

## Building Boundaries: Called to Protect for Young Children

### Recommended Reading for You and Your Child

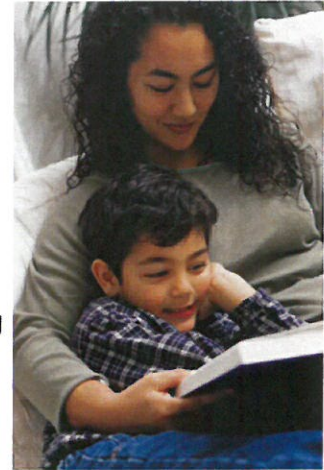
The following books may help to facilitate discussions with your child about sensitive topics.

If Only I had a Green Nose, by Max Lucado

*Theme:* Self-esteem, self acceptance, peer pressure, bullying

*Age range:* K-8<sup>th</sup>

*Summary:* Punchinello is a Wemmick who falls into the trap of peer pressure. Once he stops visiting his maker, he becomes desperate to get a green nose like everyone else. The popular green nose then changed to red, then blue, and so on. Punchinello becomes tired of trying to fit in and becomes sad. His friend, Lucia, lets him know that his maker asks about him everyday. He decides to go back to see his master, Eli, and he helps Punchinello be the Wemmick that he made him to be.



Franklin Fibs, by Paulette Bourgeois and Brenda Clark

*Theme:* The damage a lie can cause and self-image

*Age range:* 3<sup>rd</sup> -5<sup>th</sup>

*Summary:* Franklin lies to his friends because they can do cool things. He cannot think of anything that he could do that his friends cannot, so he made up a story that he could "eat 76 flies in the blink of an eye." Through the course of the book, Franklin realizes that lying to his friends was not very smart and that it only causes more problems. He learns to appreciate his own capabilities more and to avoid lying to make himself seem like something he is not.

A Safe Place to Live, by Michelle Harrison

*Theme:* Domestic violence

*Age range:* K-2<sup>nd</sup>

*Summary:* This book was written to help professionals and parents open up communication lines with children who have experienced or witnessed domestic violence. It is told from a little girl's perspective. This book may be helpful for young children who may or may not know how to describe events.

Impatient Pamela Calls 9-1-1, by Mary Koski

*Theme:* Calling for help, patience, and knowing important information

*Age range:* 1<sup>st</sup> -4<sup>th</sup>

*Summary:* This book teaches a very important lesson about when to call 911 for help. It also stresses the importance of learning pertinent information such as your home address. Throughout, the book stresses the importance of being patient and waiting to call 911 until there is truly an emergency.



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### Little Monkey's One Safe Place, by Richard Edwards

*Theme:* A safe place for children

*Age range:* K-3<sup>rd</sup>

*Summary:* Little monkey searches through the jungle for the one place where he can be safe. He found his one safe place in his mother's arms. This book can help you talk with children about safety, whether it is in the arms of a parent or in the arms of someone else. This book helps adults work with kids on helping them locate a place where someone makes them feel secure and loved.



### Something Happened and I'm Scared to Tell, by Patricia Kehoe

*Theme:* Sexual Abuse

*Age range:* 1<sup>st</sup>- 4<sup>th</sup>

*Summary:* This book takes an honest approach to the subject and, more importantly, emphasizes that the blame for sexual abuse belongs to the perpetrator not the victim. Many victims have been groomed to believe the opposite and need this message. This book is a good resource for school counselors and for parents.

### My Body is Private, by Linda Girard

*Theme:* Appropriate touching

*Age range:* 1<sup>st</sup>- 5<sup>th</sup>

*Summary:* A mother-child conversation introduces the topic of sexual abuse and ways to keep one's body private. The book respects readers' intelligence by using the proper terminology for genitalia and the generic term "bottom" to mean the buttocks. This book is a good teaching tool for discussion of a serious topic. It is one that all ages would find beneficial. Gray areas such as tickling are explored. Tickling can be fun, but it can also go too far where the one being tickled is not enjoying it. That is another example of when to demand that a certain "touch" or tactile activity be stopped. The children are well within their rights to do so at any time. Hugs and kisses are described as generally being welcome and acceptable, but children should not be forced to kiss or endure being kissed by someone who makes them feel uncomfortable.

### The Trouble with Secrets, by Karen Johnson

*Theme:* Secrets/ Follow up to discussing good touch/bad touch

*Age range:* 1<sup>st</sup>- 4<sup>th</sup>

*Summary:* This book uses concrete examples to help children learn how to decide which secrets should be kept and which should be told. This is an appropriate book to read with young children, who need to understand the difference between a good secret and a toxic secret. It helps children realize they are not alone, and that not all secrets are fun, and that some even need to be shared with a trusted adult.



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### The Right Touch, by Sandy Kleven

*Theme:* Appropriate touching

*Age range:* 1<sup>st</sup>-4<sup>th</sup>

*Summary:* This book gives tools for parents to facilitate discussions with their children. The book addresses bad touch and good touch, private parts, and telling parents or other trusted adults if someone makes children feel uncomfortable. Be aware that the book includes an illustration of the mom and son looking at a book and their book has a picture of a little boy and girl naked so that they can identify "private parts".



### Your Body Belongs to You, by Cornelia Spelman

*Theme:* Touching

*Age range:* K-2<sup>nd</sup>

*Summary:* This is an introduction to talking about physical boundaries with children. The kids start to learn about touching without having to hear about "bad" people or scary things. Additionally, it gives the parent and child a common vocabulary to use in their early discussions. The book encourages children not to keep secrets if they are approached and touched inappropriately or made to touch someone else against their will. Private parts are rightfully defined as the parts of the body one's underwear and bathing suits cover. The book stresses what to do if the touch is neither wanted nor welcome and that it is perfectly all right not to want to be touched in certain ways.

### Who Is a Stranger and What Should I Do?, by Linda Walvoord Girard

*Theme:* Strangers and what children should do in different situations

*Age range:* 3rd-6th

*Summary:* This book discusses both strangers that do not pose a threat and those who may make children feel uncomfortable. More importantly, the book describes specific steps that children can take in various situations such as when children are approached by a stranger, when children see strangers in playgrounds, when strangers call by phone or ring the doorbell. In addition, the book describes some "tricks" that strangers may use to lure children into talking with them or going somewhere with them. In all situations, children receive specific advice for keeping themselves safe. For younger children, this book will be best received, and its suggestions best reinforced, if read with a parent.



