

Recommended Books for Children—Kindergarten–Grade 3

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). K– 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 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 1–3. 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 2–3. 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.)