



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

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, No Means No!, My Body! What I say goes!, & 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)

What does it mean to be safe! by Rana DiOrio... ages 5-8 A thoughtful discussion for readers of all ages about drawing healthy boundaries and making safe choices.

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

When You Know What I Know by Sonja K. Solter *Recommended for 3-7th 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*
- [The Kid Trapper](#) A Special Reading from Dr. Holladay for Counselors & Students YouTube Video

For Parents/Guardians

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 Needham Community Council. CAP empowers elementary students to protect themselves from bullying, stranger danger, and sexual assault by people they know.

For more information, contact Cathy Wong at cwong@needhamcouncil.org or cap@needhamcouncil.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

I Am A Good Digital Citizen (this is a series) by Rachael Morlock ...2nd + graders

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

Bonus:

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

For Parents/Guardians

Who Should See What You're Doing Online by Emma Jones

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

You, Me And Empathy by Jayneen Sanders...ages 8+

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/Guardians

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