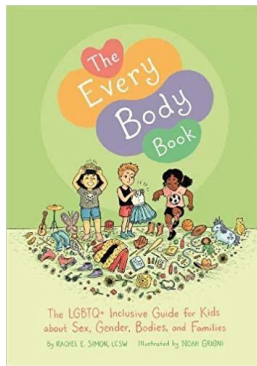


## ***Bodies are cool***

Written and illustrated by Tyler Feder  
Appropriate for children 3 to 5 years old

Find the book here.

Description by the publisher: “This cheerful love-your-body picture book for preschoolers is an exuberant read-aloud with bright and friendly illustrations to pore over. From the acclaimed creator of *Dancing at the Pity Party* and *Roaring Softly*, this picture book is a pure celebration of all the different human bodies that exist in the world. Highlighting the various skin tones, body shapes, and hair types is just the beginning in this truly inclusive book. With its joyful illustrations and encouraging refrain, it will instill body acceptance and confidence in the youngest of readers.”

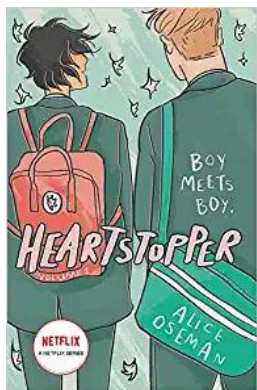


## **The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families**

Written by Rachel E. Simon  
Illustrated by Noah Grigni  
Appropriate for children 8 to 11 years old

Find the book here.

Description by the publisher: “An illustrated LGBTQ+ inclusive kid's guide to sex, gender and relationships education that includes children and families of all genders and sexual orientations, covering puberty, hormones, consent, sex, pregnancy and safety.”

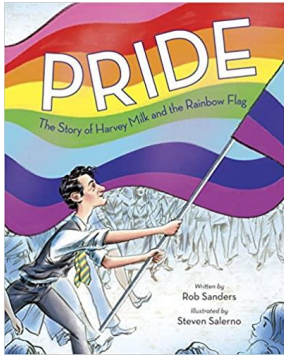


## **Heartstopper**

Written by Alice Oseman  
Appropriate for teens 13 and older

Find the book here.

Description: “Charlie and Nick are at the same school, but they've never met ... until one day when they're made to sit together. They quickly become friends, and soon Charlie is falling hard for Nick, even though he doesn't think he has a chance. But love works in surprising ways, and Nick is more interested in Charlie than either of them realized. Heartstopper is about love, friendship, loyalty and mental illness. It encompasses all the small stories of Nick and Charlie's lives that together make up something larger, which speaks to all of us.”



### ***Pride: The Story of Harvey Milk and the Rainbow Flag***

Written by Rob Sanders

Illustrated by Steven Salerno

Appropriate for children 3 to 9 years old

Find the book [here](#).

Description by the publisher: "In this deeply moving and empowering true story, young readers will trace the life of the Gay Pride Flag, from its beginnings in 1978 with social activist Harvey Milk and designer Gilbert Baker to its spanning of the globe and its role in today's world. Award-

winning author Rob Sanders's stirring text, and acclaimed illustrator Steven Salerno's evocative images, combine to tell this remarkable - and undertold - story. A story of love, hope, equality, and pride."

## **Websites providing resources to help parent-child conversations about sexuality**



### **AMAZE**

About AMAZE: "AMAZE strives to assist adults—parents, guardians, educators and health care providers around the globe—to communicate effectively and honestly about sex and sexuality with the children and adolescents in their lives."

Visit AMAZE [here](#).



### **Answer**

About Answer: Answer provides "honest, accurate answers about sex in response to the many questions teens and adult professionals have about this complex topic."

Visit Answer [here](#).

## **Song teaching children body safety**



### **My Body is My Body Song**

Appropriate for children ages 3 to 8 years old.

Listen to the song [here](#).

Description: "My Body Is My Body Song Child Abuse Prevention Program for 3-8 year olds teaching body safety, and a fun way to learn the subject good touch/bad touch."

*This list has been compiled by the Coffee County Children's Advocacy Center and includes resources recommended by experts in the field of child sexual abuse prevention. The advocacy center doesn't endorse specific books, authors or websites. The advocacy center offers free child abuse prevention training, using Darkness to Light's Stewards of Children program. Learn more about the training and find more resources on [coffeecountycac.org](http://coffeecountycac.org).*