

Recommended Reading

- > Age appropriate reading for 4-12 year olds — parental guidance is recommended for all materials.
- > Search for titles on YouTube for readings so you can preview the book or watch with your child (most but not all are available), and look for author websites with more resources.
- > Play the “What If” game: Pause during your reading and ask what your child might say or do in this situation. What if they were the person in trouble? What if they were seeing it happen to someone else?



Personal Body Safety

My Body Belongs to Me from My Head to My Toes Created by proFamilia... ages 4-8
 Bonus: link to [CAP's K-2 activity sheet](#)

I Said No! A kid-to-kid guide to keeping private parts private by Zack & Kimberly King... ages 5-11 * Best non-fiction title we've found for 4-5th graders

Some Secrets Should Never Be Kept By Jayneen Sanders... ages 3-11

Not in Room 204 by Shannon Riggs... ages 4-8

Let's Talk about Body Boundaries or ***No Means No!*** & others by Jayneen Sanders...ages 2-11

An Exceptional Children's Guide to Touch by Hunter Manasco... ages 3-8 (for children with special needs)

My Body is Private by Linda Walvoord Girard & Rodney Pate...ages 4-11 *Better than most for 4-5th graders

The Summer of Owen Todd by Tony Abbott... ages 10-14 *Recommended for 5th+ graders

Bonus:

- [My Body Belongs to Me](#) YouTube Video
- [My Body Safety Rules](#) Video
- [The Doctor Words](#) excerpted from *I Said No!*
- [Teacher Notes](#) for *Some Secrets Should Never Be Kept*

For Parents

Sex positive talks to have with kids : a guide to raising sexually healthy, informed, empowered young people by Melissa Pintor Carnagey

The Sex-Wise Parent or ***The Parent's Guide to Talking About Sex*** by Janet Rosenzweig

Out of Harm's Way by Sandy Wurtele

CAP, the Child Assault Prevention program, is an international program sponsored locally by Family ACCESS. CAP empowers elementary students to protect themselves from bullying, stranger danger, and sexual assault by people they know.

For more information, contact Kim Freedman at kfreedman@familyaccess.org

Cybersafety

Webster's Friend By Hannah Whaley...ages 4-8

Troll Stinks by Jeanne Willis and Tony Ross ...ages 5-10

The Technology Tail by Julia Cook ...ages 6-11

On The Internet: Our First Talk About Online Safety by Dr. Jillian Roberts ...ages 6-11

Words Wound: Delete Cyberbullying by Justin W. Patchin and Sameer Hinduja ...ages 13-18

Bonus:

- [Safe Side: Internet Safety](#): Video... ages 4-11

Bullying

Juice Box Bully by Bob Sornson...ages 5-12

My Secret Bully or *Just Kidding* by Trudy Ludwig...ages 6-11

Weird! Dare! and *Tough!* by Erin Frankel...ages 7-11

Stand Up for Yourself & Your Friends by American Girl...ages 8-11

Words Wound: Delete Cyberbullying by Justin W. Patchin and Sameer Hinduja ...ages 13-18

For Parents

Masterminds & Wingmen or *Queen Bees and Wannabes* by Rosalind Wiseman (parenting adolescents)

Stranger Safety

I Won't Go with Strangers by Dagmar Geisler... Ages 3-8

The Berenstain Bears Learn About Strangers by Stan Berenstain... ages 4-8

Ashley Learns about Strangers by Sarah Duchess of York... ages 5-7

Not Everyone Is Nice: Helping Children Learn Caution With Strangers by Frederick Alimonti and Ann Tedesco ...ages 4-8

Most People By Michael Leannah... ages 4-8

Stranger safety by Lisa M. Herrington... ages 5-8

Bonus:

- [Safe Side: Stranger Safety](#): Video... ages 4-11