



Protecting children, healing lives.

Kaiser Permanente  
OHSU Doernbecher Children's Hospital  
Providence Health & Services  
Randall Children's Hospital at Legacy Emanuel

## Sexual Abuse Prevention Books

### Books to Read to Kids

1. For ages 3 to 10 years:  
**'NoNo the little seal: the gentle story of a little seal who learns to stay safe, say 'No', and tell'**  
by Sherri Patterson and Judith Feldman  
Encourages children to talk about their worries through the story of NoNo. When his uncle touches him inappropriately and tells him to keep it a secret, NoNo struggles with whether it is wrong to tell and who he can talk to. Includes a guide for parents and a CD of the story with songs.
2. For ages 3 to 7 years  
**The right touch: a read-aloud story to help prevent child sexual abuse**  
by Sandy Kleven  
Jimmy's mum explains the difference between good touches and touches that are uncomfortable, secret or forced. She tells him how to resist inappropriate touching and explains that abuse is not a child's fault. Provides advice on what to do if a child tells you about an abusive situation.
3. For ages 5 to 10 years:  
**'I said no!: a kid-to-kid guide to keeping private parts private'**  
by Zach King and Kimberly King  
Explains what private body parts are, good and bad touching, scenarios of what someone may say, what to do if you feel uncomfortable, who trusted adults are and what to do if no one listens or believes you. Includes advice on reading the book with children.
4. For ages 1 to 5 years:  
**'Some parts are not for sharing'**  
by Julie Le Frederico  
Friendly fish and underwater scenes are used to give a simple message about private body parts and safe touch.
5. For ages 2 to 8 years:  
**'It's my body: a book to teach young children how to resist uncomfortable touch'**  
by Lory Freeman  
Gives examples of different types of touches to help children to recognize and resist uncomfortable touch. Covers touches that are: nice, acceptable but unwelcome, unpleasant but necessary (for example from doctors) and unacceptable. Stresses a child's right to protect their body.
6. For School-Aged Children: **The Trouble with Secrets.** By Karen Johnson. Defines secrets and surprises and give examples of each. Encourages children not to keep secrets about touch even if someone tells you to. Encourages children to say "No" and tell the person that you will tell someone else about inappropriate touch.

### **Books to Read to Kids (about bodies and puberty):**

1. **Amazing You!** By Dr. Gail Saltz.
2. **The Girls Body Book (The Boy's Body Book):** Everything You Need to Know For Growing Up You, by Kelli Dunham.
3. **It's Perfectly Normal: Changing Bodies, Growing Up, Sex & Sexual Health,** by Robie Harris

### **Parenting Books:**

1. **What Your Child Needs to Know About Sex (And When),** by Fred Kaeser. Has a blog on Psychology Today's website (same title as book). Reading the blog is a free way to get lots of the same (good) information.
2. **Talking with Your Kids About Sex,** by John Chirban. Also has a blog on Psychology Today's website (title: The Age of Un-Innocence: Confronting Difficult Topics with Kids).
3. **From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children,** by Debra Haffner.
4. **The Sexwise Parent,** by Janet Rosenwieg.

### **Web-Sites:**

1. Stop it Now! [www.stopitnow.org](http://www.stopitnow.org)
2. National Child Traumatic Stress Network [www.nctsnet.org](http://www.nctsnet.org)
3. Safe 4 Athletes [www.safe4athletes.org](http://www.safe4athletes.org)
4. Enough Abuse (Gate-Keepers Program) [www.enoughabuse.org](http://www.enoughabuse.org)
5. Netsmartz [www.netsmartz.org](http://www.netsmartz.org)
6. Connect Safely [www.connectsafely.org](http://www.connectsafely.org)