



BOOKS FOR CHILDREN & TEENS

About Sexual Development and Sexual Abuse Prevention

Children develop sexually, just as they develop physically, emotionally and socially. Even young children have sexual feelings and curiosity. Parents and caregivers are their primary teachers. But sometimes it is hard to know how to explain things. Books can be a great way for children to learn about sexual development and sexual abuse prevention. Reading books together can help you answer their questions, and show that you are open to talking. Books can also be a good guide for parents to know how to talk about these subjects with children at different levels. Here is a list of titles for you to consider.

Librarians can also recommend good books. As with any form of media, parents and caregivers can preview and decide which books are best.

FOR YOUNG CHILDREN

1. **I Can Play It Safe** by Alison Feigh (2008).

This book teaches 7 rules for personal safety. With a playful story and illustrations, children learn rules such as: Check with a caregiver for permission to go anywhere with anyone. Listen to your gut feelings. Private body parts are private. Make connections with healthy adults in and out of the family.

2. **My Body! What I Say Goes!** by Janeen Sanders (2016).

An empowering book on personal safety. Themes include feelings, safe vs. unsafe, your safety network, private parts, and secrets vs. surprises.

3. **What Makes A Baby** by Cory Silverberg (2013).

This book answers the common question: "Where Do Babies Come From?" Without a lot of detail, it follows the exciting journey of egg and sperm. With engaging illustrations, it is inclusive of all the ways that families are created.

4. **It's Not the Stork: A Book About Girls, Boys, Babies, Bodies, Families and Friends** by Robie Harris and Michael Emberly (2006).

A comprehensive picture book on various sexual health topics. Publisher's age recommendation: 4 and up.

5. **Your Body Belongs To You** by Teri Weidner and Cornelia Maude Spelman (1997).

This preschool classic explains that children can say no to a friendly hug, kiss or touch - even from someone they love - and still be friends. This is a useful introduction to the topic of different types of touches. It reminds children that their feelings count.

6. **Bodies Are Cool** by Tyler Feder (2021).

This book is inclusive, body positive, and features various skin tones, body shapes, hair types, abilities, and more. *Bodies Are Cool* helps young children learn that all bodies and all people are worthy of respect and love.

7. **Don't Touch My Hair** by Sharee Miller (2018).

This picture book features a young girl who is tired of people touching her hair. This book teaches young children the importance of asking for permission first.

FOR SCHOOL-AGE CHILDREN

1. **Sex is a Funny Word: A Book about Bodies, Feelings, and YOU** by Cory Silverberg (2015).

This comic book can help caregivers and children open up important conversations, about values and beliefs and topics such as joy and safety. It is inclusive of children and families of all makeups, orientations, and gender identities. Publisher's age recommendation: 8 and up.

2. **You-ology: A Puberty Guide for EVERY Body** by Melisa Holmes, Trish Hutchison and Kathryn Lowe (2022).

This book is from a trusted source: the American Academy of Pediatrics. It explains puberty in a way that is inclusive and honest. Children learn all about their bodies, no shame or secrecy. The tone is upbeat and the illustrations are fun.

3. **Consent (For Kids!): Boundaries, Respect, and Being in Charge of YOU** by Rachel Brian (2020).

This is a perfect complement to Consent for Kids, a viral video that explains consent in way that is easy to understand. The book has more details about bodily autonomy, giving and getting consent, tickling, and other common scenarios for kids.

4. **Celebrate Your Body (and Its Changes Too!)** by Sonya Renee Taylor (2018).

This ultimate guide for 8-12 year old girls offers guidance and support on all things puberty. The messages are empowering and relatable. Covers body changes, social and emotional skills, and self-care tips.

5. **It's So Amazing: A Book About Eggs, Sperm, Birth, Babies and Families** by Robie Harris and Michael Emberly (2004).

A comprehensive book on various sexual health topics. Publisher's age recommendation: 7 and up.

FOR ADOLESCENTS

1. **Wait, What? A Comic Book Guide to Relationships, Bodies, and Growing Up** by Heather Corinna & Isabella Rotman (2019).

Published for kids ages 9-14, this book centers around a group of friends as they talk about bodies, sexual and gender identities, gender roles and stereotypes, crushes, relationships and sexual feelings, boundaries and consent, and cultural messages around bodies and sex.

2. **Can We Talk About Consent?** by Justin Hancock & Fuchsia MacAree (2021)

Published for readers 14 and up, this book breaks down the basics of how to give and get consent in everyday situations. This book discusses communicating and respecting choices in sexual relationships, the factors that can affect a person's ability to consent, and how to understand our own boundaries.

3. **Let's Talk About It** by Erika Moen & Matthew Nolan (2021).

Intended for older teens and young adults, this graphic novel features topics such as relationships, friendships, gender, sexuality, anatomy, body image, safe sex, sexting, jealousy, rejection, sex education, and more. Readers should be aware this book includes depictions of nude bodies, strong language, and mature themes.

ONLINE RESOURCES

Amaze

A large collection of kid-friendly videos on different sexual health topics.

www.amaze.org and www.amazejr.org

Safe and Secure Kids

Free resources and activities for adults to talk about sexual abuse prevention with children.

www.safesecurekids.org