

Using Books as a Teaching Tool

Introducing and Reinforcing Touching Safety with Books

Reading together is a great way to introduce touching safety. Below is a list of books we recommend. While reading a book with your child will not give them the skills they need to keep them safe, it will provide an avenue to talk about touching and body boundaries. Books can help guide conversation and provide examples and illustrations that most parents will find useful.

We strongly advocate previewing books carefully. Some content may be in too detailed for young children. Your style of parenting will influence the books you choose.

Amazing You! Getting Smart About Your Private Parts

Dr. Gail Saltz, Lynne Cravath

Dutton Children's Books / 2005

It's My Body

Lory Freeman

Parenting Press / 1984

The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse

Sandy Kleven, Jody Lynn Bergsma

Illumination Arts Publishing Company, Inc. / March 1998

The Swimsuit Lesson

Jon Holsten, Scott Freeman

Holsten Books / 2005

A Very Touching Book…for Little People and for Big People*

Jan Hindman

Alexandria Associates / July 1983

*Very informative and light-hearted, also very detailed and graphic. Please preview.

Your Body Belongs to You

Cornelia Spelman

Albert Whitman Co. / 2000

My Body Is Private**

Linda Walvoord Girard, Rodney Pate

Albert Whitman Co. / 1992

**This book is geared toward older children; K-3.

Here are a couple of examples of children’s books about the human body that can facilitate conversation about private body parts. These books are also excellent for emphasizing that each child is unique and special.

Eye Wonder Human Body

Caroline Bingham

DK Publishing, Inc / 2003

Outside-in: A Lift the Flap Body Book

Clare Smallman, Edwina Riddell

Barron’s Educational Series, Inc. / 1986