



**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**

*Jayneen Sanders*

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# **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**

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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.

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**Solomon Steward:**

The book 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 can give more knowledge and information about everything you want. So just why must we leave the good thing like a book 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? Several of you have a different opinion about book. But one aim in which book can give many info for us. It is absolutely suitable. Right now, try to closer along with your book. Knowledge or facts that you take for that, you may give for each other; it is possible to share all of these. Book 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 has simple shape nevertheless, you know: it has great and large function for you. You can look the enormous world by wide open and read a guide. So it is very wonderful.

**Renee Middleton:**

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**Nick Peoples:**

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