

LIST OF BOOKS

Using some of these books can help you start some really important conversations with your children. However, before you read them with your child read them through yourself first, so that you can judge if the information is appropriate for your child and so you are familiar with the story. Finally, see these stories as a springboard to further conversation, discussion and continued teaching and learning.

GOD MADE ALL OF ME BY JUSTIN AND LINDSEY HOLCOMB

God Made All of Me is a simply told, beautifully-illustrated story to help families talk about these sensitive issues with two- to eight-year-old children. Because the private parts of our bodies are private, the home is the ideal environment where a child should learn about his or her body and how it should be treated by others.

'AN EXCEPTIONAL CHILDREN'S GUIDE TO TOUCH' BY HUNTER MANASCO

The rules of physical contact can be tricky to grasp, especially for young children and children with special needs, who are at a heightened risk of abuse. This delightfully illustrated and friendly picture book simply and clearly explains how to tell the difference between acceptable and inappropriate touch, thereby helping keep the child safe.

'SOME SECRETS SHOULD NEVER BE KEPT' BY JAYNEEN SANDERS

3 year onwards

It aims to provide children with essential skills in self-protection from sexual interference. It is a story about a little boy who is sexually interfered with by an authority figure. This is his story and relates how he finds the courage to tell his mother about the abuse. While on the face of it, this may sound like a highly confronting scenario to relate to a child, it is written in such a way as to be a non-threatening and a 'comfortable reading' experience for parent and child. This book is available to purchase through Amazon.

More information: <http://www.somesecrets.info/>

'IT'S MY BODY' BY LORY FREEMAN

3 to 6 year olds

It's My Body has been written to help adults and preschool children talk about sexual abuse together in a way which minimises embarrassment and fear, but emphasises self-reliance and open communication. You will not find specific references and stories about sexual abuse in this book. Instead, it is designed to help children learn how their feelings can help them make decisions about sharing their bodies, and how to communicate those decisions to others.

'YOUR BODY BELONGS TO YOU' BY CORNELIA SPELMAN

3 to 6 year olds

This author writes about the importance of emotions and healthy relationships in the lives of children and families. Your Body Belongs to You addresses the issue of sexual abuse in a positive and assertive way without being frightening. It is matter-of-fact and uses non-threatening language.

'NONO THE LITTLE SEAL' BY SHERRI PATTERSON AND JUDITH FELDMAN

4 to 8 year olds

A gentle story of a little seal who learns to stay safe, say 'No' and tell.

'TELL SOMEBODY IT HAPPENED TO ME' BY NANCY FLOWERS

4 to 10 year olds

This book aims to help children learn that even 'nice' people should not touch certain places ("your privates"). Tell Somebody it Happened to Me aims to help children understand that it is OK to tell someone and that there is no need to feel bad. The main characters, Jacob and Josie, teach kids how to respond to abusive touching and improper advances. There is a section for a girl and a section for a boy.

'COME AND TELL ME (BE SENSIBLE-AND SAFE)' BY HELEN HOLLICK

5 to 10 year olds

Come and Tell Me is an introduction to personal safety for young children. Its central message is that a child should come and tell a grown up in charge before going anywhere with anyone. A thoughtful and upbeat book which promotes communication between parent and child without creating anxiety.

'THE UNDERWEAR RULE' BY NSPCC

5 to 11 year olds

The NSPCC has developed a guide for parents and carers to use with children to help keep them safe. The Underwear Rule teaches children that their body belongs to them, they have a right to say no, and that they should tell an adult if they're upset or worried.

They have a guide for adults and guide for adults to use with children which includes, disability, deaf, communication needs, foster children, learning disability, children with autism

'THE HUGE BAG OF WORRIES' BY VIRGINIA IRONSIDE

5 to 10 year olds

A funny and re-assuring picture book for all children who have occasional worries about all sorts of issues. At the centre of this story is Jenny, a normally happy girl who finds she's being followed everywhere by a huge blue bag full of worries. It's not until a kind woman helps Jenny sort out the problems that the bag and the worries start to disappear.

'FEELING HAPPY FEELING SAFE (A SAFETY GUIDE FOR YOUNG CHILDREN)' BY MICHELLE ELLIOTT

6 to 11 year olds

Feeling Happy Feeling Safe (A safety guide for young children) is a colour picture book. It includes the stories: Getting Lost, Feeling Safe; Say No; Bullies; Someone You Don't Know; Touching, and Secrets.

'A VERY TOUCHING BOOK (FOR LITTLE PEOPLE AND FOR BIG PEOPLE)' BY JAN HINDMAN

8 to 12 year olds

A Very Touching Book is a full-colour, fully illustrated book designed for adults who want to take charge of their child's sexual abuse knowledge in a positive way. It helps parents avoid scare tactics and encourage children to understand sexual abuse in a healthy and non-threatening manner. This publication enhances understanding and communication between children and adults, creating a partnership of safety for big people and for little people.

'ROSY AND JACK' BY NICOLE READING.

This is a story about a sister and brother who have had bad things done to them. They were told to keep it a secret. Rosy and Jack decided it was a 'bad' secret and decided to tell. This is a story for children, parents and for anyone who works with children. Above all it is a story about hope and healing.
