

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist Un  
comfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention  
Young  
Children  
How To  
Resist Un

Read Book Its My  
Body A Book To  
comfortab  
Teach Young  
le Touch  
Children How To  
Childrens  
Resist  
Safety  
Uncomfortable  
Series  
Touch Childrens  
And Abuse  
Safety Series And  
Preventio  
Abuse Prevention  
n

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

***Empowering  
children to  
understand  
that they have  
a right to be  
treated  
appropriately,  
especially  
their private  
parts, is an  
important step  
toward***

Read Book Its My  
Body A Book To  
Teach Young  
**reducing the  
risk of  
prolonged  
sexual abuse.  
Experts  
promote, in  
addition to  
parental  
education,  
educating  
children to  
know when a**

Read Book Its My  
Body A Book To

**Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention**

**body safety  
rule is broken  
and that it is  
always right to  
tell are  
essential to  
protecting  
children.**

**It's My BodyA  
Book about  
Body Privacy  
for Young Chil**

Read Book Its My  
Body A Book To  
Teach Young  
**drenFranklin  
Watts**

**Part puzzle,  
part revenge  
tale, part  
ghost story,  
this ingenious  
novel spins  
half a century  
of Vietnamese  
history and  
folklore into**

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

***“a thrilling  
read,  
acrobatic and  
filled with  
verve” (The  
New York  
Times).***

***FINALIST FOR  
THE CENTER  
FOR FICTION’S  
FIRST NOVEL  
PRIZE •***

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

**LONGLISTED  
FOR THE  
WOMEN'S  
PRIZE FOR  
FICTION • ONE  
OF THE BEST  
BOOKS OF THE  
YEAR: The  
New York  
Times Book  
Review, NPR,  
Good**



Read Book Its My  
Body A Book To

Teach Young  
Children How To  
**Housekeeping,  
and Kirkus  
Reviews •**

Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention  
**“Fiction as  
daring and  
accomplished  
as Violet**

**Kupersmith’s  
first novel  
reignites my  
love of the  
form and its**

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
***kaleidoscopic  
possibilities.”***

***—David  
Mitchell,  
author of  
Cloud Atlas  
Two young  
women go  
missing  
decades apart.  
Both are  
fearless, both***

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

***are lost. And  
both will have  
their revenge.  
1986: The  
teenage  
daughter of a  
wealthy  
Vietnamese  
family loses  
her way in an  
abandoned  
rubber***

Read Book Its My  
Body A Book To  
Teach Young  
**plantation  
while fleeing  
her angry  
father and is  
forever  
changed.  
2011: A  
young,  
unhappy  
Vietnamese  
American  
woman**

Read Book Its My  
Body A Book To  
Teach Young  
**disappears  
from her new  
home in  
Saigon  
without a  
trace. The  
fates of these  
two women  
are  
inescapably  
linked, bound  
together by**

Read Book Its My  
Body A Book To  
Teach Young  
**past  
generations,  
by ghosts and  
ancestors, by  
the history of  
possessed  
bodies and  
possessed  
lands.**

**Alongside  
them, we meet  
a young boy**

Read Book Its My  
Body A Book To  
Teach Young  
**who is sent to  
a boarding  
school for the  
métis children  
of French  
expatriates,  
just before  
Vietnam  
declares its  
independence  
from colonial  
rule; two**

Read Book Its My  
Body A Book To

Teach Young  
**Frenchmen**  
Children How To  
**who are trying**  
Resist  
**to start a**  
Uncomfortable  
**business with**  
Touch Childrens  
**the Vietnam**  
Safety Series And  
**War on the**  
Abuse Prevention  
**horizon; and**  
**the employees**  
**of the Saigon**  
**Spirit**  
**Eradication**  
**Co., who find**



Read Book Its My  
Body A Book To  
Teach Young  
**themselves**  
Children How To  
**investigating**  
Resist  
**strange**  
Uncomfortable  
**occurrences in**  
Touch Childrens  
**a farmhouse**  
Safety Series And  
**on the edge of**  
Abuse Prevention  
**a forest. Each**  
**new character**  
**and timeline**  
**brings us one**  
**step closer to**  
**understanding**

Read Book Its My  
Body A Book To  
Teach Young  
**what binds  
them all. Build  
Your House  
Around My  
Body takes us  
from colonial  
mansions to  
ramshackle  
zoos, from  
sweaty  
nightclubs to  
the jostling**

Read Book Its My  
Body A Book To  
Teach Young  
**seats of  
motorbikes,  
from ex-pat  
flats to  
sizzling back-  
alley street  
carts.**

**Spanning  
more than  
fifty years of  
Vietnamese  
history and**

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

***barreling  
toward an  
unforgettable  
conclusion,  
this is a time-  
traveling, hear  
t-pounding, bo  
rder-crossing  
fever dream of  
a novel that  
will haunt you  
long after the***

Read Book Its My  
Body A Book To  
Teach Young  
**last page.**

**Introduces the  
benefits of  
rest on the  
human body,  
how much rest  
young bodies  
need, and  
what happens  
when we  
sleep, while  
offering tips to**

Read Book Its My  
Body A Book To  
Teach Young  
**get better  
rest.**

**My Body  
Belongs to Me  
Guy Stuff**

**My Body  
Belongs to Me  
from My Head  
to My Toes**

**This is My  
Body**

**It's My Body**



Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

*is the book for every woman trying to place their body on the map of consumption vs control, and every woman who wants to better understand her impulses. It left me much changed' - Lena Dunham 'I read these pages, breathless with recognition, and the thrill of reading a new voice telling it like it is'*



Read Book Its My  
Body A Book To  
Teach Young  
- Dani Shapiro 'Emily  
Children How To  
Ratajkowski's first  
Resist  
essay collection needs to  
Uncomfortable [...] be read by everyone [...]  
both page-turning and  
Touch Children  
moving as hell' - Amy  
Safety Series And  
Schumer 'A slow,  
Abuse Prevention  
complicated indictment  
of a profession and the  
people who propel it [...]  
it will deliver a more  
nuanced and  
introspective rendering  
of her interior than

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Vogue 'Dazzling' -  
Observer 'Ratajkowski  
brings nuanced insight  
to questions about  
empowerment versus  
commodification of  
women's bodies and  
sexuality. Blending  
cultural criticism and  
personal stories, My  
Body is smart and

Read Book Its My  
Body A Book To

Teach Young  
Children 'How To

*powerful' - Time  
Magazine 'Raw,  
nuanced and  
beautifully written. A  
moving and*

*enlightening experience  
to join a woman openly  
exploring such deep*

*parts of her physical  
self via the written*

*word. A truly impressive  
debut' - Emma Gannon*

*'Excellent [...]*

*Ratajkowski writes with*

Read Book Its My  
Body A Book To  
Teach Young  
Children How To

*curiosity, intellect and  
acute awareness' -*

*Harper's Bazaar*

*'Superb [...] it feels*

*revolutionary' -*

*Telegraph 'I admire  
and envy her artistry' -*

*Guardian*

---

*Emily Ratajkowski is  
an acclaimed model  
and actress, an engaged  
political progressive, a  
formidable*

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

*entrepreneur, a global  
social media  
phenomenon, and now,  
a writer. Rocketing to  
world fame at age  
twenty-one,  
Ratajkowski sparked  
both praise and furor  
with the provocative  
display of her body as  
an unapologetic  
statement of feminist  
empowerment. The  
subsequent evolution in*

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Children's  
Safety Series And  
Abuse Prevention

*her thinking about our  
culture's  
commodification of  
women is the subject of  
this book. My Body is a  
profoundly personal  
exploration of  
feminism, sexuality,  
and power, of men's  
treatment of women  
and women's  
rationalizations for  
accepting that  
treatment. These essays*

Read Book Its My  
Body A Book To

*chronicle moments  
from Ratajkowski's life  
while investigating the  
culture's fetishization  
of girls and female  
beauty, its obsession  
with and contempt for  
women's sexuality, the  
perverse dynamics of  
the fashion and film  
industries, and the grey  
area between consent  
and abuse. Nuanced,  
unflinching, and*

Read Book Its My  
Body A Book To  
Teach Young  
*incisive, My Body*  
Children How To  
*marks the debut of a*  
*fierce writer brimming*  
*with courage and*  
*intelligence.*

*A series of vignettes*  
*teaches children how to*  
*assertively communicate*  
*that they do not want to*  
*be touched.*

*A journalist infiltrates*  
*an elite beauty clinic to*  
*investigate a dangerous*  
*treatment soon to be*



Read Book Its My  
Body A Book To  
Teach Young  
*unleashed on the  
market--and she finds  
many things at this  
institution devoted to  
improving appearances  
are not what they  
appear to be at all.  
A guide about body  
boundaries shares  
gentle, straightforward  
advice about how to  
recognize potentially  
abusive situations while  
staying safe and asking*

Read Book Its My  
Body A Book To  
Teach Young  
*for help.*

*It's My Body and I'll*

*Cry If I Want to*

*Discover how your body*

*works with 35 fun*

*projects and*

*experiments*

*This Is My Body*

*The Practice of Somatic*

*Archaeology*

*A Guide for Occupants*

*My Body Is Special and*

*Private*

"A picture book

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Persist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention  
about different  
bodies around  
the world and  
why we each love  
our bodies"--  
This  
comprehensive,  
empowering and  
age-appropriate  
children's book  
will teach  
children about  
respect, consent  
and body

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Boundaries. It  
also explores  
safe and unsafe  
feelings, early  
warning signs, a  
safety network,  
the correct  
names for  
private parts,  
safe and unsafe  
touch, and the  
difference  
between secrets  
and surprises.

Read Book Its My  
Body A Book To  
Teach Young  
Ages 3-9  
Children How To  
Cameron Diaz To  
shares her  
formula for  
becoming  
happier,  
healthier, and  
stronger in this  
positive,  
essential guide  
grounded in  
science and  
inspired by  
personal

Read Book Its My  
Body A Book To  
Teach Young  
experience, a #1  
New York Times  
bestseller.

Throughout her  
career, Cameron  
Diaz has been a  
role model for  
millions of  
women. By her  
own candid  
admission,  
though, this  
fit, glamorous,  
but down-to-

# Read Book Its My Body A Book To Teach Young

earth star was  
not always health-  
conscious.

Learning about  
the inseparable  
link between  
nutrition and  
the body was  
just one of the  
life-changing  
lessons that has  
fed Cameron's  
hunger to  
educate herself

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention  
about the best  
ways to feed,  
move, and care  
for her body. In  
The Body Book,  
she shares what  
she has learned  
and continues to  
discover about  
nutrition,  
exercise, and  
the mind/body  
connection.  
Grounded in



Read Book Its My  
Body A Book To  
Teach Young  
science and  
Children How To  
informed by real  
life, The Body  
Book offers a  
comfortable  
comprehensive  
Teacher Childrens  
overview of the  
Safety Series And  
human body and  
Abuse Prevention  
mind, from the  
cellular level  
up. From  
demystifying and  
debunking the  
hype around food  
groups to

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
explain the  
value of  
vitamins and  
minerals,  
readers will  
discover why  
it's so  
important to  
embrace the  
instinct of  
hunger and to  
satisfy it with  
whole, nutrient-  
dense foods.

# Read Book Its My Body A Book To Teach Young

Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. The Body Book does not set goals to reach in seven days or thirty

Read Book Its My  
Body A Book To  
Teach Young

days or a year.

It offers a

holistic, long-

term approach to

making

consistent

choices and

reaching the

ultimate goal: a

long, strong,

happy, healthy

life.

There's a much

better way to

# Read Book Its My Body A Book To

learn the human  
anatomy and this  
one does not

involve many  
players. Rather,  
it's just your  
child and this  
coloring book.

Here, your child  
will be educated  
on what the  
different parts  
of the body are.  
Since it's a

Read Book Its My  
Body A Book To  
Teach Young  
hands-on  
Children How To  
learning  
technique,  
information is  
better absorbed  
and remembered.  
Is your child  
ready for self-  
paced learning?  
Test him/her  
through  
coloring!  
My Body! What I  
Say Goes!

Read Book Its My  
Body A Book To  
Teach Young  
Children How To

**My Body**

**A Novel**

**Loving Touches**

**Build Your House**

**Around My Body**

**Teacher Edition**

*What's going on  
inside our bodies?*

*How do we move,  
eat, think, and  
breathe? Children  
will love looking  
inside the human*

# Read Book Its My Body A Book To

*body to discover  
the answers with  
this incredible  
interactive book.*

*With labeled  
acetate diagrams of  
the muscular,  
skeletal,  
respiratory,  
circulatory,  
digestive,  
excretory, and  
nervous systems,*



# Read Book Its My Body A Book To

*this is a fantastic  
first look at human  
anatomy. From  
pumping blood to  
breathing air, here's  
an exciting way to  
explore all the  
amazing things our  
body can do. Look  
inside the human  
body in this board  
book with see-  
through acetate*

Read Book Its My  
Body A Book To  
Teach Young  
pages.

*Julie, who is eight or  
nine, talks about  
privacy and about  
saying "no" to  
touching that  
makes her  
uncomfortable.*

*The "What's  
Happening to My  
Body?" Book for  
Boys Written by an  
experienced*

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Crisis And  
Abuse Prevention  
educator and her  
daughter in a  
reassuring and  
down-to-earth style,  
The "What's  
Happening to My  
Body?" Book for  
Boys gives sensitive  
straight talk on: the  
body's changing  
size and shape; diet  
and exercise; the  
growth spurt; the

# Read Book Its My Body A Book To Teach Young Children How To Resist Uncomfortable Touch Children's Survival Skills And

*reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, sexually transmitted diseases, AIDS, and*

Read Book Its My  
Body A Book To  
Teach Young  
*birth control.*

*Featuring detailed  
illustrations and  
real-life stories  
throughout, plus an  
introduction for  
parents and a  
helpful resource  
section, this  
bestselling growing-  
up guide is an  
essential puberty  
education and*

Read Book Its My  
Body A Book To

*health book for all  
boys ages 10 and  
up.*

*Acclaimed book,  
now in English and  
Spanish, helps And  
adults teach  
children about  
abuse, getting help,  
and how to set  
boundaries to stay  
safe. Without being  
taught about body*

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Children  
Safety Series And  
Abuse Prevention  
boundaries, a child  
may be too young  
to 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,

Read Book Its My  
Body A Book To  
Teach Young  
teachers, and  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety  
And  
Simple language  
and colorful  
illustrations, this  
straightforward,  
gentle book guides  
young children to  
understand that



## Read Book Its My Body A Book To Teach Young Children How To Resist Uncomfortable Touch

*their private parts belong to them alone. The overriding message is that if someone touches your private parts, tell your mom, your dad, your teacher, or another safe adult. In a country where, according to estimates from the*

# Read Book Its My Body A Book To

*CDC, one in four  
girls and one in six  
boys will be  
sexually abused  
before age  
eighteen, this book  
is an essential  
abuse-prevention  
resource to help  
children feel, be,  
and stay safe. Using  
her experience  
working as a New*

Read Book Its My  
Body A Book To  
Teach Young  
York City

prosecutor of child  
abuse and sex  
crimes, Jill

Starishevsky has  
crafted a book that  
addresses body  
boundaries in a way  
that kids can  
understand and  
that doesn't seem  
scary or heavy-  
handed. Includes, in

# Read Book Its My Body A Book To

*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.*

*A Book about Body Privacy for Young Children*

*STEAM Experiments*

Read Book Its My  
Body A Book To  
Teach Young  
and Activities for  
Children How To  
Kids 8-12

Emily Ratajkowski's  
deeply honest and  
personal  
exploration of what  
it means to be a  
woman today - *THE  
NEW YORK TIMES  
BESTSELLER*

*My Body Needs  
Rest*

Page 61/140

Read Book Its My  
Body A Book To  
Teach Young  
*The Anatomy Of  
Children How To  
Coloring Book*

It is Miles' sixth  
birthday and his  
family pinches,  
noogies, hugs, picks  
up, and tickles him,  
but Miles does not  
like all the physical  
interaction and he  
gets fed up.

My Body is MY Body

## Read Book Its My Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

is a simple rhyming book for children that creates a safe space for families and communities to begin the conversation about body safety and boundaries. Children learn that they have the power to use their voices to help prevent and stop unwanted

## Read Book Its My Body A Book To

Teach Young Children How To Resist Uncomfortable Touch. Childrens Safety Series And Abuse Prevention

touching and sexual abuse. With resources included, My Body is MY Body is an informative and helpful tool for everyone.

A real pediatrician and the author of the bestselling Care & Keeping of You series provides tips, how-



# Read Book Its My Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

tos, and facts about  
boys' changing  
bodies that will help  
them take care of  
themselves. Full  
color.

Discusses the changes  
that take place in a  
boy's body during  
puberty, including  
information on the  
body's changing size

# Read Book Its My Body A Book To

and shape, the  
growth spurt,  
reproductive organs,  
pubic hair, beards,  
pimples, voice  
changes, wet dreams,  
and puberty in girls.

The Ultimate Puberty  
Book for Girls

What's Happening to  
My Body? Book for  
Boys

Read Book Its My  
Body A Book To

How Does My Body  
Work? Human Body  
Book for Kids

Miles Is the Boss of  
His Body

The Body

My Body Is Private

NEW YORK TIMES

BESTSELLER • Bill

Bryson, bestselling

author of A Short

History of Nearly

Everything, takes us

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Universal  
Touch Childrens  
Safety Series And  
Abuse Prevention

on a head-to-toe tour  
of the marvel that is  
the human  
body—with a new  
afterword for this  
edition. Bill Bryson  
once again proves  
himself to be an  
incomparable  
companion as he  
guides us through the  
human body—how it  
functions, its  
remarkable ability to

# Read Book Its My Body A Book To

Teach Young  
Children How To  
Resist Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

heal itself, and  
(unfortunately) the  
ways it can fail. Full of  
extraordinary facts  
(your body made a  
million red blood cells  
since you started  
reading this) and  
irresistible

Brysonesque  
anecdotes, The Body  
will lead you to a  
deeper understanding  
of the miracle that is

# Read Book Its My Body A Book To

Teach Young  
Children How To  
live in general and you  
in particular. As Bill

Bryson writes, “ We  
pass our existence

within this wobble of  
flesh and yet take it

almost entirely for  
granted. ” The Body

will cure that

indifference with

generous doses of

wondrous,

compulsively readable

facts and information.

# Read Book Its My Body A Book To Teach Young

As addictive as it is comprehensive, this is Bryson at his very best, a must-read owner ' s manual for every body.

My body can do many things. I can hear, touch, feel, smell and see. Let ' s explore these 5 senses together.

This Activity Book reinforces the

# Read Book Its My Body A Book To

Teach Young  
Children How To  
Resist  
Touch Childrens  
Safety Series And  
Abuse Prevention

following crucial Body  
Safety skills taught in  
the 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 surprises,  
and body boundaries.

Ages 3-9

*Page 72/140*



# Read Book Its My Body A Book To Teach Young

Your body is amazing!  
It can move, grow and  
heal as well as help  
you think, read and  
talk. Look after your  
brilliant body, from  
eating well to  
exercising and  
keeping clean.

Respect your body  
and make sure others  
respect it too. If you  
don't want a hug or a  
kiss from friends or

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Touch Childrens  
Safety Series And  
Abuse Prevention  
family, it's okay to say  
no. Your body  
belongs to you! Take  
care of your body and  
it will take care of you.  
Revised Edition  
My Body! What I Say  
Goes! Activity Book  
Embracing the  
Messiness of Faith  
and Motherhood  
What's Happening to  
My Body? Book for  
Girls

Read Book Its My  
Body A Book To  
Teach Young  
Celebrate Your Body  
(and Its Changes,  
Too!)

It's MY Body  
***New readers can  
discover how  
their body works,  
inside and out.***

***Clear, concise  
text presents key  
body parts and  
how they relate to  
the whole body,***

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Travel Children  
Safe Sex and  
Aids Prevention  
while relating to  
readers'  
experience, such  
as feeling their  
heartbeat on the  
outside. Colorful  
photos and  
diagrams  
enhance  
understanding.  
Within each body  
is an  
archaeological

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Children  
Safety, Consent And  
Abuse Prevention

**site that holds  
the details and  
wisdom of our  
extraordinary life  
story, composed  
of generational,  
spiritual, and  
personal  
experiences.  
Historical  
amnesia locks  
these stories in  
the body,**

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Tough Childrens  
Series And  
A Circumstances.

***Somatically  
excavating your  
personal legend  
unearths  
memories of the  
past that can be***

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety, Survival and  
Abuse Prevention

***reconciled and  
healed in order to  
create a new  
myth-for your  
body and for your  
Earth."My Body,  
My Earth  
provides a  
detailed and  
eloquent  
rationale and  
description for  
how this***

Read Book Its My  
Body A Book To

*remarkable  
technique works,  
both as a  
therapeutic  
model and a self-  
help manual. It is  
a major  
contribution to  
the burgeoning  
literature in the  
field of somatic p  
sychology."* -Rober  
t Scaer, M.D.,



Read Book Its My  
Body A Book To  
Teach Young  
**author, The Body  
Children How To  
Bears the  
Burden: Trauma,  
Dissociation and  
Disease, and The  
Trauma Series And  
Spectrum:  
Hidden Wounds  
and Human  
Resiliency"**A  
**remarkable  
incursion into  
one of the**

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Children  
Safe Bodies Mad  
The Prevention  
impressive and  
extremely helpful  
guide to  
reuniting the  
conscious and  
unconscious

Read Book Its My  
Body A Book To

**aspects of the  
mind."-Richard  
Smoley, author of  
Conscious Love  
and Inner  
Christianity**

**The crucial skills  
taught in this  
book will help  
children to  
protect their  
bodies from  
inappropriate**

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Persist  
Uncomfortable  
Touch Children  
Safety Children And  
Early Prevention

***touch. Through  
age-appropriate  
illustrations and  
engaging text  
this book will  
teach children  
the following  
crucial and  
empowering  
skills in personal  
body safety: -  
recognizing early  
warning signs -***

Read Book Its My  
Body A Book To

**using the correct  
names for private  
parts-**

**understanding**

**the difference**

**between safe and**

**unsafe touch -**

**how to treat**

**strangers-**

**respecting body**

**boundaries.**

**Approximately**

**20% of girls and**

Read Book Its My  
Body A Book To

**8% of boys will  
experience sexual  
abuse before  
their 18th  
birthday (Pereda,  
et al, 2009).**

**Parents, prevention  
caregivers, and  
educators have a  
duty of care to  
protect children  
by teaching them  
Body Safety**

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety  
Abuse Prevention  
And  
growing up as  
assertive and  
confident  
teenagers and  
adults.

**Written from a**

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Crisis And  
Abuse Prevention  
provides an easy-  
to-use system to  
help children  
rehearse and  
remember  
appropriate



**responses to keep  
them safe, and  
includes coverage  
of where to go for  
help and how to  
deal with shame  
and guilt.**

**My Great Body  
A Book to Teach  
Young Children  
How to Resist  
Uncomfortable  
Touch**

Read Book Its My  
Body A Book To

***My Body, My  
Earth***

***The Body Book  
for Boys***

***Hello, World! My  
Body***

***A Growing Up  
Guide for Parents  
and Sons***

How does your body  
work? This fun  
human anatomy

# Read Book Its My Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

book helps kids 8-12  
answer that question  
through awesome,  
hands-on  
STEAM/STEM  
experiments and  
activities.

Entertaining and  
interactive, The  
Human Body Book  
for Kids shows  
curious kids how

# Read Book Its My Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

their body systems  
help them move,  
breathe, fight  
infections, and keep  
them alive! Filled  
with fascinating  
information about  
human anatomy, this  
exciting science  
book features: •  
More than 40  
STEAM

# Read Book Its My Body A Book To

experiments and  
activities that help  
kids learn about their  
amazing bodies. •

Full-color  
illustrations and  
photographs that  
highlight the cells,  
tissues, organs and  
body systems as well  
as explain the steps  
and outcomes of the

# Read Book Its My Body A Book To

experiments. • A  
Children How To  
doctor author, an  
Resist  
MD who works with  
Uncomfortable  
both children and  
Touch Childrens  
adults and is an  
Safety Series And  
expert on the human  
Abuse Prevention  
body inside and out.

- Weird and  
wonderful facts  
about the human  
body: Did you know  
that you're about 1

# Read Book Its My Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

cm taller in the  
morning than the  
evening? That a  
baby is born with  
300 bones but has  
only 206 by the time  
they're an adult?

That some children  
are born with an  
extra set of ribs  
surrounding the  
lungs called “gorilla

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

ribs”? • Learning  
and fun together:

Kids will create  
models, eat  
experiments, and  
show off their  
STEAM skills to  
family and friends.

Endorsed by the co-  
founder of Apple’s  
Siri, this educational  
book is a great



Read Book Its My  
Body A Book To  
Teach Young

resource for  
answering kids'  
questions about how  
their bodies work.

A body-positive  
guide to help girls  
ages 8 to 12 navigate  
the changes of  
puberty Puberty can  
be a difficult time  
for a young girl?and  
it's natural not to

# Read Book Its My Body A Book To

know who (or what)  
to ask. Celebrate

Your Body is a  
reassuring entry into  
puberty books for  
girls that encourages  
girls to face puberty  
with excitement and  
empowerment. From  
period care to  
mysterious hair in  
new places, this age-

# Read Book Its My Body A Book To

Teach Young  
appropriate sex  
Children How To  
education book has  
Resist  
the answers you're  
Uncomfortable  
looking for?in a way  
Touch Childrens  
you can relate to.

Safety Series And  
Abuse Prevention  
Covering everything  
from bras to braces,  
this body-positive  
top choice in books  
about puberty for  
girls offers friendly  
guidance and

Read Book Its My  
Body A Book To  
Teach Young

support when you  
Children How To  
need it most. In  
Resist  
addition to tips on  
Uncomfortable  
managing intense  
Touch Childrens  
feelings, making  
Safety Series And  
friends, and more,  
Abuse Prevention  
you'll get advice on  
what to eat and how  
to exercise so your  
body is healthy,  
happy, and ready for  
the changes ahead.

Read Book Its My  
Body A Book To  
Teach Young  
Puberty

Children How To  
explained? Discover  
Resist  
what happens, when  
Uncomfortable  
it happens, and why  
Touch Childrens  
your body (and  
Safety Series And  
mind) is amazing in  
Abuse Prevention  
every way. Social  
skills? Learn how to  
stand up to peer  
pressure, stay safe  
on social media, and  
keep the right kind

# Read Book Its My Body A Book To

of friends. Self-care  
tips? Choose the  
right foods,  
exercises, and sleep  
schedule to keep  
your changing body  
at its best with

advice you won't  
find in other puberty  
books for girls. This  
inclusive option in  
puberty books for

Read Book Its My  
Body A Book To  
Teach Young

girls is the ultimate  
Children How To  
guide to facing  
Resist  
puberty with  
Uncomfortable  
confidence.

Touch Childrens  
The "What's  
Safety Series And  
Happening to My  
Abuse Prevention  
Body?" Book for  
Girls Written by  
experienced  
educator and her  
daughter in a  
reassuring and down-

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

to-earth style, The  
"What's Happening  
to My Body?" Book  
for Girls gives  
sensitive straight talk  
on: the body's  
changing size and  
shape; the growth  
spurt; breast  
development; the  
reproductive organs;  
the menstrual cycle;



# Read Book Its My Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch, Childrens  
Safety Series And  
Abuse Prevention

body hair; diet and  
exercise; romantic  
and sexual feelings;  
and puberty in the  
opposite sex. It also  
includes information  
on anorexia and  
bulimia, sexually  
transmitted diseases,  
AIDS, and birth  
control. Featuring  
detailed illustrations

# Read Book Its My Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

and real-life stories  
throughout, plus an  
introduction for  
parents and a helpful  
resource section, this  
bestselling growing-  
up is an essential  
puberty education  
and health book for  
all girls ages 10 and  
up.

Kneeling at the

Read Book Its My  
Body A Book To  
Teach Young

Children How To  
Resist

Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

Communion rail,  
Hannah Shanks  
trembled as she  
received the bread  
and cup. Hours  
before, she had  
discovered she was  
pregnant. She heard  
the familiar  
words—"The body of  
Christ, broken for  
you; The blood of

Read Book Its My  
Body A Book To  
Teach Young

Christ, shed for you"  
Children How To  
as if for the first  
Resist  
time. She  
Uncomfortable  
remembered Jesus'  
Touch Childrens  
words: "This is my  
Safety Series And  
body." Shanks  
Abuse Prevention  
realized that these  
words not only  
describe Jesus' death  
but also apply to  
every birth that has  
taken place.

Read Book Its My  
Body A Book To  
Teach Young

Suddenly, she felt a  
closer connection to

God. This Is My

Body is organized  
around the

framework of

Communion, a

central act of the

Christian faith. Part

personal narrative

and part reflection

on scripture from a

# Read Book Its My Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

woman's point of  
view, this book is  
about finding a new  
relationship to the  
acts of Christian  
community through  
the experiences of a  
woman's body,  
including pregnancy  
and childbirth.

Though the book  
centers on women's

# Read Book Its My Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

experiences, it offers  
an opportunity for  
women and men to  
consider how they  
too might be freed in  
the gospel  
proclamation, "This  
is my body; This is  
my blood." The  
author approaches  
motherhood with an  
understanding of its

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

sacred nature and its  
profound ability to  
change her identity.  
She battles church  
stereotypes attached  
to mothering and  
emerges with a  
deeper  
understanding of  
herself and her  
relationship to the  
Holy.



Read Book Its My  
Body A Book To

My First Book of  
Children How To  
My Body

The Law of Hunger,  
Uncomfortable  
the Science of

Strength, and Other  
Touch Childrens  
Safety Series And  
Ways to Love Your  
Abuse Prevention  
Amazing Body

My Body And Its  
Parts

I Love My Body  
Because

The What's

Read Book Its My  
Body A Book To

Happening to My  
Body? Book for  
Boys

A Book to Teach  
Children about Body  
Ownership,  
Strangers, Private  
Parts, Choices and  
Consent

**Learn from home  
and explore the  
world with these**

Read Book Its My  
Body A Book To

**fun and easy  
board books!**

**Young children  
are fascinated by  
their eyes, ears,  
nose, fingers,  
and toes. Here's  
a Hello, World!  
board book that  
teaches toddlers  
all about the  
human body, with**

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

**shapes, sizes,  
colors, and super-  
simple facts.**

**Hello, World! is a  
series designed  
to introduce first  
nonfiction**

**concepts to  
babies and  
toddlers. Told in  
clear and easy  
terms and**

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Hello, World!  
Touch Childrens  
Safety Series And  
Abuse Prevention  
featuring bright,  
cheerful  
illustrations,  
Hello, World!  
makes learning  
fun for young  
children. And  
each sturdy page  
offers helpful  
prompts for  
engaging with  
your child. ("How

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

**many fingers can  
you count on  
each hand?") It's  
a perfect way to  
bring science and  
nature into the  
busy world of a  
toddler, where  
learning never  
stops. Look for  
all the books in  
the Hello, World!**

Read Book Its My  
Body A Book To  
Teach Young

- series: •Solar**
- System •Weather**
- Backyard Bugs**
- Birds**
- Dinosaurs •My**
- Body •How Do**
- Apples Grow?**
- Ocean Life**
- Moon Landing**
- Pets •Arctic**
- Animals**
- Construction**

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

**Site • Rainforest  
Animals • Planet  
Earth • Reptiles  
• Cars and Trucks  
• Music • Baby  
Animals • On the  
Farm**

**Designed to help  
adults talk with  
toddlers and  
preschoolers  
about sexual**



Read Book Its My  
Body A Book To

**abuse in a way  
that reduces  
embarrassment  
and fear and  
emphasizes self-  
reliance and open  
communication,  
It's MY Body  
does not contain  
specific  
references and  
stories about**

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

**sexual abuse, a  
nod to the tender  
age of its target  
audience. It does,  
however,  
emphasize how  
children's  
feelings can help  
them make  
decisions about  
sharing their  
bodies, and how**

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

**to communicate  
those decisions  
to others. The  
book introduces  
two “touching  
codes,” which  
children can use  
to protect  
themselves when  
they are  
uncomfortable.  
Describes**

Read Book Its My  
Body A Book To  
Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

**various types of  
loving or positive  
touches,  
including hugs,  
kisses, and  
sitting on laps,  
and how to ask  
for and enjoy  
them.**

**35 step-by-step  
activities to  
inform children**

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Children's  
Safety Series And  
Abuse Prevention

**about the  
workings of the  
human body.**

**This fascinating  
and informative  
book offers  
children an**

**amazing insight  
into how their  
body works.**

**Susan Akass and  
Frances Butcher**

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

**make learning  
fun with 35  
engaging  
experiments that  
give a thorough  
understanding of  
body systems  
and anatomy. In  
Chapter 1, The  
Senses, activities  
include finding  
your blind spot,**

Read Book Its My  
Body A Book To

getting dizzy, and  
making snot! In

Chapter 2, The  
Control Center,  
children get to  
test their reflexes  
and memories,

and trick their  
brain with optical  
illusions. In

Chapter 3, Your  
Skeleton and

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist

Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

**Muscles, they  
can investigate  
their muscles,  
joints, and  
ligaments.**

**Chapter 4,  
Fueling the  
Machine,  
explains why  
teeth are  
vulnerable to a  
bad diet and**



Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

**includes how to  
make a digestive  
system, including  
the poop! In  
Chapter 5, All  
Systems Go,  
there's fantastic  
fake blood, pulse-  
testing, and how  
to make a simple  
stethoscope. As  
well as exciting**

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention

**experiments,  
children will be  
informed by the  
anatomical  
artworks, mind-  
boggling facts,  
and invaluable**

**health  
information  
throughout.  
A Book about  
Body Privacy**

Read Book Its My  
Body A Book To

Teach Young  
Children How To  
Resist  
Uncomfortable  
Private

My Body Belongs  
to Me / Mi cuerpo  
me pertenece

The Body Book  
I Can Take Care  
of My Body

A Book about  
Body Safety

Read Book Its My  
Body A Book To  
Teach Young  
Little Critter

discusses all his  
body parts and  
what he uses them  
for.

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

## Read Book Its My Body A Book To

*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*

Read Book Its My  
Body A Book To  
Teach Young

*you don't want to  
be touched? Or, if  
it has already  
happened, how do  
you tell an adult  
you trust about  
what happened?  
You're only a child,  
and they're the  
adults. Why would  
they believe you?  
My Body Belongs to  
Me from My Head  
to My Toes is an*

## Read Book Its My Body A Book To

*educational tool to help instill*

*confidence in children when it comes to their*

*bodies. The narrative of the story is led by a girl named Clara, who encourages kids to say "no" if they are uncomfotable with physical contact.*

*The narrator gives*

# Read Book Its My Body A Book To

*Teach Young  
Children How To  
Resist  
Unwanted physical  
contact, or how to  
tell the right people  
in the event it has  
already occurred.*

*My Body Belongs to  
Me from My Head  
to My Toes is an  
invaluable resource  
that gives children  
a voice in*



## Read Book Its My Body A Book To

*uncomfortable situations. "Written with a clear, specific text, and illustrated with full-page, colorful paintings, it gives children the "good touch, bad touch" message in a safe and comforting manner. The beginning contains a message for*

Read Book Its My  
Body A Book To  
Teach Young  
adults from the  
Children How To  
Center for Assault  
Prevention,  
recommending the  
book as a teaching  
tool for self-  
awareness and  
empowerment.  
Resources for  
adults are listed at  
the end of the  
book. An effective  
instrument for

Read Book Its My  
Body A Book To

*general nonfiction  
or picture-book*

*shelves.” —School*

*Library Journal*

*My Body Is a Book  
of Rules*

*I Said No!*

*My Body My Choice*

*Because It's My*

*Body!*

*A book about body*

*safety / Un libro*

*sobre el cuidado*

*contra el abuso*

Read Book Its My  
Body A Book To  
Teach Young  
*sexual*  
Children How To  
Resist  
Uncomfortable  
Touch Childrens  
Safety Series And  
Abuse Prevention