

This resource is one of many available to you through the *Second Step* Child Protection Unit, a comprehensive school-based child protection program, which includes staff training, student lessons, and family resources. Access additional free resources on child sexual abuse prevention for parents at earlyopenoften.org.

Recommended Books for Children—Kindergarten–Grade 5

These recommended books are appropriate for teachers to use with students and parents to use at home with their children. The description of each book identifies which Child Protection Unit lesson topics it supports and the grade levels for which it's most appropriate.

***Be Careful and Stay Safe* by Cheri J. Meiners,
illustrated by Meredith Johnson (2007)**
Kindergarten

Be Careful and Stay Safe uses bright illustrations of familiar scenes and easily understood narration to reinforce many common safety rules and continually remind children that adults are there to keep them safe. (Ways to Stay Safe. The Always Ask First Rule.)

***My Very Own Book About Me* by Jo Stowell
and Mary Dietzel (1999)**
Kindergarten

This personal safety workbook focuses on touching safety, including pictures for children to color and places for them to add their own words or drawings. This book also comes with a teacher's guide with useful ideas for both parents and educators. (The Touching Rule.)

***Your Body Belongs to You* by Cornelia Spelman,
illustrated by Teri Weidner (1997)**
Kindergarten

This book explains in simple language that it's okay for children to refuse unwanted touches. The clear message, multiple scenarios, and engaging pictures make this an excellent book to read along with children. (Safe and unsafe touches. Refusing unwanted touches. The Touching Rule.)

***The Watch Out! Series (Watch Out! Around Town, Watch Out! At Home, Watch Out! Near Water, Watch Out! On the Road)*
by Claire Llewellyn, illustrated by Mike Gordon (2006)**
Kindergarten and Grade 1

Using fun, entertaining illustrations and straightforward, easily accessible language, the *Watch Out! Series* explains to children what rules they need to follow to stay safe in many situations and why these rules are so important. Each book also contains simple activities to reinforce these important safety skills. (Safety Rules. The Always Ask First Rule.)

***My Body Belongs to Me* by Jill Starishevsky,
illustrated by Sarah Muller (2009)**
Kindergarten and Grade 1

Told in a series of rhyming couplets paired with simple, colorful watercolors, this book is just right for students who are beginning to read. *My Body Belongs to Me* reminds children to report any abusive touching and that there are many trusted adults to whom they can report abuse. (The Touching Rule. The Never Keep Secrets Rule.)

***A Terrible Thing Happened* by Margaret M. Holmes,
illustrated by Carty Pillo (2000)**
Kindergarten through Grade 3

Using large, colorful illustrations and a simple, clear story, *A Terrible Thing Happened* explores what happens to a child who experiences a traumatic event. This story acknowledges the many different responses that young children can have to trauma. It also encourages children to find an adult with whom they feel comfortable to share their experiences so they can begin the healing process. (Never Keep Secrets Rule.)

***Talk About Touch* by Sandra Kleven,
illustrated by Patrick Minock (2012)**

Kindergarten through Grade 3

Set in a traditional Alaskan Native village, this book addresses the Touching Rule in an unassuming and very approachable way. Although it's aimed at Alaskan Native families and families living in remote communities, children from all backgrounds will easily connect with the warm and realistic characters. (Safety Rules, The Touching Rule, The Never Keep Secrets Rule)

***Not in Room 204* by Shannon Riggs,
illustrated by Jaime Zollars (2007)**

Grades 1 through 3

This engaging and thoughtfully illustrated story uses settings and themes familiar to elementary school students to teach readers that it's okay to come forward and report sexual abuse. The realistic characters make this a story students will connect with easily. (The Touching Rule. The Never Keep Secrets Rule.)

***My Body is Private* by Linda Walvoord Girard,
illustrated by Rodney Pate (1984)**

Grades 2 through 3

This classic book's thoughtful story and simple, artful drawings emphasize the importance of saying no when experiencing uncomfortable touches and explore different types of unwanted and unsafe touching. (Safe, unsafe, unwanted touches. The Touching Rule.)

***Laurie Tells* by Linda Lowery (2008)**

Grade 3

In this beautifully illustrated book, Laurie tries to talk to her mom about her touching problem, but her mom doesn't believe her. Children follow Laurie as she decides whom else she can tell. (The Touching Rule. The Never Keep Secrets Rule.)

Common Hazards

***Be Safe (Get Healthy)* by Sarah Tieck (2012)**

Grades 4 through 5

This book pairs clear instructions with bright photos and illustrations to teach children important rules for staying safe. Covering topics from healthy living to the Internet to calling 9-1-1, *Be Safe (Get Healthy)* offers practical advice

that can serve as a good starting point for a discussion about personal safety. (Ways to Stay Safe.)

***Safety Around the House* by Ana Deboo (2008)**

Grades 4 through 5

This book clearly identifies many common safety concerns children need to be aware of and explains in a very straightforward manner how they can keep themselves safe at home. The language is accessible, and a glossary of terms helps children understand important concepts. (Ways to Stay Safe.)

***Slim Goodbody's Good Health Guides: Avoiding Injuries*
by Slim Goodbody (2007)**

Grades 4 through 5

Falls, burns, and playing sports are some of the most common sources of injury among older elementary-age children. In *Avoiding Injuries*, Slim Goodbody combines entertaining descriptions with photos and illustrations to explain why injuries happen, how to avoid injury, and what children can do to help heal from them. This book offers practical information that will help children keep themselves safe in a fun, engaging way. (Ways to Stay Safe.)

Staying Safe from Abuse

***Laurie Tells* by Linda Lowery (2008)**

Grades 4 through 5

In this beautifully illustrated book, Laurie tries to talk to her mom about a broken Private Body Parts Rule, but her mom doesn't believe her. Children follow Laurie as she decides who else she can tell. (Private Body Parts Rule.)

***Not in Room 204* by Shannon Riggs,
illustrated by Jaime Zollars (2007)**

Grades 4 through 5

This engaging and thoughtfully illustrated story uses settings and themes familiar to elementary school children to teach readers it's okay to come forward and report sexual abuse. The realistic characters make this a story that will resonate with children. (Private Body Parts Rule.)

A Smart Kid's Guide to Avoiding Online Predators
by David J. Jakubiak (2010)

Grades 4 through 5

This guide to online safety lays out clear, simple steps children can take to help keep themselves safe online. Using language accessible to a wide range of readers—with a glossary to help explain more technical terms—*Avoiding Online Predators* helps children understand how to stay safe and why it's important to stay safe. Particular emphasis is given to reporting anything that could be unsafe to an adult right away. (Ways to Stay Safe. Private Body Parts Rule.)

Talk About Touch by Sandra Kleven,
illustrated by Patrick Minock (2012)

Grades 4 through 5

Set in a traditional Alaskan Native village, this book addresses the Private Body Parts Rule in an unassuming and very approachable way. Although it's aimed at Alaskan Native families and families living in rural communities, children from all backgrounds will connect easily with the warm and realistic characters in *Talk About Touch*. (Ways to Stay Safe. Private Body Parts Rule.)

Recovering from Trauma

Healing Days: A Guide for Kids Who Have Experienced Trauma by Susan Farber Strauss, Ph.D.,
illustrated by Maria Bogade (2013)

Grades 4 through 5

Written in accessible, kid-friendly language and beautifully illustrated, *Healing Days* helps children who have experienced trauma understand their reactions are normal and nothing to be ashamed of, and that there are simple things they can do to help themselves recover. Dr. Strauss uses positive and affirming messages to help children see they can take an active role in their own healing process.

A Terrible Thing Happened by Margaret M. Holmes,
illustrated by Cary Pillo (2000)

Grades 4 through 5

Using colorful illustrations and a clear story, *A Terrible Thing Happened* explores what happens to a boy who experiences a traumatic event. This story acknowledges the many different responses children can have to trauma. It also encourages children to find an adult with whom they feel comfortable to share their experiences, so they can begin the healing process.

Additional lists of books recommended for educators and parents available at earlyopenoften.org.