

# Talking to Children About Difficult Topics:

A guide to children's books to help start the conversation



**Children's**  
Healthcare of Atlanta

The following list includes books reviewed by Prevention & Training team members at the Stephanie V. Blank Center for Safe and Healthy Children. These books are designed to help parents address difficult topics and build protective factors for their children. Please use discretion when deciding what material is best for your child's current development and understanding.

## These books can be great tools for:

- Instilling important values.
- Empowering children to learn about and set boundaries.
- Building protective factors to prevent harms, such as bullying, teen dating violence or sexual abuse.

## Reminders for caregivers:

- Talking about body safety, boundaries, consent and sexuality can be uncomfortable, but caregivers are the best source for this information.
- It is not a child's responsibility to defend against abusers and those who may wish to harm them. No child should feel as though abuse is their fault because they didn't or couldn't say "no."
- It is never a child's fault when someone hurts them or touches them in an unwanted or unsafe way, whether or not they say "no."
- It is important to encourage your child to always tell a trusted adult if they are harmed or feel unsafe, whether through physical touch or something else.
- Always read a new book yourself before sharing it with your child.

### Read This:

### Instead of:

<b>Celebrate Your Body (and Its Changes, Too!): The Ultimate Puberty Book for Girls 1</b> Sonya Renee Taylor	<b>The Care &amp; Keeping of You 1: The Body Book for Younger Girls</b> Dr. Cara Natterson
<b>Celebrate Your Body 2: The Ultimate Puberty Book for Preteen and Teen Girls</b> Dr. Carrie Leff and Dr. Lisa Klein	<b>The Care &amp; Keeping of You 2: The Body Book for Older Girls</b> Dr. Cara Natterson
<b>Only for Me</b> Michelle Derrig	<b>Those Are MY Private Parts</b> Diane Hansen
<b>The Kid Trapper</b> Julia Cook ..... <b>Fred the Fox Shouts No!</b> Tatiana Y. Kisil Matthews	<b>The Berenstain Bears Learn About Strangers</b> Stan and Jan Berenstain
<b>If I Had a Giant Toe: A Children's Book About Self-Esteem</b> Jill D. Clark	<b>Freckleface Strawberry</b> Julianne Moore
<b>My Body's Mine: A Book on Body Boundaries and Sexual Abuse Prevention</b> Kayla J.W. Marnach	<b>I Can Play It Safe</b> Alison Feigh
<b>Don't Touch My Hair!</b> Sharee Miller	<b>Miles Is the Boss of His Body</b> Samantha Kurtzman-Counter and Abbie Schiller
<b>Some Secrets Should Never Be Kept</b> Jayneen Sanders	<b>Telling Isn't Tattling</b> Kathryn M. Hammerseng
<b>My Body! What I Say Goes!</b> Jayneen Sanders	<b>An Exceptional Children's Guide to Touch</b> McKinley Hunter Manasco

All the books listed are great resources; however, the preferred books tend to be newer, more inclusive and/or updated. Please use discretion when deciding what material is best for your child's current development and understanding.

# Book recommendations for consent and boundaries

Book suggestions	Age suggestions
<b>Will Ladybug Hug?</b> Hilary Leung	Birth to 3 years
<b>My Body Is Private</b> Linda Walvoord Girard	3 to 8 years
<b>My Body's Mine: A Book on Body Boundaries and Sexual Abuse Prevention</b> Kayla J.W. Marnach	3 to 12 years
<b>Let's Talk About Body Boundaries, Consent and Respect</b> Jayneen Sanders	3 to 12 years
<b>An Exceptional Children's Guide to Touch</b> McKinley Hunter Manasco	3 to 12 years
<b>Some Secrets Should Never Be Kept</b> Jayneen Sanders	3 to 12 years
<b>I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private</b> Kimberly and Zack King	3 to 12 years
<b>Uncle Willy's Ticks: A Child's Right to Say NO</b> Marcie Aboff	4 to 8 years
<b>No Means No!</b> Jayneen Sanders	4 to 8 years
<b>Hands Off, Harry!</b> Rosemary Wells	4 to 8 years
<b>Miles Is the Boss of His Body</b> Samantha Kurtzman-Counter and Abbie Schiller	4 to 8 years
<b>Don't Touch My Hair</b> Sharee Miller	4 to 8 years
<b>Sorry, I Forgot to Ask!</b> Julia Cook	4 to 8 years
<b>C Is for Consent</b> Eleanor Morrison	4 to 8 years
<b>Me, Myselfie &amp; I</b> Jamie Lee Curtis and Laura Cornell	4 to 8 years
<b>Listening to My Body</b> Gabi Garcia	4 to 8 years
<b>Resilience</b> Jayneen Sanders	4 to 8 years

# Book recommendations for body safety and secrets

Book suggestions	Age suggestions
<b>Some Parts Are NOT for Sharing</b> Julie Federico	Birth to 3 years
<b>No More Secrets for Me</b> Oralee Wachter	2 years and older
<b>When I Was Little Like You</b> Jane Porett	2 to 4 years
<b>The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse</b> Sandy Kleven	2 to 4 years
<b>The Bare Naked Book</b> Kathy Stinson	2 to 6 years
<b>The Berenstain Bears Learn About Strangers</b> Stan and Jan Berenstain	3 years and older
<b>Your Body Belongs to You</b> Cornelia Spelman	3 years and older
<b>Keeping My Body Safe!</b> Channing Bete Company	3 to 5 years
<b>My Body Belongs to Me</b> Jill Starishevsky	3 to 5 years
<b>My Body Belongs to ME: From My Head to My Toes</b> Pro Familia	3 to 7 years
<b>Only for Me</b> Michelle Derrig	3 to 8 years
<b>Those Are My Private Parts</b> Diane Hansen	3 to 8 years
<b>Amazing You! Getting Smart About Your Private Parts</b> Gail Saltz	3 to 8 years
<b>It's My Body</b> Lory Britain	3 to 8 years
<b>Fred the Fox Shouts No!</b> Tatiana Y. Kisil Matthews	3 to 9 years
<b>I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private</b> Kimberly and Zack King	3 to 12 years
<b>Please Tell: A Child's Story About Sexual Abuse</b> Jessie	4 to 8 years

# Book recommendations for body safety and secrets

Book suggestions	Age suggestions
<b>Do You Have a Secret? (Let's Talk About It)</b> Jennifer Moore-Mallinos	4 to 8 years
<b>No Trespassing—This is MY Body!</b> Pattie Fitzgerald	4 to 8 years
<b>I Can Play It Safe</b> Alison Feigh	4 to 8 years
<b>The Big Bad Wolf in My House</b> Valerie Fontaine	4 to 8 years
<b>The Trouble With Secrets</b> Karen Johnsen	4 to 10 years
<b>Telling Isn't Tattling</b> Kathryn M. Hammerseng	4 to 10 years
<b>Gracie Finds Her Voice</b> Jacob Williams	4 to 11 years
<b>It's Not Your Fault</b> Judith A. Jance	4 to 11 years
<b>Mattie Tells Her Secret</b> Lynne McDaniel-Sanderson	5 years and older
<b>Know Tiny Secrets</b> Latasha Fleming	5 to 10 years
<b>The Healing Days: A Guide for Kids Who Have Experienced Trauma</b> Susan Farber Straus	6 to 11 years
<b>A Very Touching Book ... for Little People and for Big People</b> Jan Hindman	6 to 12 years
<b>The Kid Trapper</b> Julia Cook	6 to 12 years
<b>U Touch I Tell</b> Chi Hosseinion	7 to 9 years
<b>When You Know What I Know</b> Sonja K. Solter	8 to 12 years
<b>A Smart Girl's Guide: Digital World</b> Megan Moreno, MD, and Jane Annunziata, PsyD	9 to 12 years

# Book recommendations for body safety and secrets

## Book suggestions

## Age suggestions

<b>Speak*</b> Laurie Halse Anderson *Trigger warning: Book discusses sexual assault.	13 years and older
<b>Fault Line</b> C. Desir	13 years and older

# Book recommendations for feelings and emotions

Book suggestions	Age suggestions
<b>Ruby Finds a Worry (Big Bright Feelings)</b> Tom Percival	3 to 6 years
<b>When Sadness Is at Your Door</b> Eva Eland	3 to 7 years
<b>Freckleface Strawberry</b> Julianne Moore	3 to 8 years
<b>You, Me and Empathy</b> Jayneen Sanders	4 to 8 years
<b>A Terrible Thing Happened</b> Margaret M. Holmes	3 to 12 years
<b>You Weren't With Me</b> Chandra Ippen and Erich Ippen	3 to 12 years
<b>Once I Was Very Very Scared</b> Chandra Ippen and Erich Ippen	3 to 12 years
<b>A Little Spot of Anger</b> Diane Alber	4 to 8 years
<b>A Little Spot of Anxiety</b> Diane Alber	4 to 8 years
<b>Grumpy Monkey</b> Suzanne Lang	4 to 8 years
<b>The Way I Feel</b> Janan Cain	4 to 8 years
<b>Is a Worry Worrying You?</b> Ferida Wolff and Harriet May Savitz	4 to 8 years
<b>I Don't Want to Talk About It</b> Jeanie Franz Ransom	4 to 8 years
<b>The Breaking News</b> Sarah Lynne Reul	4 to 8 years
<b>The Foster Dragon</b> Steve Herman	4 to 8 years
<b>Maybe Days</b> Jennifer Wilgocki	4 to 8 years
<b>The Invisible String</b> Patrice Karst	4 to 8 years

# Book recommendations for feelings and emotions

Book suggestions	Age suggestions
<b>Good Night Stories for Rebel Girls</b> Francesca Cavallo & Elena Favilli	4 to 9 years
<b>My Strong Mind</b> Niels van Hove	5 to 8 years
<b>What to Do When the News Scares You: A Kid's Guide to Understanding Current Events</b> Jacqueline B. Toner	6 to 12 years
<b>Monty's Day in Court</b> Jessica Miles	8 to 12 years
<b>George</b> Alex Gino	13 years and older

# Book recommendations for self-esteem, puberty and sex

Book suggestions	Age suggestions
<b>If I Had a Giant Toe: A Children’s Book About Self-Esteem</b> Jill D. Clark	4 to 8 years
<b>It’s Not the Stork</b> Robie H. Harris	4 to 8 years
<b>It’s So Amazing</b> Robie H. Harris	7 to 10 years
<b>Sex Is a Funny Word</b> Cory Silverberg and Fiona Smyth	8 to 12 years
<b>Guy Talk (Growing Up)</b> Lizzie Cox	8 to 12 years
<b>Guy Stuff: The Body Book for Boys</b> Dr. Cara Natterson	8 to 12 years
<b>Celebrate Your Body (and Its Changes, Too!)</b> Sonya Renee Taylor	8 to 12 years
<b>The Period Book: A Girl’s Guide to Growing Up</b> Karen Gravelle	8 to 12 years
<b>The Care and Keeping of You 1: The Body Book for Younger Girls</b> Dr. Cara Natterson	8 to 12 years
<b>The Care and Keeping of You 2: The Body Book for Older Girls</b> Dr. Cara Natterson	10 to 14 years
<b>Celebrate Your Body 2: The Ultimate Puberty Book for Preteen and Teen Girls</b> Dr. Carrie Leff and Dr. Lisa Klein	13 years and older

The age recommendations listed are approximate, and every book is not meant for every child or family. Consider your family values when selecting books, and choose books that are age-appropriate for the child.

This is general information and not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child.  
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