

BOOKS FOR PRESCHOOL AGE CHILDREN & UP

Loving Touches: A Book for Children About Positive, Caring Kinds of Touching

By Lory Freeman & Carol Deach (Ill)

Describes touching as something that every child needs and shows children positive ways to have this need met. Suitable for very young children.

Available from: Parenting Press, P. O. Box 15163, Seattle, WA 98115; or www.actforkids.org

It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch

By Lory Freeman & Carol Deach (Ill)

Written to teach pre-school age children about safe boundaries, discriminating between safe and unsafe touches, and how to respond to unwanted touches. (Available in English or Spanish)

Available from: Parenting Press, P. O. Box 15163, Seattle, WA 98115; or www.actforkids.org

Your Body Belongs to You

By Cornelia Spelman

This book acknowledges the need for and importance of touch. It uses simple language to convey that: a child's body is his/her own, a child has the right to decline touch, and the parts covered by a bathing suit are private.

Available from: Albert Whitman & Company, 6340 Oakton Street, Morton Grove, IL 60053-2723

My body is private

By Walvoord-Girard, L., & Pate, R. S

A mother-child conversation introduces the topic of sexual abuse and ways to keep one's body private. Suitable for ages 4 & up.

I said NO! A kid-to-kid guide to keeping your private parts private.

By Kimberly King, Sue Rama

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. 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. Ages 4 & up.

Available from booksellers including www.amazon.com

Let's talk about taking care of you: an education book about body safety for young children

By Stauffer, L. & Deblinger, E. (2003)

This book helps caring adults (teachers, parents, grandparents, counselors, etc.) learn how to help children develop the confidence and skills to respond effectively to potentially abusive situations and be able to tell about the experience as soon as possible. There is a version for school aged children as well.



BOOKS FOR PRIMARY AGE CHILDREN

Red Flag Green Flag ABC's of Personal Safety

Thirty-page coloring book introduces concepts of personal safety to children. Materials and curriculum guides for kindergarten and elementary age children are also available.

Available from: Red Flag Green Flag Resources, P. O. Box 2984, Fargo, ND 58108, Phone: (800) 627-3675.

A Very Touching Book

By Jan Hindman

Excellent book for children on touching, feelings, and what to do if there is "secret touching." Introduces and uses correct terms for genitals.

Available from AlexAndria Associates, 911 SW 3rd St., Ontario, OR 97914.

Let's talk about taking care of you: an education book about body safety

This book helps caring adults (teachers, parents, grandparents, counselors, etc.) learn how to help children develop the confidence and skills to respond effectively to potentially abusive situations and be able to tell about the experience as soon as possible. There is a version for preschool aged children as well.

Available from: [http://hffbooks.com/Lets Talk Book Information.html](http://hffbooks.com/Lets_Talk_Book_Information.html)

BOOKS FOR PRE-ADOLESCENT/ADOLESCENT CHILDREN

Pre-Teen Pressures: Child Abuse

By Debra Goldentyer

This book is part of a series exploring social and personal problems that may effect pre-teens. This book identifies different kinds of abuse, possible causes for abuse, explains how to tell someone if you are being abused, and what may happen following a report of abuse.

Available from: Steck-Vaughn Company, P.O. Box 26015, Austin TX 78755.

My Body, My Self (separate editions for boys and girls)

By Lynda & Area Madaras

A book for growing boys and girls that provide information on bodily changes, including activities checklists and personal stories from other boys/girls about their experiences during development. For ages 10 & up. \$12.95

To order call 212-832-3575 or visit www.newmarketpress.com



BOOKS FOR CHILDREN AND ADULTS WITH DISABILITIES

Developing Personal Safety Skills in Children with Disabilities.

By Freda Briggs

A book that focuses on teaching children with disabilities how to identify hazardous situations. It also discusses personal safety skills.

Available from the publisher's website at: <http://www.jkp.com/catalogue/book/9781853022456>.

SURVIVOR for Survivors of Sexual Assault who have Developmental Disabilities

(Volume One – For Those Who Read Best with Few Words; Volume Two – For Individuals with Disabilities Volume Three – for Parents and Advocates of Individuals with Developmental Disabilities)

Risk Reduction Guide for Parents and Other Advocates of Children with Special Needs.

An A to Z guide on the signs and symptoms of abuse, how to interpret these, and what you can do to reduce the risk of abuse for your child with a disability, whether they are a child or an adult.

Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals (2007)

By Terri Couwenhoven.

This book is written specifically for children with Down syndrome through helpful information, activities, and pictorial guides. This may be a valuable resource for parents who are seeking in-depth information about how to teach their children with disabilities about their bodies, boundaries, and their sexuality.

Available from booksellers including www.amazon.com

Intimate Relationships and Sexual Health: A Curriculum for Teaching Adolescents/Adults with High-Functioning Autism Spectrum Disorders and Other Social Challenges

By Catherine Davies, Melissa Dubie

This book is a frank, up-to-date resource on sexuality tailored to the unique characteristics of high-functioning adolescents and adults on the spectrum.

-Recommended by The Autism Society of Minnesota (www.ausm.org).

Available from booksellers including www.amazon.com

Asperger's Syndrome and Sexuality: From Adolescence through Adulthood

By Isabelle Henault

This book delivers practical information and advice on issues ranging from puberty and sexual development, gender identity disorders, couples' therapy to guidelines for sex education programs and maintaining sexual boundaries. This book may be useful to parents, teachers, counselors and individuals with AS themselves.

-Recommended by The Autism Society of Minnesota (www.ausm.org).

Available from booksellers including www.amazon.com



BOOKS FOR PARENTS/CAREGIVERS

From Diapers To Dating: A Parent's Guide to Raising Sexually Healthy Children (book)

By Debra W. Haffner, M.P.H.

This book is filled with practical advice to help parents feel more comfortable talking to children/adolescents about sexuality. It encourages parents to examine their own sexual values so they can share these messages with children. Available from: SIECUS, Publications Department, 130 W. 42nd Street, Suite 350, New York, NY 10036-7802; Phone 212/819-9770; Fax: 212/819-9776; \$23.95; ISBN 155704385X;: <http://www.siecus.org>

Understanding Your Child's Sexual Behavior What's Natural and Healthy (booklet)

By Toni Cavanagh Johnson, Ph.D.

This booklet provides a definition of natural and healthy childhood sexual behaviors. It also describes characteristics of children's sexual behaviors that may alert adults to the need for an assessment of the child by a qualified professional.

Available from: 1101 Fremont Ave. Suite 101, South Pasadena, CA, 91030, (626)799-4522, www.TcavJohn.com

Beyond the Big Talk: A Parent's Guide to Raising Sexually Healthy Teens

By Debra W. Haffner, M.P.H

This book provides detailed information on the stages of sexual development in various age groups (middle school, early high school, late high school and after). The text discusses peer pressure, alcohol and drugs, sexual harassment, safe sex and abstinence. \$16.95

To order call 212.832.3575 or visit www.newmarketpress.com

Walking in Your Child's Moccasins (booklet)

Indian Child Welfare Council

This booklet is about child abuse and neglect; it's for parents and caregivers of Native American children.

Available from: National Indian Child Welfare Association, 503-222-4044

Protect Your Child From Sexual Abuse: A Parent's Guide (book)

By Janie Hart-Rossi

This book accompanies *It's MY Body*. It offers parents information about sexual abuse and how to prevent child abuse. Included are suggestions for reading *It's MY Body* and other activities parents can use to teach their children.

Available from: Parenting Press, P. O. Box 15163, Seattle, WA 98115; or www.actforkids.org

The Mother's Book: How to Survive the Incest of Your Child.

By Carolyn Byerly

Provides information and support for mothers of incest victims. Includes chapters on responding to disclosure, parenting issues, cultural issues, and common religious issues.

Dubuque, IA: Kendall/Hunt Publishing, 1985.

