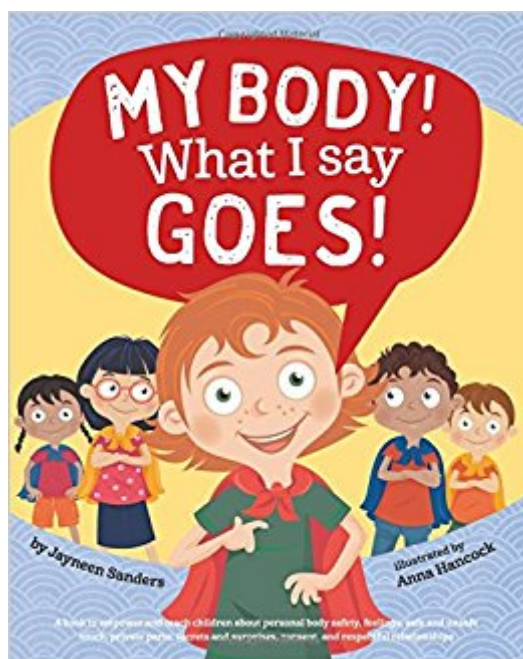


The book was found

# My Body! What I Say Goes!: A Book To Empower And Teach Children About Personal Body Safety, Feelings, Safe And Unsafe Touch, Private Parts, Secrets And Surprises, Consent, And Respectful Relationships



## 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: Educate to Empower Publishing; Int English 2016 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 11 customer reviews

Best Sellers Rank: #20,967 in Books (See Top 100 in Books) #4 in Books > Children's Books > Growing Up & Facts of Life > Health > Safety #20 in Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse

Age Range: 3 - 10 years

Grade Level: Preschool - 4

## Customer Reviews

'This is an EXCELLENT book! Congratulations to Jayneen Sanders on another outstanding book for parents, carers, and educators to help protect kids!' Ginger Kadlec, BeAKidsHero Child Advocate:

www.BeAKidsHero.com 'An excellent addition to the suite of resources produced by Jayneen Sanders. With clear, child-friendly language, and cheerful illustrations this book is empowering.'  
Yael Clark, Perinatal and Paediatric Psychologist: [www.supportingparents.com.au](http://www.supportingparents.com.au)

Jayneen (aka Jay Dale) is an experienced early years educator, author and publisher. She started her teaching career in the 1980s as a primary school teacher in rural Australia. She then moved to Melbourne and taught at a number of inner-city schools. In 1985, Jay had a change of career and became an educational editor and publisher. In the early 90s, Jay and her partner moved to Japan to work as English teachers. They lived and worked in Japan for over three and a half years. In fact, Jay's first daughter was born there. On returning to Australia, Jay began work as an educational author/packager. Since that time, she has authored and produced numerous award-winning titles for the educational publishing industry. Jay is also an accomplished children's book author, writing a number of titles for such literacy series as ZigZags, Totally Kidz, Deadly and Incredible, and a children's picture book series for Penguin. She is currently working with an educational publisher as lead author of a literacy series. Jay has written over 100 titles in that series. Jay is a mother of three daughters and was a school councillor at her local school for over seven years. This time spent in schools both as a teacher and a parent inspired her to ask the question of her community: 'What are we doing in schools to protect our children from unsafe touch?' When she realised very little was actually being done, she decided to use her authoring and publishing skills to write *Some Secrets Should Never Be Kept* to help parents, carers and teachers to broach the subject of self-protection and to encourage children to speak up. After the encouraging response to *Some Secrets Should Never Be Kept*, she realised there was a need to further build upon the idea of children not keeping secrets about unsafe touch. Jay participated in Protective Behaviours professional development and attended numerous conferences on the topic to educate herself in how to keep children safe and provide them with prevention education. Jay then went on to develop and publish a comprehensive *Body Safety and Respectful Relationship Teacher's Resource Kit* as well as writing several more children's books on the topics of Body Safety, consent, respect, body boundaries and gender equality. Jay's ongoing passion for the safety and empowerment of children continues today with new manuscripts and free-to-download Body Safety resources always in the wings.

Wonderful book. Have already recommended it to friends. The book opens up by describing different feelings one has and signs of those feelings. For example: when you are happy you may want to smile and play and dance and when you are sad you may want to cry; it's okay to cry- that's

why we have tears. This leads to describing to feeling of being unsafe. The author lists examples of when one may feel unsafe (example: I felt unsafe when my aunts dog barked at me. I felt unsafe when someone stood to close to me and I did not want them to, etc). The book mentions what our body may experience when we are feeling unsafe (sweating, wanting to cry, needing to use the bathroom, etc) and says that we may experience all or just one of these signs when we are feeling unsafe. The book then describes a safety network and how it is important that we always talk to someone in our safety network when we are feeling unsafe. Then the reader goes on to hear about what private parts are, their importance of calling them by their correct names, and how no one ever touches yours or ask to look at yours, shows or asked you to touch theirs, or shows you pictures. The book talks about the importance of consent and personal boundaries. I believe the book was written to give children knowledge, confidence, and is written in ways for them to understand. I also liked the pages at the end of the book written for the parents.

Wonderful resource!

My daughter loves this book. It's easy to understand and a great way to start this type of conversation with your child. She's 3.5 and is the perfect age for this book.

Good intro. for preschool and primary age,

great book!

Strongly recommend this book! I provide body safety to children and this book breaks down information clearly.

This is a great book to start conversations with your kids about their bodies, boundaries, and safety. I highly recommend it.

Thanks this is great

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