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About Body
Children About
Boundaries
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Consent And
Respect Feelings
Respect And
Recognizing
Teach
Bullying
Children
Behaviors
About Body

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Respect
Feelings
Choices And
Recognizing
Bullying
Behaviors

This book explores
consent and respect

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Behaviors

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with children
especially in relation
to body boundaries,
both theirs and others.

A child growing up
knowing they have a
right to their own
personal space, gives
that child ownership
and choices as to what
happens to them.

These concepts are
presented in a child-

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friendly and easily-
understood manner.
Acclaimed book, now
in English and
Spanish, helps adults
teach children about
abuse, getting help,
and how to set
boundaries to stay
safe. Without being
taught about body
boundaries, a child
may be too young to

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understand when
abuse is happening—or
that it's wrong. Now
available in a bilingual
English-Spanish
edition, *My Body
Belongs to Me/Mi
cuerpo me pertenece*
offers a tool parents,
teachers, and
counselors can use to
sensitively share and
discuss the topic of

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sexual abuse. Through
Consent And
simple language and
Respect Teach
colorful illustrations,
Children About
this straightforward,
Body Ownership
gentle book guides
Recognizing
young children to
Behaviors
understand that their
private parts belong to
them alone. The
overriding message is
that if someone
touches your private
parts, tell your mom,

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your dad, your
Consent And
teacher, or another
Respect Teach
safe adult. In a
Children About
country where,
Body Ownership
according to estimates
Bullying
from the CDC, one in
Behaviors
four girls and one in
Recognizing
six boys will be
sexually abused
before age eighteen,
this book is an
essential abuse-
prevention resource to

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help children feel, be,
Consent And
and stay safe. Using
Respect Teach
her experience
Children About
working as a New
Body Ownership
York City prosecutor
of child abuse and sex
Rejection Feelings
crimes, Jill And
Starishevsky has
Recognizing
crafted a book that
Bullying
addresses body
Behaviors
boundaries in a way
that kids can
understand and that

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doesn't seem scary or
heavy-handed.

Includes, in both
English and Spanish, a
letter to adults at the
beginning and a
section in the back
with suggestions and
resources for
discussing the book
with children.

This comprehensive,
empowering and age-

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appropriate children's
Consent And
book will teach
Respect Teach
children about respect,
Children About
consent and body
Body Ownership
boundaries. It also
Respect Feelings
explores safe and
Unsafe And
unsafe feelings, early
Recognizing
warning signs, a
Bullying
safety network, the
Behaviors
correct names for
private parts, safe and
unsafe touch, and the
difference between

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secrets and surprises.

Consent And
Ages 3-9
Respect Teach
Fear. Avoidance.

Children About
Division. The safest
Body Ownership
path can feel like the
one without dialogue
regarding And

Recognizing
conversations about
equity and diversity.

Behaviors
What if you offend the
other person? What if
they challenge your
beliefs? What if you

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ruin a relationship?

When it comes to hard
topics, effective

communication skills
are an asset,

vulnerability is
necessary, and

forgiveness is vital. In

Let's Talk About Race
(And Other Hard
Things),

communication expert
and equity consultant

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Dr. Nancy A. Dome provides you with a framework to recognize feelings, interrupt flawed patterns, and repair relationships. Utilized in business, education, and communities throughout the country, Dr. Dome's process makes space for vulnerability and

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helps participants
engage in empathetic
dialogue. Conflict is
normal and
survivable, and you
don't need special
skills or experience to
navigate it-you just
need practice.

Complete with
extensive qualitative
research and case
studies, this step-by-

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step guide shows how
Consent And
to lean into difficult
Respect Teach
conversations,
Children About
recognize the role
Body Ownership
emotions play when
Respect Feelings
we are not in control
Of them, and create a
Recognizing
solid foundation for
Bullying
change, progress,
Behaviors
healing, and
resolution.

My Body's Mine

The Boy's Body Book

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Guy Talk
Consent And
A Book on
Respect Teach
Boundaries and
Children About
Sexual Abuse
Body Ownership
Prevention
ABC of Body Safety
Feelings
and Consent
The Teen's Guide to
Recognizing
Sex, Relationships,
Bullying
and Being a Human
Behaviors
It's MY Body
The author of

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Where to Draw the
Line defines
interpersonal
boundaries,
explains why they
should not be
crossed, and
explains how to
avoid having one's
personal
boundaries
violated. Reissue.

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The trusted, New York Times best-selling author of *Respect Teach Children About It's Perfectly Normal* presents the first in a charming and reassuring new picture book series for preschoolers that answers questions that

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Consent And
Respect Teach
Children About
Body Ownership
and
Respect Feelings
Choices And
Recognizing
Bullying
Behaviors

many children ask
about themselves
and their friends in
an entertaining
and
straightforward
way.

This Activity Book
reinforces the
following crucial
Body Safety skills
taught in the

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Body Boundaries

children's picture
book My Body!

What I Say Goes!:

safe and unsafe
feelings, early

warning signs, a

safety network,

safe and unsafe

touch, private

parts, the

difference between

secrets and

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surprises, and
body boundaries.

Ages 3-9

The Boy's Body
Book is here to
help with expert
advice, common
sense tips, fast
facts, and answers
to all questions a
boy might have
about growing up.

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My Body Belongs
to Me / Mi cuerpo
me pertenece

Respect Teach
Children About
Body Ownership
Body Boundaries,
Respect Feelings
Consent and
Choices And
Respect
Recognizing
Teach Children
Bullying
Behaviors
about Body Safety,
Consent,

Safe/unsafe
Touch, Private

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Parts, Body
Boundaries &
Respect Teach
Children About
Body Ownership
Respect Feelings
Choices And
Recognizing
Healing of Trauma
Bullying
Behaviors
No Means No!
Let's Talk About
the Birds and the
Bees

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Lets Talk About
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Consent And
Respect
Teach
Children About
Body Ownership
Respect Feelings
Choices And
Recognizing
Bullying
Behavior

Guy Talk is the must-have advice book for boys navigating all things puberty and growing up great! This easy to read, diverse guide is illustrated for better understanding and includes bodies of all shapes, abilities, and sizes. With Guy Talk, get the answers to the questions you don't know who to ask or are

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too embarrassed to.
Consent And
From body changes,
Respect Teach
personal hygiene,
Child on About
healthy eating, and tips
Body Ownership
for sensitive topics, this
Respect Feelings
book covers all the
Choices And
bases. Learn to not only
Recognizing
prioritize your physical
Bullying
health, but your
Behaviors
emotional health, too!
A healthy mind and a
healthy heart makes for
a happy life. Maintain
healthy relationships

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*with family, friends,
and peers. Growing up
isn't just about your
changing body. Learn
how to handle peer
pressure, social media
safety, consent, and self-
confidence so that you
can be your best you as
you journey through
this new time in your
life.*

*This book encourages
children to understand*

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*and manage their
changing feelings and
emotions, and to talk
confidently about how
they are feeling.*

*Providing children with
the skills and the words
to express their feelings
is key to helping them
move forward in a
positive manner.*

*An important lesson on
consent for over-
exuberant little huggers,*

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Body Boundaries

*nestled inside this
lighthearted, summery
story about expressions
of love and friendship.*

*Kai is a little mer-boy
who's big on hugs--or
"squishes," as he and
his mama call them.*

*But not everyone's a
fan of Kai's spirited
embrace, which he
discovers soon after
squishing a puffer fish,
who swells up in fright!*

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Lets Talk About
Body Boundaries
Consent And
Respect Teach
Children About
Body Ownership
Respect Feelings
Choices And
Recognizing
Bullying

Kai feels awful; but with the help of his friends, he figures out another way to show his affection, and then everyone demonstrates their preferred ways of being greeted. Because, as Kai realizes, "Every fish likes their own kind of squish."

Daisy the chick is cute, fluffy, soft, and tired of others hugging and

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Body Boundaries
*petting her, so her
mother suggests she tell
them what she would
prefer, such as a wing
bump or a pinkie shake.
A Book to Assist Adults
in Helping Children
Unpack, Understand
and Manage Their
Feelings and Emotions
Let's Talk About Body
Boundaries, Consent
and Respect
Energetic Boundaries*

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*How to Navigate
Clueless Colleagues,
Lunch-Stealing Bosses,
and the Rest of Your
Life at Work*

*I Said No!
A Book about Girls,
Boys, Babies, Bodies,
Families and Friends*

You, Me and Empathy

The 26 'key' letters
and accompanying
words combined

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with stunning
illustrations will
help children to
learn and
consolidate age-
appropriate, crucial
and life-changing
body safety and
consent skills.

Discussion

Questions included.

Suitable for children

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4 to 10 years.

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Respect Teach
Body Boundaries,
Children About
Consent and Respect
Body Ownership
Educate2Empower
Respect Feelings
Publishing
Choices And
Recognizing
Bullying
Behaviors
Your body is
amazing! It can
move, grow and heal
as well as help you
think, read and talk.
Look after your

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Body Boundaries

brilliant body, from
eating well to
exercising and
keeping clean.

Consent And

Respect Teach

Children About

Body Ownership

Respect Feelings

Choices And

Recognizing

Bullying

Behaviors

Respect your body
and make sure
others respect it too.

If you don't want a
hug or a kiss from
friends or family, it's
okay to say no. Your
body belongs to you!

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Lets Talk About

Body Boundaries

Take care of your
body and it will take
care of you.

Consent And

Respect Teach

Children About

Body Ownership

Respect Feelings

Choices And

Recognizing

Bullying

Behaviors

Designed to help
adults talk with
toddlers and
preschoolers about
sexual abuse in a
way that reduces
embarrassment and
fear and emphasizes
self-reliance and

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open

communication, It's
MY Body does not
contain specific
references and
stories about sexual
abuse, a nod to the
tender age of its
target audience. It
does, however,
emphasize how
children's feelings

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Body Boundaries

can help them make
Consent And
decisions about
Respect Teach
sharing their bodies,
Children About
and how to
Body Ownership
communicate those
Respect Feelings
decisions to others.
Choices And
The book introduces
Recognizing
two "touching
Bullying
codes," which
Behaviors
children can use to
protect themselves
when they are

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uncomfortable.

Consent And
Brain-Body

Respect Teach

Parenting
Children About

Boundaries in

Body Ownership

Marriage

Respect Feelings
Can I Give You a

Choices And
Squish?

Recognizing

It's Not the Stork!

Bullying
A Kid-to-kid Guide

Behaviors
to Keeping Private

Parts Private

All about Girls'

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Bodies and Boys'
Consent And
Bodies

Respect, Teach
Consent, Boundaries
Children About
and Being in Charge
Body Ownership
of YOU

***Discusses why
people say
"no" and
reasons why it
might be best
to respect that
decision, such***

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**as when the
request is
unreasonable,
inconsiderate,
or impolite,
and stresses
the value of
cooperation.
My Body's
Mine helps
children learn
they have the**

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body. Told
through rhyme
from a child's
point of view
this book on
boundaries
empowers
each child to
say no when
others
approach them**

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***in ways that
make them
uncomfortable
. It also gives
clear
instructions
on what to do
if they are
approached in
an unwanted
manner. The
questions at***

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***the end of the
book provides
an easy
transition for
counselors and
parents to
open a
discussion to
prevent abuse
or to further
explore if
abuse has***

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occurred.
***Shortlisted**
for the 2020
North
Somerset
Children's
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From the co-
creator of the
viral 'Tea
Consent'
video, this is

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***the perfect
introduction
to consent for
kids and
families
everywhere.
Your body
belongs to you
and you get to
set your own
rules, so that
you may have***

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***boundaries for
different
people and
sometimes
they might
change. Like
when you hi-
five your
friends and
kiss your
kitten, but not
the other way***

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**round! But
consent
doesn't need
to be
confusing.
From setting
boundaries, to
reflecting on
your own
behaviour and
learning how
to be an**

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awesome
bystander, this
book will have
you feeling
confident,
respected, and
100% in
charge of
yourself and
your body
Brought to life
with funny and

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illustrations,
this is the
smart, playful
and
empowering
book on
consent that
everyone has
been waiting
for.**

#1 New York

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Times
bestseller
“Essential
reading for
anyone
interested in
understanding
and treating
traumatic
stress and the
scope of its
impact on

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society.”
—**Alexander
McFarlane,**
**Director of the
Centre for
Traumatic
Stress Studies**
**A pioneering
researcher
transforms our
understanding
of trauma and**

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offers a bold
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new paradigm
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Children About
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Trauma is a
Recognizing
fact of life.
Bullying
Veterans and
Behaviors
their families
deal with the
painful

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***aftermath of
combat; one in
five Americans
has been
molested; one
in four grew
up with
alcoholics; one
in three
couples have
engaged in
physical***

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violence. Dr.
Bessel van der
Kolk, one of
the world's
foremost
experts on
trauma, has
spent over
three decades
working with
survivors. In
The Body

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Keeps the
Score, he uses
recent
scientific
advances to
show how
trauma
literally
reshapes both
body and
brain,
compromising

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sufferers'
Consent And
capacities for
Respect Teach
pleasure,
Children About
engagement,
Body Ownership
self-control,
Respect Feelings
and trust. He
Choices And
explores
Recognizing
innovative trea
Bullying
tments—from
Behaviors
neurofeedback
and
meditation to

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**sports, drama,
and yoga—that
offer new
paths to
recovery by
activating the
brain's natural
neuroplasticity**
. **Based on Dr.
van der Kolk's
own research
and that of**

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**other leading
specialists,
The Body
Keeps the
Score exposes
the
tremendous
power of our
relationships
both to hurt
and to
heal—and**

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***offers new
hope for
reclaiming
lives.***

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What?***

***Those are My
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Can We Talk
about***

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Your Body
Belongs to You**

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and Life***
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Body Ownership
Respect Feelings
Choices And
Recognizing
Dailying
Behaviors
***Having clear
boundaries is
essential to a
healthy, balanced
lifestyle. A
boundary is a
personal property
line that marks***

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**those things for
which we are
responsible. In
other words,
boundaries define
who we are and
who we are not.
Boundaries impact
all areas of our
lives: Physical
boundaries help us
determine who
may touch us and
under what**

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circumstances --
Mental boundaries
give us the
freedom to have
our own thoughts
and opinions --
Emotional
boundaries help us
to deal with our
own emotions and
disengage from
the harmful,
manipulative
emotions of others

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**-- Spiritual
boundaries help us
to distinguish
God's will from our
own and give us
renewed awe for
our Creator --
Often, Christians
focus so much on
being loving and
unselfish that they
forget their own
limits and
limitations. When**

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**confronted with
their lack of
boundaries, they
ask: - Can I set
limits and still be a
loving person? -**

**What are
legitimate
boundaries? - What
if someone is upset
or hurt by my
boundaries? - How
do I answer
someone who**

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**wants my time,
love, energy, or
money? - Aren't
boundaries selfish?
- Why do I feel
guilty or afraid
when I consider
setting
boundaries? Dr.
Henry Cloud and
Dr. John Townsend
offer biblically-
based answers to
these and other**

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**tough questions,
showing us how to
set healthy
boundaries with
our parents,
spouses, children,
friends, co-
workers, and even
ourselves.**

**Many great father-
daughter books
highlight the
benefits of being
an engaged father,**

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***cite statistics
about the impact
fathers have on a
daughter's life,
and give practical
advice about how
to foster such
relationships. But
once the stage has
been set, many
dads don't know
what to say or how
to approach
conversations with***

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their daughters.
Consent And
Using her decades
Respect Touch
of experience in
Children About
counseling young
Body Ownership
women and
Respect Feelings
coaching fathers,
Choices And
Michelle Watson
Recognizing
has created a step-
by-step template
Body Boundaries
for having
Body Boundaries
conversations that
Body Boundaries
build a stronger
Body Boundaries
bond through
Body Boundaries
laughter,

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vulnerability,
honesty, and self-
disclosure. Let's
Talk is filled with
dozens of scripted
questions that
walk fathers
through the levels
of creating a heart-
to-heart
connection with
their daughters by
communicating the
right way. Through

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**this easy-to-read
guide, dads will
learn how to listen
and build trust as
they move from
get-to-know-you
chats to deep
discussions that
dive into their
daughters'
struggles, hurts,
and hopes.
From the expert
team behind IT'S**

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Body Boundaries

**PERFECTLY
NORMAL and IT'S
SO AMAZING!**

**comes a book for
younger children
about their bodies
— a resource that
parents, teachers,
librarians, health
care providers, and
clergy can use with
ease and
confidence. Young
children are**

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**curious about
almost everything,
especially their
bodies. And young
children are not
afraid to ask
questions. What
makes me a girl?
What makes me a
boy? Why are some
parts of girls' and
boys' bodies the
same and why are
some parts**

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**different? How was
I made? Where do
babies come from?
Is it true that a
stork brings babies
to mommies and
daddies? IT'S NOT
THE STORK!** helps
answer these
endless and
perfectly normal
questions that
preschool,
kindergarten, and

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school children ask
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began. Through
lively, comfortable
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a reassuring way,
mindful of a child's
healthy desire for**

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information. Two
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cartoon
Children About
characters, a
Body Ownership
curious bird and a
Respect Feelings
squeamish bee,
Choices And
provide comic
Recognizing
relief and give
Building
voice to the full
Behaviors
range of emotions
and reactions
children may
experience while
learning about

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bodies. Vetted and
approved by
science, health,
and child
development
experts, the
information is up-
to-date, age-
appropriate, and
scientifically
accurate, and
always aimed at
helping kids feel**

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**proud,
knowledgeable,
and comfortable
about their own
bodies, about how
they were born,
and about the
family they are
part of.**

**This charming
story uses verse,
beautiful
illustrations and a
little person called**

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Consent And
Empathy. Quinn
shows an
abundance of
understanding,
compassion and
kindness towards
others. Empathy is
a learnt trait, and
one to nurture in
all children.
Included are
Discussion

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Kids
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The Body Keeps
the Score
It's My Body

With clever,
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picture book
Bullying
about the
Behaviors
importance of
mindfulness,
understanding,

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moment of peace
Respect Teach,
within a big,
Children About
busy world.
Body Ownership
Sometimes, when
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Respect Feelings
too crowded,
Choices And
too messy, too
Recognizing
smelly, or for
Bullying
no reason at
Behaviors
all, you might
just need a
little bit of

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and respecting

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the idea that

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*Now adults can
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the difference
between appropriate
and inappropriate
touching in a way
that kids can
understand. As a*

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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

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bodies. The narrative
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boundaries" that
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*exposes them to
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forces How healthy
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allow us to share
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every aspect of
life—in our
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has routinely
Children And
counseled
Responsible
distraught parents
Behaviors
who struggle to
manage their
children's
challenging,
sometimes

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oppositional behaviors. These families are understandably focused on correcting or improving a child's lack of compliance, emotional outbursts, tantrums, and other "out of control" behavior. But, as she has shared with

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these families, a perspective shift is needed. Behavior, no matter how challenging, is not the problem but a symptom; a clue about what is happening in a child's unique physiologic makeup. In Brain-Body Parenting, Dr.

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radical new
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parenting based on
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as the most recent
Recognizing
research in
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neuroscience and
Behaviors
child psychology.
Instead of a “top-
down” approach to
behavior that

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focuses on the thinking brain, she calls for a “bottom-up” approach that considers the essential role of the entire nervous system, which produces children’s feelings and behaviors. When we begin to understand the biology beneath

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the behavior,
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suggests Dr.
Respect Teach
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our children the
Body Ownership
resources they need
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to grow and
thrive—and we give
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ourselves the gift of
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a happier, more
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connected
relationship with
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with tools to help
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regulation skills
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while also
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parental self-care,
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which is crucial for
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parents to have the
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capacity to provide
the essential “co-
regulation” children

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need. When parents
shift from trying to
secure compliance
to supporting
connection and
balance in the body
and mind, they
unlock a deeper
understanding of
their child,
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