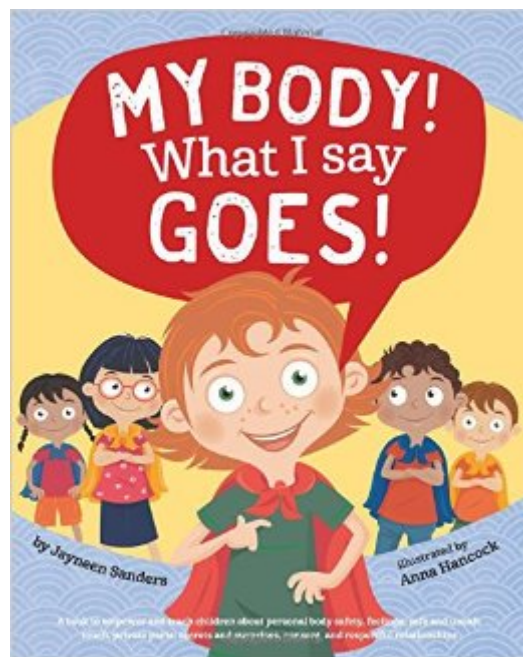


The book was found

# My Body! What I Say Goes!: Teach Children Body Safety, Safe/Unsafe Touch, Private Parts, Secrets/Surprises, Consent, Respect



## Synopsis

The crucial skills taught in this book will help children to protect their bodies from inappropriate touch. Children will be empowered to say in a strong and clear voice, "This is my body! What I say goes!" Through age-appropriate illustrations and engaging text this book, written by the author of 'No Means No!' and 'Some Secrets Should Never Be Kept', will teach children the following crucial and empowering skills in personal body safety: - identifying safe and unsafe feelings - recognizing early warning signs - developing a safety network - using the correct names for private parts - understanding the difference safe and unsafe touch - understanding the difference between secrets and surprises - respecting body boundaries. Approximately 20% of girls, and 8% of boys will experience sexual abuse before their 18th birthday (Pereda, et al, 2009). Parents, caregivers, and educators have a duty of care to protect children by teaching them Body Safety skills. These skills empower children, and go a long way in keeping them safe from abuse - ensuring they grow up as assertive and confident teenagers and adults. Also included in this book are in-depth Discussion Questions to further enhance the learning and to initiate important family conversations around body autonomy.

## Book Information

Paperback: 42 pages

Publisher: Educate2empower Publishing; Int English2016 ed. edition (July 1, 2016)

Language: English

ISBN-10: 1925089266

ISBN-13: 978-1925089264

Product Dimensions: 8 x 0.1 x 10 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #592,652 in Books (See Top 100 in Books) #71 in [Books > Children's Books > Growing Up & Facts of Life > Health > Safety](#)

Age Range: 3 - 9 years

Grade Level: Kindergarten - 4

## Customer Reviews

As a parent, I am very grateful to Jayneen Sanders for creating such a necessary and helpful resource for teaching young children about body safety and autonomy. My Body! What I Say GOES! is a must-have for every family bookshelf. It discusses a range of topics from feelings, to body

safety, to surprises versus secrets, safety networks, correct anatomical names for private parts, and more. It uses child-friendly language and is taught in a conversational manner by the narrator/main character - a young girl named Izzy. This book isn't a story book but it is written in a manner that makes it suitable for reading time. The book also includes several suggested discussions in the back which can help guide you in having a teaching moment with your child. The artwork by Anna Hancock is friendly and inviting. I cannot recommend this book highly enough!

Such a great book and addition to a wonderful collection of Child Protection and Body Safety books. My son loves these books, and as an early reader really enjoys the gorgeous illustrations that fuel his imagination and connection with the text. This book covers everything that should be in a child's toolkit for life - early warning signs, secrets vs surprises, body bubbles, safety networks, unsafe pictures, bodily autonomy, safe and unsafe feelings, as well as tips on greeting relatives in ways other than hugging and kissing. Yes, there are plenty of quality books on the market on this subject, but this is an absolute stand out with my son and other children I've shared it so far. These books tackle the tough topics while kids feel happy, engaged and empowered through it all.

As a teacher and managing director of an organisation that is passionate about teaching protective behaviours/body safety education to children, I can see 'MY BODY! What I say GOES!' as being the one 'go to' book for all parents of young children. I'm already recommending it to everyone I meet. This book covers all aspects of personal safety and abuse prevention in a non-threatening and fun manner, with appealing illustrations and clear, simple text. If you haven't started empowering your children yet, buy this book and start today.

Wonderful resource!

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