

## Book Resources: Personal Safety and Healthy Sexuality

### **Children's Books:**

#### **18 Months: Teach Your Child About the Proper Names for Body Parts.**

*Going to the Potty.* Fred Rogers (Mr. Rogers) Penguin Putnam Books. 1997.

*Once Upon a Potty-Boy.* Alona Frankel. Harper Festival. July 1997

*Once Upon a Potty-Girl.* Alona Frankel. Harper Festival. July 1997

#### **Young/Elementary Age: Books to Teach Your Child About Private Body Parts; About Safety and Feelings and How to Say "NO".**

*The Berenstain Bears Learn About Strangers.* S. & J. Berenstain. Randon House. 1985.

*No-No and the Secret Tough: The Gentle Story of a Little Seal, Who Leans to Stay Safe, Say "NO" and Tell!* Dennis Scott, Sherri Patterson, Judith Feldman. National Self-Esteem Resources & Development. 1993.

*Red Flag, Green Flag People: A Personal Safety Program for Children & Coloring Book.* Kecia S. Freed (Illustrator). Rape & Abuse Crisis Center. 1985.

*Squeakers.* S. Cosgrove, R. James (Illustrator). Price Stern Sloan Publishing: 1996.

*Who is a Stranger and What Should I Do?* Linda Walvoord Griard, Abby Levine (Editor), Helen Gogancherry (Illustrator). Albert Whitman. 1993.

*It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touches.* Lori Freeman and Carol Deach. 1995. Parenting Press Seattle, WA

*Inside Me Sometimes.* Gail Heath, Ozark Publishing Prairie Grove, AR.

*Loving Touches: A Book for Children About Positive, Caring Kinds of Touches.* Lory Freeman and Carol Deach, 1986, Parenting Press

*Who Is A Stranger and What Should I Do.* Linda Walvoord Girard and Helen Cogancherry, 1985, Albert Whitman & Co. Morton Grove IL

*The Trouble With Secrets.* K. Johnson & L. Johnson Forssell, 1986, Parenting Press

*What is a Feeling?* David W. Krueger, MD and Jean Whitney 1993, Parenting Press

*The Bare Naked Book.* K. Stinson & H. Collins, 1986 Annick Press, Firefly Books Ontario CA

*My Body Is Private.* Linda Walvoord Girard & R. Pate, 1984 Albert Whitman & Co.

*My Body Belongs to Me.* Kristin Baird, Illus. Inese Jansons 1986, American Guidance Service Circle Pines, MN.

*The Right Touch: A Read Aloud Story to Help Prevent Sexual Abuse.* Sandy Kleven and Jody Bergsma, 1997, Illuminations Arts, Bellevue WA.

*Better Safe Than Sorry Book: A Family Guide for Sexual Assault Prevention.* Sol and Judith Gordon. Prometheus Books. 1992.

*No More Secrets for Me.* Oralee Wachter, Jane Aaron, Little, Brown & Company. 2002.

*Your Body Belongs to You.* C. Spelman, T. Widener (Illustrator). A. Whitman, 2000.

#### **8-12 Years: Stress Personal Safety.**

*Be Aware of Danger.* Bill Gutman. Twenty-First Century Books. 1996

*Laurie Tells.* Linda Lowery, John Eric Karpinski (Illustrator) Carolhoda Books. 1994.

*Period Book.* K. Gravelle, J. Gravelle, D. Palen (Illustrator). Walker & Company. 1996.

*The Safe Zone: A Kid's Guide to Personal Safety.* Donna Chalet and Francine Russell. William Morrow & Company. 1998.

*My Body Myself: A What's Happening to my Body Quiz Book and Journal , (Boy & Girl versions.* Lynda Madaras. New Market Press. 2000. (Also a Growing up Guide for Parents).

### **13-18 Years: Stress Personal Safety.**

*But I Love Him: Protecting Your Teen Daughter from Controlling, Abusive, Dating Relationships.*

Patricia Riddle Gaddis. Regan Books. 2001.

*Don't Hurt Laurie!* Willo Davis Roberts. Econo Clad Books. 1999.

*Speak.* L. Halse Anderson, S. November (Editor). Puffin Books, Reprint edition. 2001

*Staying Safe at School.* Donna Chalet. Rosen Publishing Group. 1996.

### **Books for Adults:**

*Beyond the Birds and the Bees.* Gregory K. Popcak. Our Sunday Visitor. 2001.

*Child Sexual Abuse: The Initial Effects.* Sage Publications. 1990.

*Raising Safe Kids in an UnSafe World: 30 Simple Ways to Prevent Your Child from Being Lost, Abducted, or Abused.* Jan Wagner. Avon Books. 1996.

*Recognizing Child Abuse: A Guide for the Concerned.* D.J. Besharov. The Free Press.

*Sex Education and Successful Parenting.* Ann M. and John F. Murphy. Daughters of St. Paul. 1996.

*When Your Child has Been Molested: A Parent's Guide to Healing and Recovery.* Katheryn Hagans and Joyce Case. Jossey-Bass.

*A Better Safe than Sorry Book: A Family Guide for Sexual Assault Prevention.* Sol and Judith Gordna, Prometheus Books. Buffalo, NY.

*Children & Trauma: A Guide for Parents and Professionals.* Cynthia Monahan. Wiley & Sons. 1997.

*Protecting Your Child from Sexual Abuse: A Parent's Guide (Accompanying: It's My Body)* Janie Hart Rossi rev. 02/07

Adapted from :

