

Books to share with children

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 you are familiar with the story. Finally, see these stories as a springboard to further conversation, discussion and continued teaching and learning. All books are available from major high street retailers unless otherwise stated.

Age 3 upwards

'It's My Body' by Lory Freeman (3 - 6 years old)

ISBN: 0943990033

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.

'Your Body Belongs to You' by Cornelia Spelman (3 - 6 years old)

ISBN: 0-8075-9473-3

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

'My Body Belongs to Me' by Jill Starishevsky (3 - 10 years old)

ISBN: 9780982121603

My Body Belongs to Me aims to make children aware that when it comes to their bodies, there are boundaries. It assures them that it is OK to tell a parent or teacher if someone touches their "private parts."

'Some Parts are Not for Sharing' by Julie Le Frederico (3 - 6 years old)

ISBN: 1606966030

Travel with a pair of friendly fish as they learn about what parts of our bodies we share with others. Children will learn the boundaries of appropriate touching in a very non-threatening way. Using simple straightforward language alongside colourful sea creature pictures, this message children will understand.

'Let's Talk (about Girls, Boys, Babies, Bodies, Families and Friends)' by Robie H. Harris (3 - 7 years old)

ISBN: 1406306061

Young children ask so many questions about their bodies and how they were made. With lively language, engaging art and clear, accurate information, this book answers those perfectly normal questions and will help Foundation Phase primary school aged children feel proud and comfortable about their own bodies.

'Some Secrets Should Never Be Kept' by Jayneen Sanders (3-years-old +)

ISBN: 0987186019

It aims to provide children with essential skills in self-protection from sexual abuse. It is a story about a little boy who is sexually abused 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.

'My Underpants Rule!' By Kate & Rod Power (3 - 8 years old)

ISBN: 9780992953003

Teaching kids to Protect themselves can be Child's Play... My Underpants RULE! is about empowering your child to deal with difficult situations. A bright, lively, fun book that engages children and helps parents/carers gently and effectively teach them their Underpants RULE! "What's under my PANTS belongs ONLY to ME!" is reinforced by rhymes and scenarios, ingraining what is appropriate and inappropriate, and what to do should anything happen. Like a nursery rhyme, reading this book with your child will ensure the lessons stay with them for life.

'Amazing you!- Getting Smart About Your Private Parts' by DR. Gail Saltz. (3 - 5 years old)

ISBN: 9780142410585

'Mom, where do babies come from'? Many parents live in fear of the day their child asks this question- which inevitably happens, often as early as the preschool years. Here is a picture book designed especially for young children who are becoming aware of their bodies, but aren't ready to learn about sexual intercourse. Written with warmth and honesty, *Amazing You!* presents clear and age-appropriate information about reproduction, birth, and the difference between girls' and boys' bodies. Lynne Cravath's light-hearted illustrations enliven the text, making this a book that parents will gladly share with their young ones.

'My Body is Private' By Linda Walvoord Girard (3 - 7 years old)

ISBN: 9780807553190.

An illustratively beautiful book about privacy and the importance of young people understanding they their body belong to themselves and should be kept private. This book explains how young people can keep their private parts safe and how to tell someone if they are experiencing someone breaching their privacy.

'My Body! What I Say Goes' by Jayneen Sanders (3 - 10 years old)

ISBN: 9781925089264

The crucial skills taught in this book will help children to protect their bodies from inappropriate touch. Children will be empowered to say in a strong and clear voice, "This is my body! What I say goes!" Through age-appropriate illustrations and engaging text this book, written by the author of 'No Means No!' and 'Some Secrets Should Never Be Kept', will teach children the following crucial and empowering skills in personal body safety.

'Digiduck's Big Decision' by Lindsay Buck (3 - 7 years old)

ISBN: 9780957350625 (Only available on www.childnet.com)

Follow Digiduck® and his pals in this story of friendship and responsibility online. An engaging online safety story to help children understand how to be a good friend to others on the Internet.

Age 4 upwards

'An Exceptional Children's Guide to Touch' by Hunter Manasco (4-years-old +)

ISBN: 978184905-871-1

The rules of physical contact can be tricky to grasp. This friendly picture book explains in simple terms how to tell the difference between acceptable and inappropriate touch. Each story covers a different type of touch from accidental to friendly to hurtful and will help children understand how boundaries change depending on the context. It explores when and where it is okay to touch other people, when and where other people can touch you, why self-touching sometimes needs to be private, and what to do if touch feels inappropriate. This book may also be useful for children with additional needs.

'Tell Somebody it Happened to Me' by Nancy Flowers (4 - 10 years old)

ISBN: 1579219772

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. There is a section for a girl and a section for a boy.

'Where Willy Went' By Nicholas Allan (4 - 8 years old)

ISBN: 9780099456483

Never before have the facts of life been presented in such an accessible—or novel—way. Our hero is Willy, a little sperm who lives inside Mr. Browne with 300 million friends. Every day Willy practices for the Great Swimming Race. And when the day arrives, he swims faster than his 300 million friends to win the prize—a marvellous egg. Then something wonderful happens, and eventually Mr. and Mrs. Browne have a baby girl who has the same winning smile as Willy and who grows up to be a great swimmer.

'Chicken Clicking' by Jeanne Willis (5 -9 years old)

ISBN: 9781783441617

One-night Chick hops onto the farmer's house and has a browse on his computer - CLICK - soon she's shopping online for the whole farm! But when she arranges to meet up with a friend she's made online, she discovers all is not as it seems... Little Red Riding Hood for the iPad generation, this is the perfect book for teaching children how to stay safe online.

It's My Body: A Book about Body Privacy for Young Children by Louise Spilsbury (4 - 8 years old)

ISBN: 9781445161686

This brightly coloured, illustrated title explains to children about body privacy and why private parts should be kept private. Children will learn that their body belongs to them and they can say 'no' if they don't want anyone to touch their body. They'll discover what is inappropriate, and be encouraged to speak up if they are uncomfortable with how other people treat them. It also covers the topic of secrets and when you shouldn't keep a secret.

'NSPCC Pantosaurus and the Power of Pants' by Rebecca Gerlings and Fhiona Galloway (4 - 8 years old)

(Only available from www.nspcc.org.uk and other retailers)

Pantosaurus can't wait to wear his new pants. Dinodad says they'll give him special powers! But, when Pantosaurus has a problem at school, will his super pants give him the power to speak up? This bright and playful picture book is perfect for reading with younger children. Not only will they love Pantosaurus the dinosaur and his roarsome story – it can also spark conversations to help keep them safe.

'NSPCC Share Some Secrets' by Christina Gabbitas (5-years-old +)

(Only available from www.nspcc.org.uk)

This book encourages children to think about the secrets they should and shouldn't keep. In a child-friendly way – and without using any scary words – little ones will learn that some secrets shouldn't be kept, and to speak out if they're ever worried. Suitable for ages 5 and up.

NSPCC Pantosaurus Activity Pack (4-8 years old)

(Only available from www.nspcc.org.uk)

The NSPCC PANTS Activity Pack makes it easy to talk to your child about staying safe from harm. With a word search, dot-to-dot and maze game, you can help them learn without using any scary words. Each pack includes stickers, a bookmark, pant-tastic activities and a parents' user guide. Available to buy through NSPCC website.

‘How Did I Begin?’ By Mick Manning & Brita Granstorm (6-years-old +)

ISBN: 9780749656614

How Did I Begin is a warm, friendly introduction to the facts of life for young children that follow the story of a new life from the moment of conception to the birth of a baby. We are gently guided through each stage with charming illustrations and simple explanations, inviting lots of discussion and providing answers to all those questions. A delightful book to share with young children.

‘Mummy Laid an Egg!’ By Babette Cole (6-years-old +)

ISBN: 9780099299110

An interesting take on how children are born, the bright images and easy-going explanations make this book a must read. In this book it is the children who educate the parents on how children are born; this in itself gives an interesting viewpoint to the whole process.

‘The Huge Bag of Worries’ by Virginia Ironside (4 – 8 years old)

ISBN: 978-0340903179

Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them? A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.

Age 7 upwards

‘Let’s Talk About Where Babies Come From’ by Robie H. Harris (7 t- 11 years old)

ISBN: 1844281736

A lively book which covers all the main areas of babies, reproduction, bodies, chromosomes, genes, growing up, love, health and lots more. As previous books the information is imparted simply and reassuringly with humorous commentary from an inquisitive bird and a squeamish been, with very friendly full-colour cartoon-strip illustrations.

‘What’s Happening to Me?’ (Facts of Life – Girls Edition) by Susan Meredith (9-years-old +)

ISBN: 978074606995

A sensitive, detailed and informative guide to female puberty, this book will prove invaluable for both young girls and their parents alike, tackling key subjects from the physical changes that occur at this time to practical matters, such as buying your first bra. Bright, original colour illustrations and diagrams reveal everything young girls need to know about the changes they will experience as they approach puberty. The stunning artwork is accompanied by witty, yet clear and informative factual text that helps to demystify this often confusing and tricky subject.

‘Respect: Consent, Boundaries and Being in Charge of YOU’ by Rachel Brian (7 - 11 years-old)

ISBN: 9781526362216

Your body belongs to you and you get to set your own rules, so that you may have 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 around! But consent doesn't need to be confusing. From setting boundaries, to reflecting on your own behaviour and learning how to be an 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 informative illustrations, this is the smart, playful and empowering book on consent that everyone has been waiting for.

‘What’s Happening to Me?’ (Facts of Life - Boy’s Edition) by Alex Frith (9-years-old +)

ISBN: 978074607663

With bright, cartoon-style illustrations and clear diagrams this sensitive, detailed and informative guide explains male puberty in a reassuring and friendly way. It tackles everything from physical and

hormonal changes to emotional upheaval. Ideal for libraries and schools, the contents and index pages make key topics easy to find.

'Hair in Funny Places' By Babette Cole (7-years-old +)

ISBN: 9780099266266

Puberty. Who else but Babette Cole would have the temerity to tackle this subject in a picture book, and the genius to carry it off. The text, which takes the form of a conversation between a small girl and her teddy bear, is ingenious and funny.

As it turns out, it is the behaviour of the wonderfully depicted Mr. and Mrs. Hormone that plays havoc with the physical and emotional states of girls and boys between, roughly, eight to eighteen years. The book is bound to be controversial but Babette Cole has never taken the conventional path and her readers love her for her outrageous approach to little-mentioned topics.

'Sex, puberty and all that stuff: a guide to growing up' by Jacqui Bailey (9-years-old +)

ISBN-10: 0749658509

A comprehensive and inclusive guide that is packed full of useful information, presented in a way that teenagers will find user-friendly and appealing.

Age 10 upwards

'Let's Talk About Sex' – Robie H.Harris (10 – 14 years old)

ISBN: 978-1406356045

Let's Talk About Sex gives the facts - both biological and psychological about sex - from conception and puberty to birth control and AIDS, including sections on the body, LGBTQ+, families and babies, and sexual health. The book's serious and educational matter is presented in a readable form, with cartoon illustrations and the speech-bubble comments of two characters, a curious bird and a squeamish bee, which reflect the diverse feelings children have about sex. The book aims to provide honest and lucid answers to the questions that children ask.

'Real Talk About Sex and Consent: What Every Teen Needs to Know' – Cheryl M Bradshaw (13-years-old +)

ISBN: 978-1684034499

Real Talk About Sex and Consent is a comprehensive guide with essential information about setting boundaries, coercion, reciprocity, and communication. You'll also find hard facts about sex and trauma, the effects of pornography and cultural expectations, and much more. With this book, you'll learn how to make sexual decisions that honour your sense of values and cultivate rewarding and emotionally supportive relationships throughout your life. This book goes past simple definitions of sex and consent and explores the hidden pressures, misrepresented expectations, and realities of sex--and what to do about it all.

Age 14 upwards

'The Every Body Book: The LGBTQ+ Inclusive Guide for Kids About Sex, Gender, Bodies and Families' by Rachel E. Simon (under 18's)

ISBN: 9781787751736

This vibrant and beautifully illustrated book teaches children sex, gender and relationships education in a way that is inclusive of all sexual orientations and gender identities. Covering puberty, hormones, pregnancy, consent, sex, babies, relationships and families, it uses gender-neutral language throughout and celebrates diversity in all its forms, including race, ethnicity, faith, bodies, gender and

sexuality. For use with children aged 8-12, it will help answer their questions and spark open discussion with parents, carers and teachers.

‘Can We Talk About Consent?’ by Justin Hancock (14-years-old +)

ISBN: 9780711256569

Can We Talk About Consent? breaks down the basics of how to give and get consent in every aspect of life for readers aged 14 years and older. It's a powerful word, but not everyone understands exactly what it means. This stylish guide explains clearly why consent matters--for all of us. This guide to consent gives you all the tools you need to build consensual relationships.

‘Sex Ed: An Inclusive Teenage Guide to Sex and Relationships’ by School of Sexuality Education (14-years-old +)

ISBN: 978-1406399080

A positive, practical and empowering guide for teenagers, tackling sex and relationships in an inclusive and non-judgemental way – created by the winners of the Pamela Sheridan Award for Innovation and Good Practice in RSE.

Books for Practitioners

Facing the future: A guide for parents of young people who have sexually abused

by Simon Hackett

ISBN: 9781898924944

This comprehensive text is written from a UK perspective in a style which is clear and accessible. It is motivational, emphatic and sensitive in its approach. It helps practitioners create a context in which to engage and motivate parents to contribute positively to the work undertaken with their child or adolescent. Whilst recognizing the painful nature of facing the future following abuse, the guide offers parents hope and emphasizes that change is possible. It can be used as: a standalone source of practical advice and support for parents; or as a resource to be used flexibly and selectively by practitioners.

‘Working with Children and Young People who have displayed Harmful Sexual Behaviour’ by Stuart Allardyce and Peter Yates

ISBN: 9781780460680

In this book the authors outline an individualised, trauma informed and systemic approach to working with children who have displayed harmful sexual behaviours and their families. They provide an overview of up-to-date empirical and theoretical knowledge about children and young people who have displayed harmful sexual behaviour to produce a practical text that is suitable for students and professionals working in child care settings.

**Don't forget about all the extra information that is available
on**

www.lucyfaithfull.org.uk

**Together we can prevent child sexual abuse
0808 1000 900**