

# Trauma Informed Community

[www.AnnaFoundation.org](http://www.AnnaFoundation.org)



## Books and Audio-Visual Resources for Young Children Ages 3 to 9

### Sources:

- C.S. Mott Children's Hospital
- [www.jimhopper.com](http://www.jimhopper.com)
- Internet School Library Media Center
- Sidran Institute: [www.Sidran.org](http://www.Sidran.org)
- Members of SPSCOT (State Public Systems Coalition On Trauma)
- [www.Parentbooks.ca](http://www.Parentbooks.ca)
- National Sexual Violence Resource Center: [www.nsvrc.org](http://www.nsvrc.org)
- [www.any-book-in-print.com](http://www.any-book-in-print.com)



## Books On Sexual Abuse and Physical Abuse For Young Children Ages 3 - 9

- ✚ ***Annie: a Book Designed to Encourage Children to Explore their Feelings about Confusing Touches.*** Red Flag, Green Flag, (Pre-school, elementary school) *Annie* is a 19-page storybook about a child who is afraid to tell anyone that she was touched by someone in an inappropriate and confusing way. This book provides a way to introduce the subject of "secret touches" to children, and to help children learn they don't have to keep secrets that hurt. A storybook designed to help girls who have been touched in a way that is scary or confusing. The story and discussion questions that follow encourage children to open up and explore their feelings. *Grades K-3.*
- ✚ ***Andy: a Book Designed to Encourage Children to Explore their Feelings about Confusing Touches.*** Red Flag Green Flag, (Pre-school, elementary school) This is the boys' version of *Annie*, dealing with abusive touch and encouraging children to tell a trusted adult if anything happens to them. The story is attractively presented and written in the language of a child. *Grades K-3.*
- ✚ ***Because It's My Body!*** By Joanne Sherman. Offers a new and unique approach to making children less vulnerable to molestation and sexual abuse by empowering them without causing undue anxiety. Without any reference to anatomy or ill intentions on the part of others, this book effectively begins the self-protective process for the youngest of children. Its "Note to Parents" arms parents with positive and useful information about their role in educating their children on the always timely topic. A series of vignettes teaches children how to assertively communicate that they do not want to be touched. .  
*Ages 4-8*
- ✚ ***Bellybuttons are Navels.*** Prevention is aided by knowledge. Cheerful artwork and gentle words frame the story of two small children taking a bath. As Mary and her brother Robert splash about and play, they not only discover that boys and girls have some of the same body parts, but also that boys and girls have some distinguishing features—that have specific names. *Bellybuttons Are Navels* is designed primarily to initiate honest adult-child discussion, but also:
  - Helps children learn to properly identify anatomy and develop a healthy acceptance of the total body
  - Provides a basic vocabulary for introducing the topics of human sexuality, reproduction, sexual anatomy, and sexual abuse awareness
  - Models sex-positive roles for children and adults. [www.prometheusbooks.com](http://www.prometheusbooks.com)*Preschool and Elementary school age children.*
- ✚ ***The Berenstain Bears Learn About Strangers,*** by Stan and Jan Berenstain, Random House, 1985 When Papa Bear tells the cubs why they should never talk to strangers, Sister begins to view all strangers as evil until Mama brings some common sense to the problem. "The Bears' rules for safe conduct among strangers are listed on the last pages,

- including a rule about the privacy of a bear's body. A good book to start awareness in young children."--School Library Journal.
- ✚ ***A Better Safe Than Sorry Book: A Family Guide for Sexual Assault Prevention***, by Sol Gordon and Judith Gordon. Illustrated by Vivien Cohen. Prometheus Books, 1992, 1984. Discusses the sexual assault of children and how it can be prevented or survived. Designed to be read-aloud to children. *Ages 5-8.*
  - ✚ ***Chilly Stomach***, by Jeannette Franklin Caines; Pat Cummings. This book sensitively discusses a child's experience with a relative who was attempting to abuse her. It contains multicultural themes. New York : Harper & Row, 1986.
  - ✚ ***Do You Have a Secret?*** By Jennifer Moore-Mallinos & Marta Fabrega, A child who is bullied might be inclined to keep it secret, but it's always best to tell parents about it. Or children who are touched intimately and improperly by an older person will soon feel better if they reveal the secret to parents. This book helps kids distinguish between good and bad secrets. Parents are advised to read these books aloud while their preschooler listens and looks at illustrations. Many children in early grades will be able to read the stories for themselves. *Ages 4 – 8. Grades PreK-3.*
  - ✚ ***Feeling Safe, Feeling Strong: How to Avoid Sexual Abuse and What to Do if it Happens to You***, by Susan Terkel and Janice Rench., 1984. Lerner Publications. 1984. Fictional vignettes depict acts of child sexual abuse; and information on handling such situations is offered. *Grades 4-6.*
  - ✚ ***Good-Touch/Bad-Touch Coloring Book*** for. This coloring book is a replica of the *Good-Touch/Bad-Touch® Giant Storybook* and used to reinforce *Good-Touch/Bad-Touch®* safety lessons learned at school or at home. [www.goodtouchbadtouch.com](http://www.goodtouchbadtouch.com) *Preschool and elementary school age children*
  - ✚ ***I Can't Talk About It: A Child's Book About Sexual Abuse***, by Doris Sanford, Graci Evans (Illustrator). 1986. Multnomah Press, Portland, OR. At her grandmother's beach cottage, Annie reveals her father's sexual abuse of her to a dove who helps her heal and learn to trust again. Lists guidelines for adults to help sexually abused children.
  - ✚ ***I Like You to Make JOKES with Me, But I Don't Want You to TOUCH Me***. By Ellen Bass. Carolina Wren Press. 1983. Available in Spanish. This is a great book to use with children to teach them that it is OK to tell someone, even an adult, what you like/dislike and how you feel. Too many times, children are taught that they should not talk back to adults, that adults know best. Yet, in this story, Sara's mother encourages her to tell Jack, an adult Sara likes to joke with, how she really feels and that it is OK to define her personal space. The book encourages children to think about what makes them feel comfortable/uncomfortable and how to put those feelings into words that convey those feelings to others. In a time of increasing violence against children, this book can help children learn to stand up for themselves in positive, assertive ways. Amazon Reviewer, for *Ages 4 - 8*
  - ✚ ***I Told My Secret***. Eliana Gil. Dr. Gil has provided us with the child-friendly language and specific information that children need to heal the trauma of abuse. The format & the simple text simplify this painfully difficult subject, both for the child and for the adults who care for them. *Age 5-9*
  - ✚ ***It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch***, by Lory Freeman, Parenting Press, Seattle. (Available in Spanish) *It's MY Body* is a book that was written to help adults and preschool age children talk about sexual abuse together in a way which minimizes embarrassment and fear, but emphasizes self-reliance

- and open communication. There are no specific references and stories about sexual abuse in this book. This book helps children learn how their feelings can help them make decisions about sharing their bodies, and how to communicate those decisions to others. *It's MY Body* introduces two "touching codes" which children can use to protect themselves when they are uncomfortable. *Age 3 – 6*
- ✚ ***It's Not Your Fault: a Guide for Children to Tell if They're Abused***, by Janice Jance. This book has two important purposes: to teach children who have been sexually molested that they were not responsible for the abuse, and to teach all children basic sexual molestation prevention skills. Includes a read-aloud section, discussion questions, and additional helpful and comforting resources. *Grades K-5.*
  - ✚ ***It's OK to Say No!: A Parent/Child Manual for the Protection of Children***, by Robin Lenett and Bob Crane. Tom Doherty Assoc. 1985. An articulate introduction for parents summarizes current knowledge regarding sexual abuse of children: the diverse nature of offenders; their motives and methods; why children are easily victimized; and what parents can do to create a protective environment without fostering paranoia. Case histories (in large type) follow. Each describes a dubious situation. Each shows a "correct" response by a child. Each ends with the question, "What would you do?" Two-way communication between parent and child is a valuable feature of this title. *Kindergarten-Grade 5*
  - ✚ ***Jenny Is Scarred! When Sad Things Happen in the World***, by Carol Shuman. Aimed at children ages 4 – 8, it provides ways to help children feel safer and offers ideas for making the world a better place. *Ages 4 – 8.*
  - ✚ ***Kid's Guide to Who You Can Trust: Protect Yourself at Home, at School, and on the Internet***, by Cataline Herrerias, M.S.W., Ph.D. [www.kidsrights.com](http://www.kidsrights.com). 2003. Includes tips every kid should know about personal safety, internet safety, and being assertive.
  - ✚ ***Let's Talk About Taking Care of You: An Educational Book About Body Safety***, by Stauffer, Lori and Esther Deblinger. Hope for Families 2001. Sexual abuse in childhood can be a traumatic experience for children and their families. However, there is considerable evidence that when children tell about sexual abuse, receive support from their families and get the appropriate help, the chances of having significant and ongoing problems are greatly reduced. These books help caring adults (teachers, parents, grandparents, counselors, etc.) learn how to help children develop the confidence and skills to respond effectively to potentially abusive situations and be able to tell about the experience as soon as possible.
- These educational and interactive books are appropriate for use with all children including those who have had an experience of sexual abuse. Both books provide education regarding emotional expression skills, body parts, okay and not okay touches and personal safety skills. The older children's book provides more specific information regarding bullying, stranger abduction and sexual and physical abuse. Both books provide guidelines to help caring adults use the book most effectively. Available in Two Versions:
- Young Children's Book-*ages 2-6*
  - Older Children's Book-*1st to 5th grade*
  - [www.hope4families.co](http://www.hope4families.co)
- ✚ ***Little Flower: A Journey of Caring*** by Laura McAndrew 1999, Child Welfare League  
A story told in metaphor form. Little Flower, a potted daisy, is neglected by her family. She finds help and a new place to stay until her family can learn how to take better care

- of her. This story is a lifesaver for children with abusive parents. Includes a page of projects to help children in similar situations. *Grades K-5.*
- ✚ ***Loving Touches***, by Linda Freeman. This book teaches children how to ask for and give loving touches. Children will also learn how to respect their own and other's bodies. *Pre-school/ elementary school*
  - ✚ ***My Body Belongs to Me***. by Bete Channing. 2000. Elementary school age children. Available in Spanish. In this 20-page read along book, Mother Teddy Bear teaches her children about boundaries. Young children learn that their bodies are their own, how they can protect themselves against an unwelcome touch, and the importance of telling an adult if they have been touched in a way that makes them feel unsafe. The book demonstrates a variety of situations in which children might experience wanted and unwanted touch. [www.channing-bete.com](http://www.channing-bete.com) *Preschool age children.*
  - ✚ ***My Body is Mine, My Feelings Are Mine: A Storybook about Body Safety for Young Children (with an adult guide book)***, by Susan Hoke. This storybook introduces the basic concept of body safety to children through the use of dialogue and illustrations. It includes a "Body Rules Safety Quiz" as well as an adult guidebook for parents, caretakers, counselors, relatives, clergy, and educators. *Ages 4 – 11*
  - ✚ ***My Body Is Private***, by Linda Walvoord Girard. Pictures by Rodney Pate. A. Whitman, 1984. A mother-child conversation introduces the topic of sexual abuse and ways to keep one's body private. *Grades K-3.*
  - ✚ ***My Feelings***, Other Languages: French.  
The My Feelings story book lets children know it is important to listen to and trust their instincts and feelings, to recognize the difference between OK and Not-OK touch feelings, and to say "NO." The story includes children with and without disabilities. Excellent resource for parents, teachers, law enforcement, and social workers. Kids learn valuable new skills to help keep them safe. [www.migima.com](http://www.migima.com) *Ages 4 – 10.*
  - ✚ ***My Own Thoughts on Stopping the Hurt. A Child's Workbook about Exploring Hurt and Abuse*** by Wendy Deaton. 1993, Hunter House. A reproducible workbook to use with children who have been traumatized by physical or sexual abuse over a period of time. It encourages written, as well as drawing responses. *Grades 1-4.*
  - ✚ ***My Very Own Book About Me: A Personal Safety Book*** by Jo Stowell, Mary Dietzel. Available in Spanish. ACT for Kids. Jan 2000
  - ✚ ***No More Secrets for Me: Sexual Abuse Is a Secret No Child Should Have to Keep*** by Oralee Wachter (2002) Little, Brown. This invaluable book has helped thousands of families handle the difficult subject of sexual abuse of children. In four separate stories, children articulate their feelings about being touched and seek out the guidance of trusted adults. *Grades 1-5.*
  - ✚ ***No-No Little Seal: A Story for Very Young Children That Tells About Sexual Abuse***, by S. Patterson. NY: Random House, 1986
  - ✚ ***One of the Problems of Everett Anderson***, by Lucille Clifton and Ann Grifalconi. Henry Holt, 2001. A sensitive exploration of a difficult problem by an award winning author/illustrator team. Everett Anderson doesn't know what to do when his friend Greg comes to school with bruises, or when Greg cries and can't explain what's wrong. Should Everett tell the teacher, or would that only make things worse for Greg? Everett's sister thinks maybe it's none of their business, but he can't stop worrying about his friend. Then, when Everett Anderson tells his mother, he opens a window of



- possibility. This tender story – told in rhyme – perfectly evokes the confusion, concern—and eventual hope—one little boy feels in the face of a very difficult problem.
- ✚ ***Please Tell: A Child's Story About Sexual Abuse***, by Jessie. Hazelden, 1993 The nine-year-old author and illustrator was abused by her uncle. Here, children will learn that it's OK to talk about their feelings, and that the abuse wasn't their fault. This book gives children courage, and helps them begin to heal. *Grades K-3.*
  - ✚ ***POR favor di!: Un cuento para niños sobre el abuso sexual (Please Tell! A Child's Story about Sexual Abuse)***, escrito e ilustrado por Jessie con un prólogo de Sandra Hewitt, traducido por Enrique Vargas Bastera. Hazelden, 1993.
  - ✚ ***Private Zone: a Guide for Children to Prevent Sexual Molestation***, by Frances Dayee. This book is designed to help parents keep their children safe from sexual assaults. The book includes a non-threatening picture story to help develop discussions, a list of indicators to alert parents when a child has been molested, and much more. *Grades K-3.*
  - ✚ ***The Right Touch: A Read-Aloud Book to Help Prevent Child Sexual Abuse***, by Sandy Kleven, Judy Bergsma (Illustrator). Illumination Arts Publishing Company, Incorporated, 1998. Giving caregivers a gentle, thoughtful tool to help prevent child sexual abuse, “The Right Touch” revolves around Jimmy, whose mother gently explains how to protect himself from improper touching. Benjamin Franklin Award for best parenting book of 1999. *Age 4 – 10*
  - ✚ ***Sam Speaks Out***, by Linda Sky Grossman. Sam doesn't seem like himself. He says he's mixed-up inside. He's been rough with the dog and is talking back to his parents. Finally, Sam tells his friend Charlene that an adult he knows has been tickling and touching him in ways he doesn't like. In the end Sam learns that some secrets should be shared. *Age 4 - 6*
  - ✚ ***Secrets***, by Emma Iliffe. National Deaf Children's Society. 2002
  - ✚ ***Someone Hurt Me***, by Susan Cavaciuti. [www.sidran.org](http://www.sidran.org). This book encourages young abused children to work through their feelings with vivid illustrations and empathetic text.
  - ✚ ***Something Bad Happened: A Series of Six Creative Books for Healing Posttraumatic Stress***, by Debra Alexander. These creative coloring books are designed for children who are in treatment and recovery from stress due to violence, crime, abuse and/or trauma. Written from a child's perspective, they are open-ended so the child's experiences can be easily integrated. *Ages 4 – 10*
  - ✚ ***Something Happened and I'm Scared to Tell: A Book for Young Victims of Abuse***, by Carol Deach (illustrator). Parenting Press, 1987. With the help of a friendly lion, a young sexual abuse victim is able to talk to someone safe about what happened. It deals with sexual abuse in an honest, frank way that explains to a child that they are not to blame. Gentle and positive approach to reassure children. *Ages 4 – 8.*
  - ✚ ***Sometimes It's OK to Tell Secrets – Coloring Book and tape***, by Robin Lenett and Dana Barthelme. Published by Kid Stuff Records and Tapes
  - ✚ ***Steps to Healthy Touching***, by Kee MacFarlane and Carolyn Cunningham. From Kidrights
  - ✚ ***Take Care with Yourself: A Young Person's Guide to Understanding, Preventing, & Healing from Abuse*** by Laurie White & Steven Spencer 1998, Child Welfare League, A young person's guide to understanding, preventing, and healing from the hurts of child abuse. The illustrations in this warm, reassuring book will add weight to your own

- concern for children suffering from neglect, abuse, or stress. No matter what stage you're at in the counseling process, whether you're teaching prevention or helping them heal, this book empowers kids to take care of themselves. Use with children, *grades K-5*.
- ✚ ***Tears of Joy***, by Barbara Behm and Ellen Anderson. Wayword Publishing, 1999. The story of Carly helps children understand childhood sexual abuse, how it affects people, and how they can overcome the hurt it causes. *Tears of Joy* is a book of hope and healing for all children.
  - ✚ ***Telling Isn't Tattling***. Kathryn Hammerseng. Many children and adults have trouble knowing the difference between "telling" and "tattling." This 32-page book helps children learn when to tell an adult they need help and when to deal with problems themselves. Adults learn when to pay attention to kids' requests for help. Thirteen stories portray typical examples of children telling or tattling. Each one ends with the question, "Is she/he telling or tattling?" Alternatives to tattling, and additional suggestions for telling, round out each story. *Preschool/school age*
  - ✚ ***A Terrible Thing Happened***. Margaret M. Holmes. Ever since Sherman "saw a terrible thing" he has been sad and anxious. The book doesn't specify what kind of trauma has occurred, but tells how Sherman, a little raccoon, finds himself feeling better when he can talk about "the terrible thing." The author includes a helpful resource section for adults. *Grades K-3*.
  - ✚ ***The Trouble With Secrets***, by Karen Johnsen. Secrets can be a confusing issue for children. Which secrets should be told and which secrets should be kept? This book helps children distinguish between hurtful secrets and good surprises. Secrets can be a confusing issue for children. This read-aloud book helps children distinguish between harmful secrets and good surprises. *Pre-school/ school age*
  - ✚ ***Those are MY Private Parts***, by Diane Hansen. Delightful reading for small children, with rhyming and simple artwork children can identify with. Teaches them about protecting their bodies, having self-respect, and assertively saying "no" to anyone who touches them inappropriately. *Age 3 - 6*
  - ✚ ***Three Kinds of Touches Book*** Preschool age children. Hearing-impaired children. Visually-impaired children. Other Languages: English Braille, Spanish, Spanish Braille. One of four components to the *Three Kinds of Touches* series, this 82-page children's book helps teach children about three different kinds of touches: safe, "ouch," and "uh-oh". This book also portrays different cultures and abilities within the story line.
  - ✚ ***Uncle Willy's Tickles: a Child's Right to Say No***. By Marcie Abott, illustrated by Kathleen Gartner. A wonderful, caring way to teach a child about the right to own his/her own body and the right to say "no". *Ages 4 - 8*
  - ✚ ***A Very Touching Book***, by Jan Hindman, illustrated by Tom Novak. Other Languages: Korean, Japanese, French. Elementary school age children. *A Very Touching Book* uses humor and sensitivity to open communication with children and encourages adults and children to laugh, giggle, cuddle, and share. Designed for use by parents, treatment specialists, and investigators, it can be read to children to help facilitate discussion about touch and sexual abuse. *Preschool age children*.
  - ✚ ***When Adults Hurt Children: Helping Children Heal from Abuse*** by Marge Heegaard . 2005, Fairview Press. This book helps victims express in pictures what they are unable to say in words. Written by an art therapist and "...to be illustrated by children", you'll find these creative and interactive drawing activities can help children cope with the emotional aftermath of abuse. *Grades K-5*.

- ✚ ***When I Was Little Like You.*** By Jane Porett, Illustrated by S. Dmitri Lipczenko This warm, large-format picture book will help the youngest child understand what sexual abuse is, what it is not, and what children can do to keep themselves safe from assault. Structured as a personal conversation with her reader, the book shares Jane Porett's experience as a adult survivor of child sexual abuse. She writes of her feelings of powerlessness, isolation, and shame after being abused, yet, at the same time, hers is a very positive message. *When I Was Little Like You* will help children learn to say "NO!" to their abuser, and to learn that some secrets should never be kept, but told to a trusted adult. The skillful drawings complement the book's calm and non-threatening style.”  
Review by Child Welfare League of America. *Preschool . Ages 4-8*
- ✚ ***Your Body Belongs to You!*** By Cornelia Spelman. Illustrated by Teri Weidner. A Whitman, 1997. In simple, reassuring language, therapist Cornelia Spelman explains that children can say no to a friendly hug, kiss or touch – even from someone they love – and still be friends. This is a useful introduction to the topic of “good touch/bad touch” and a reminder to children that their feelings count. *Ages 3 – 6*





## Audio-Visual Resources On Sexual Abuse and Physical Abuse For Young Children Ages 3 to 9

- ✚ ***Big 3—A Sexual Abuse Prevention Videotape For Preschoolers*** The *Big 3* introduces personal safety skills to preschool age children. Created for and used in Head Start and other preschool programs, this 12-minute, developmentally-appropriate videotape presents three easy-to-learn rules for personal safety. Using simple language and everyday situations children are likely to encounter, the videotape provides a framework for teaching and reinforcing sexual abuse prevention strategies. The Big 3 teaches children three primary concepts of personal safety:
  - NO: Saying no to unwanted touching
  - GO: Getting away from the abuser
  - TELL: Telling someone about what happenedChildren learn to use the rules whenever they are touched in ways that make them feel scared or just “not right” inside. The Big 3 comes with a guide which provides additional information and presentation ideas. The videotape is designed to allow the instructor to stop and review each personal safety rule before moving on to the next concept.  
[www.plannedparenthood.org/cinci](http://www.plannedparenthood.org/cinci) *Preschool age children.*
- ✚ ***Break the Silence: Kids Against Child Abuse*** . Other Languages: Spanish. In this 30-minute video, Jane Seymour introduces the reality of child abuse to young audiences. Physical abuse, sexual abuse, and neglect are explained in a way young children can understand. Four kids talk candidly about their abuse and their abusers as they describe how adults use fear, manipulation, and neglect to hurt children. As each story is told, animated versions of the child and the abuser help illustrate how the abuse happened and how it made the child feel. Each story has a happy ending. With the help of social workers, therapists, and foster families, these kids are receiving help to go on and lead normal lives. The video emphasizes that children should tell an adult if they feel they or someone they know are being abused, or if they know someone who is.  
[www.aimsmultimedia.com](http://www.aimsmultimedia.com) *Elementary school age children.*
- ✚ ***Can't Fool Me!*** Other Languages: Spanish. *Can't Fool Me!* incorporates video and music to teach children the Yello Dyno Personal Safety Rules. [www.yellodyno.com](http://www.yellodyno.com) *Elementary school age children.*
- ✚ ***Critter Jitters.*** This 24-minute video provides children with sexual abuse prevention skills without confusing them. Video comes with teachers guide.  
[www.aimsmultimedia.com](http://www.aimsmultimedia.com) *Elementary school age children.*
- ✚ ***I Am the Boss of My Body*** This 20-minute video is designed to empower children to recognize and protect themselves from sexual abuse. *I Am the Boss of My Body* introduces children to “being the boss” and taking ownership of their right to keep themselves safe from others. Video comes with a 32-page facilitator’s guide and 7 handout masters  
[www.actforkids.org](http://www.actforkids.org) *Elementary school age children.*

- ✚ ***It Happened to Me*** The Boy Scouts of America produced the video, *It Happened to Me*, as part of the BSA’s Youth Protection training to educate Cub Scout-age boys about child sexual abuse and the steps they should take to protect themselves from being sexually abused. Each Cub Scout pack is encouraged to show the video to its members and their parents or guardian once a year. The video helps youth identify sexual abuse, eliminates confusion, and teaches youth to speak up about sexual abuse without shame or fear. [www.scouting.org](http://www.scouting.org) *Elementary school age children. Parents. Young males ages 6-9.*
- ✚ ***It’s OK to Tell***. This 15-minute video illustrates the benefits of telling someone about being abused through the story of ten-year-old Angie, whose stepfather is sexually molesting her. Normally an outgoing child, Angie has withdrawn from her friends and has let her schoolwork slide. Afraid and ashamed, Angie finally tells her teacher about the abuse. The video dramatizes the benefits of telling, the story shows how child protection laws are set in motion. Video comes with teacher’s guide. [www.aimsmultimedia.com](http://www.aimsmultimedia.com) *Elementary school age children.*
- ✚ ***Kelly Bear Teaches About Secret Touching*** This 20-minute video features a life-sized bear named Kelly, who serves as teacher and hero to five ethnically diverse children. Children learn about “good touch,” “bad touch,” and “secret touch” in a sensitive, reassuring way. Observing children in the video being assertive, viewers learn how to protect themselves from abuse. The video features interactive songs and includes a leader’s guide. [www.at-risk.com](http://www.at-risk.com) *Elementary school age children.*
- ✚ ***Little Bear*** This 20-minute video will teach young children to recognize and protect themselves against sexual and physical abuse. Little Bear will help children recognize uncomfortable touching, know what to say to potential offenders, and know what to do in threatening situations. An instructor’s guide may be downloaded at no charge on the Jist Publishing website: <http://www.jist.com/kidsrights/KV1610VIG.pdf>. *Preschool and elementary school age children.*
- ✚ ***McGruff’s Guide to Personal Safety***. Other Languages: Spanish. In this short, 9-minute video, McGruff the Crime Dog helps children understand that they have personal space. He explains that everybody has the right to protect their personal space—to refuse to allow someone to be physically close, even a relative, friend, or neighbor. McGruff also makes it clear that we need to be close to people we love and trust. He illustrates the difference between the actions of people whose closeness is natural and those who may put a child’s safety at risk. Video comes with teacher’s guide. [www.aimsmultimedia.com](http://www.aimsmultimedia.com) *Elementary school age children*
- ✚ ***My Body Belongs To Me***. This 25-minute video is designed to help young children protect themselves from the trauma of sexual abuse by making it clear that their body belongs to them. A guidance counselor and members of a studio audience engage in age-appropriate dialogue to sensitively reinforce the idea that every child’s body is private. Video defines private parts as the area of the body covered by your bathing suit, explains good and bad touches, and stresses what children should do if someone ever tries to give them bad touches. Video also warns children against anyone who might call bad touches, “our little secret.” Declaring that no child ever needs to keep such a secret, video advises children to tell a grown-up at once. A 32-page illustrated book, *My Body Belongs to Me*, designed for parent/child use, and a teacher’s guide accompany the video. [www.childsworld.com](http://www.childsworld.com) *Elementary school age children. Parents.*
- ✚ ***Play It Safe on the Internet*** A video that helps alert children to online dangers. Key lessons and fundamental online safety rules are woven throughout a true internet story.

- The happy ending opens children up for discussion. [www.yellodyno.com](http://www.yellodyno.com) *Elementary school age children.*
- ✚ **Safe Touch Rule** *Knowing the Safe Touch Rule* and what to do when someone breaks it will help kids stay safe. This 9-minute video combines animation, live action, and upbeat songs to make it fun and easy for kids to remember the Safe Touch Rule. [www.pcar.org](http://www.pcar.org) *Preschool and elementary school age children.*
  - ✚ **Safety Party.** Other Languages: Spanish. *Safety Party!* is a video and curriculum featuring the Yello Dyno character. Yello Dyno reinforces key lessons using songs and sound effects to help young children relax and laugh as they learn. The Yello Dyno method is built on teaching children to recognize deceptive behavior; reawaken instincts and feelings (intuition), and build self-confidence. Safety rules are written in rhyme and then embedded in music and dramatic stories. [www.yellodyno.com](http://www.yellodyno.com) *Preschool and elementary school age children*
  - ✚ **Secret: Child Sexual Abuse** This 25-minute video tells the story of two young children who are sexually abused by their uncle. It traces the history of the abuse and the subsequent behavioral changes in the children stemming from their feelings of betrayal and guilt. It examines the role played by a teacher in the disclosure of the abuse, the emotions experienced by the parents, and the ultimate support needed by the child victims. Video comes with teacher's guide. [www.aimsmultimedia.com](http://www.aimsmultimedia.com) *Elementary school age children.*
  - ✚ **Sexual Abuse Prevention for Children with Physical Handicaps**  
This 15-minute video is designed to educate physically disabled children about sexual abuse and exploitation and demonstrate ways they can protect themselves. The program introduces five safety rules for sexual abuse prevention:
    - Your body belongs to you
    - Trust your feelings
    - Say "No"
    - Get away
    - Tell someone.*Sexual Abuse Prevention for Children with Physical Handicaps* is suitable for use in schools, day-care facilities, group residences, or family homes. A teacher's guide to accompany the video may be purchased for a small charge. [www.ait.net](http://www.ait.net) *Elementary school age children. Middle school age youth/ adolescents. High school age youth/ teens. Physically-disabled children.*
  - ✚ **Sexual Abuse Prevention: Five Safety Rules for Persons Who are Mentally Handicapped** Developmentally and cognitively-disabled children.  
This 25-minute video program consists of five vignettes: two situations of inappropriate behavior in public places and three situations portraying the potential for sexual abuse where the victim gets away. Each short episode focuses on one of the five safety rules:
    - Your body belongs to you
    - Keep your clothes on in public
    - Say "No"
    - Get away
    - Tell someone
 This video includes an instructor's guide. [www.ait.net](http://www.ait.net) *Elementary school age children. Middle school age youth/ adolescents. High school age youth/ teens.*
  - ✚ **Speak Up, Say No.** Kidrights Video  
Cartoon featuring Pete and Penelope Mouse teaches children how to avoid sexual abuse. Tells children to be aware of strangers, but also recognize and prevent sexual abuse from friends, relatives and acquaintances. [www.kidsrights.com](http://www.kidsrights.com) *Age 3 - 9*
  - ✚ **Stranger Danger** *Stranger Danger*, a 23-minute video/DVD program, shows parents and caregivers how to teach safety rules to children; how to help children recognize who is or isn't a stranger, where children can find safety zones if they are scared or in danger, and how to prepare children to become streetwise to potentially dangerous situations. The goal is to teach parents how not to scare children, but to prepare them. By knowing

- how to react to strangers, children could save their own lives in the event of an incident. [www.films.com](http://www.films.com) *Preschool age children. Elementary school age children. Parents. Other caregivers.*
- ✚ **Talk for Parents and Kids** The DVD, *Talk for Parents and Kids*, shows *Good-Touch/Bad-Touch*® being taught by Pam Church in a kindergarten classroom. In a home setting, parents and children will learn five body safety rules around the issue of *Good-Touch/Bad-Touch*®. Children will learn skills to identify tricks that predators use, how to stay safe from such tricks, and how to tell someone. Parents will learn how to intervene and what to do if something does happen or has happened to their child. [www.goodtouchbadtouch.com](http://www.goodtouchbadtouch.com) *Preschool age children. Elementary school age children. Parents.*
  - ✚ **Three Kinds of Touches Video**, One of four components in the *Three Kinds of Touches* series, this 8-minute video teaches young children about Safe, Ouch, and Uh-Oh touches, and validates their feelings. Based on the book of the same name, the *Three Kinds of Touches* video captures children's interest through its colorful illustrations and children's narrative, while portraying children of different cultures and abilities. [www.pcar.org](http://www.pcar.org) *Preschool age children.*
  - ✚ **Three Kinds of Touches Flashcard Game** One of four components in the *Three Kinds of Touches* series, this flashcard game helps teach children to recognize Safe, Ouch, and Uh-Oh touches. Colorful illustrations hold children's attention and interest. Each heavy-duty laminated card has helpful activity questions printed on the back. Cards come with a carry-all vinyl pouch. [www.pcar.org](http://www.pcar.org) *Preschool age children.*
  - ✚ **Touching Safety Puppet Show** . This innovative puppet show is intended for presentation over three sessions. This risk-reduction program utilizes behavior skills training, which is designed to provide opportunities for children to practice self-protective responses. [www.pcar.org](http://www.pcar.org) *Preschool and elementary school age children.*
  - ✚ **Tuning In To Sexual Harassment**  
This 17-minute video describes sexual harassment in a manner appropriate to pre-teens and young teens. Through dramatic reenactments and peer commentary, it provides examples of inappropriate behavior and ways to deal with it. A study guide accompanies the video. [www.ndmquestar.com](http://www.ndmquestar.com) *Elementary school age children. Middle school age youth/ adolescents.*
  - ✚ **When Should You Tell? Dealing with Abuse** Getting young victims of sexual abuse to tell someone can help prevent further abuse. This 14-minute video program uses one child's experience to demonstrate that no girl or boy ever needs to keep scary secrets. This program also helps abused children recognize that what they are experiencing is not the norm and that they can be helped by telling a trusted adult. Video comes with a teacher's guide. [www.sunburstvm.com](http://www.sunburstvm.com) *Elementary school age children.*
  - ✚ **Yes, You Can Say No** . Other Languages: French. This 20-minute video tells the story of how one boy stopped his own victimization. Offenders and therapists identify assertiveness skills, such as the boy demonstrates in this video, as critical in reducing a child's vulnerability to assault. Video comes with teacher's guide. . [www.aimsmultimedia.com](http://www.aimsmultimedia.com) *Elementary school age children*



## Books On Other Traumas for Young Children Ages 3 to 9

- ✚ ***All My Feelings: A Story for Children Who Have Felt the Impact of Crime or Trauma***, by Debra Whiting Alexander. 1992
- ✚ ***Changing Places: a Kid's View of Shelter Living***. Margie Chalofsky et al. *Ages 6-12*
- ✚ ***Dial for Help: a Guide for Children to Use the Phone to Get Help***. J. Lance, *Ages 3-11*
- ✚ ***Dinosaurs, Beware!: A Safety Guide*** by Marc Brown & Stephen Krensky. 1982, Little, Brown. A painless way to teach children safety rules. Broken down by situation, these 60 safety tips are illustrated by dinosaurs, usually undergoing the consequences of their actions. In all cases the message is clearly stated and vividly colored pictures will make that message stick in a child's head. *Grades K-3*.
- ✚ ***Don't Go!: A Story for Children Experiencing Separation Anxiety Following Crime or Trauma***, by Debra Whiting Alexander
- ✚ ***Everybody has Feelings: Todos Tenemos Sentimientos: The Moods of Children***, by Charles Avery. Open Hand Publishing. The moods of children, as photographed by Charles Avery. Wonderful and full of expression; Learn words for various emotions in Spanish and English.
- ✚ ***A Family That Fights*** by Sharon Bernstein 1991, *Whitman*  
Henry, Claire, and Joe hate it when their parents fight. The fighting often wakes them, causing Claire and Joe to cry. The crying makes their father angrier—sometimes he even hits their mother. The book includes a list of things children can do when violence erupts in their homes. *Grades 1-5*.
- ✚ ***I Don't Want to Go to Justin's House Anymore*** by Heather Klassen 1999, Child & Family Press. Collin's mom doesn't understand why he is reluctant to go to his best friend Justin's house. Unfortunately, Justin's dad has lost his job and is taking out his frustration on his son. Once Collin's mom realizes that Justin is being beaten by his father, she and Collin decide to help. Color. *Grades K-3*
- ✚ ***I Don't Want to Go to Justin's House Anymore***. Heather Klassen. Justin is Colin's best friend. He visits his house regularly. But he doesn't want to go to Justin's house anymore because Justin's dad yells at him and hits him. Colin tells his mother and is reassured that something can be done to help Justin. Collage illustrations A storybook for young *children aged 5-8 years*..
- ✚ ***I Don't Want To Talk About It: A Story about Divorce for Young Children***, by Jeanie Franz Ransom, illustrated by Kathryn Kunz Finney. Published by American Psychological Association. Magination Press, 2000. Told from the perspective of a young girl whose parents are divorcing but help her to realize that although they may not agree about much, one thing they do agree on is that they both love her and will always be her mom and dad. Includes an afterword for parents describing children's common reactions to divorce and suggestions for helping their children adjust and thrive. *Ages 4-8*.



- ✚ ***I Wish the Hitting Would Stop: a Workbook for Children Living in Violent Homes.*** Red Flag, Green Flag. *Ages 4 - 8*
- ✚ ***It Happened to Me: A Story for Child Victims of Crime or Trauma,*** by Debra Whiting Alexander
- ✚ ***The Mouse Family's Most Terrible, Terrifying Day. Helping Children Cope with Terrorism Fears*** by Joan Dunphy. 2002, Small Horizons. Offers an opportunity to talk to children about how they feel and teaches ways to deal with tragic events. You will find the story entertaining, and child friendly. The author provides three helpful lists of things adults can do for children. *Grades 1-5.*
- ✚ ***A Place For Starr: A Story of Hope for Children Experiencing Family Violence,*** by Howard Schor, Illustrated by Mary Kilpatrick. This is a fictional story, told in rhyme, about a gutsy African-American girl who lives in a home of violence, and her mother who finds the courage to leave her abuser. People of all ages will appreciate the beautiful art, the memorable story, and its enduring message of hope. KidsRights. 2002 [www.jistlife.com](http://www.jistlife.com). *Pre-school, elementary school.*
- ✚ ***A Safe Place To Live: A Story for Children Who Have Experienced Domestic Violence,*** by Michelle A. Harrison, Illustrations by Luanne Marten. KidsRights. 2002 *A Safe Place to Live* is an illustrated story for children ages two to seven about a family that moves out of an abusive home into a safe place. Told from a young child's point of view, the book was designed to help parents and professionals help children who witnessed domestic violence. [www.kidsrights.com](http://www.kidsrights.com). *Ages 2 – 7.*
- ✚ ***Safety Zone: a Guide for Children to Avoid Child Abduction.*** Linda Meyer
- ✚ ***Something Bad Happened: A Story for Children Who Have Felt the Impact of Crime or Trauma,*** by Debra Whiting Alexander
- ✚ ***Something Is Wrong at My House: A Book About Parent's Fighting*** by Diane Davis 1984, Parenting Press. The book is based on a true story about a boy living in a violent household. He experiences the universal feelings of fear, anger, and hopelessness common to victims of domestic violence. He then learns about his feelings and finds ways to cope. *Grades 2-5.*
- ✚ ***Squeakers,*** by Stephen Cosgrove. Econo-Clad Books, 1999 Squeakers is a curious young squirrel on the Island of Serendipity. He and his friends have often been warned about the dangers of the Crickle-Crack tree – it grows in the gloomiest part of the forest, looks dead all of the time, and produces tiny buds that never blossom into flowers. The buds were said to have a mysterious power over anyone who ate them, causing weakness of body and mind. Despite the warnings, Squeakers finds himself aroused by the mystery and he eats a bud. He finds that the bud makes him feel wonderful; everything becomes funny, he has unbelievable energy, colors are brighter, sounds are louder. Of course, the feeling wears off eventually, and Squeakers finds himself eating more of the buds to keep the good feeling. As the buds take their toll on him, Squeakers plunges into a downward spiral. He is sent home from school for his misbehavior and finds himself lying to his parents. In the end, his wise parents are able to save him and chop down the tree to prevent others from being drawn in by its power. There is no missing the message of this story meant to encourage young children to say no to drugs. Part of the “Serendipity” series. 2001. Reviewer: Carol Lynch *Ages 5 to 8.*
- ✚ ***The Story of Ruby Bridges,*** by Robert Cole. About the trauma of being the object of prejudice and the courage and faith of a young African American girl who was one of the first to attend school with white children.

- ✚ ***A Tale Worth Telling*** by Linda Grossman. 2002, Second Story Press. When a new boy at school seems unfriendly, his classmates don't understand why until they see bruises on his arm. The soccer coach had said he was stupid and grabbed the young boy. In this very accessible story, David discovers that it is important to tell when something is wrong—even when the problem involves an adult. *Grades K-3.*
- ✚ ***A Terrible Thing Happened: A story for children who have witnessed violence or trauma***, by Margaret Holmes, [www.sidran.org](http://www.sidran.org). This gently told and tenderly illustrated story is for children ages 4 – 8 who have witnessed any kind of violent or traumatic episode. An afterword offers suggestions for helping traumatized children, including a list of sources that focus on specific events. *Ages 4 – 8.*
- ✚ ***Was It the Chocolate Pudding?: A Story for Little Kids About Divorce***, by Sandra Levins, illustrated by Bryan Langdo. With this gentle story, young children can begin to understand that divorce is about grown-up problems, while getting comforting answers to their most pressing questions. *Ages 2 - 6*
- ✚ ***We Can Get Along: A Child's Book of Choices***, by Lauren Murphy Payne and Claudia Rohling. This book teaches conflict resolution and peacemaking skills in a way that young children can understand. A Leader's Guide includes activities, discussion questions, and reproducible handouts for parents. *For children ages 3-8*
- ✚ ***What on Earth Do You Do When Someone Dies?*** By Trevor Romain & Elizabeth Verdick. Simple, insightful, and straight from the heart, this book is for any child who has lost a loved one or other special person. *Ages 5 - 10*
- ✚ ***When Dad Hurts Mom: Healing the Wounds of Children Who Witness Verbal or Physical Abuse*** by Lundy Bancroft 2004, Putnam. In this groundbreaking book, a leading expert on domestic abuse and its effects turns his unique perspective on the littlest victims of spousal abuse—the children.
- ✚ ***Who Is a Stranger and What Should I Do?*** Linda Walvoord Girard. *Ages 5-10*



This list of books and resources was compiled by Ann Jennings, Ph.D. [www.annafoundation.org](http://www.annafoundation.org) [afj@gwi.net](mailto:afj@gwi.net) October 4, 2006