

SAFE ENVIRONMENT RESOURCES FOR CHILDREN, YOUTH, AND FAMILIES
FOR PARENTS AND/OR CLASSROOM USE

Breaking the Silence: Helping Teens Protect Themselves from Sexual Abuse

DVD series from Diocese of Orange, CA that helps teens not become a victim of sexual abuse
<http://www.rebo.org/protecting-children-and-youth/breaking-the-silence/about-the-dvd.html>
(We have this DVD)

Called to Protect for Young Children:

A program by Praesidium that teaches children in grades K-5 boundary skills they can understand and use.

<http://website.praesidiuminc.com/wp/wp-content/uploads/2013/05/Called%20to%20Protect%20for%20Young%20Children%202010.pdf>

Called to Protect for Youth:

A 3-part DVD program by Praesidium to teach middle and high school youths how to protect themselves from sexual predators, recognize their personal boundaries, respond if someone tries to violate their boundaries, and what to do if someone is sexually abusing them.

<http://website.praesidiuminc.com/wp/wp-content/uploads/2013/05/Called%20to%20Protect%20for%20Youth%202010.pdf>

Child Lures Prevention:

Many Dioceses across the United States use this curriculum for Safe Environment lessons.
<http://www.childluresprevention.com/faith-based/index.asp>

Committee for Children:

Child Protection Unit on keeping kids safe from abuse.

<http://www.cfchildren.org/child-protection/child-protection-unit.aspx#lessonsamples>

Family Life:

K-8 Family Life Program by RCL Benziger which gives an understanding of sexuality based on chaste living.

<http://www.rclbfamilylife.com/>

Film Clips DVD:

5 Part DVD series from RCL Benzinger for grades 3-5 which focuses on Bullies, Knowing Yourself and Peer Pressure.

<http://www.rclbenzinger.com/Products/21124/film-clips-dvd-elementary-episode-4-bullies-knowing-yourself-peer-pressure.aspx>

I am the Boss of My Body:

A Preventing Child Abuse DVD for grades K-5.

<http://store.discoveryeducation.com/product/show/51167>

Keep Kids Safe:

A series of free videos from the Committee for Children to help families know what to say, and how to talk to their kids about keeping them safe from sexual abuse.

#KeepKidsSafe

SAFE ENVIRONMENT RESOURCES FOR CHILDREN, YOUTH, AND FAMILIES

KidSmartz Education Kit with Lessons: Free 54 page Education Kit with lesson plans for K-5 on Abduction Prevention.

<http://www.KidSmartz.org>

National Center for Missing and Exploited Children

A great resource with lots of free information and resources, including video clips, focused on keeping children safe, including safe from sexual exploitation.

<http://www.missingkids.com>

NetSmartz:

Free Internet Safety Program from the National Center for Missing and Exploited Children

www.netsmartz.org

Safe Environment – Diocese of Tucson:

Safe Environment Curriculum with grade level lesson plans.

<http://www.diocesetucson.org/Personal%20Safety%20Curriculum.pdf>

Safe Environment – Diocese of Fort Wayne

Detailed lesson plans for grades 3-8

<http://www.diocesefwsb.org/safe-environment/safe-environment-education/>

Safety NET Kids:

This website has videos and curriculum that deal with the subjects of Abuse, Abduction and Bullying.

<http://www.safetynetkids.com/>

Sexual Assault – Teen Connection:

A documentary video produced by ETP-NEW (Educational Television Productions, Northeast Wisconsin) on children and youth sexual assault in Northeast WI, especially from a victim's perspective on how it affects them, their family and the community.

<http://wpt.org/TeenConnection/sexual-assault-0>

The Swimsuit Lesson: An effective way for parents and volunteer catechists to talk to children about the danger of sexual abuse. It is by Jon Holsten and Scott Freeman. The web site provides more information including ordering information:

<http://www.swimsuitlesson.com/>.

Teens and Abuse:

Learning about L.I.F.E.--Love, Infatuation, Friendship, Exploitation:

A Family-Based Program on Relationships and Abuse Prevention (Paperback) by Kieran Sawyer, Kathie Amidei (Ave Marie Press)

<http://www.learningaboutlife.org/>

Theology of the Body:

Free leadership training materials for middle and high school youth.

<http://thetheologyofthebody.com/book-resources/study-information/1852/tob-teens-training-videos-leadership-series>

SAFE ENVIRONMENT RESOURCES FOR CHILDREN, YOUTH, AND FAMILIES

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Yello Dyno:

A Child Protection Program devoted to protect children from child predators. It has an education series for ages 4-12. It is offering a free lesson plan and free DVD for grades 1-3.

<http://www.yellodyno.com/>

SAFE ENVIRONMENT RESOURCES FOR CHILDREN, YOUTH, AND FAMILIES

Book List

The Right Touch Sandy Kleven (1997) Illumination Arts Publishing

Age Level: **4 and up** | Grade Level: **P and up** |

A read aloud story to help prevent child sexual abuse.

The Right Touch reaches beyond the usual scope of a children's picture book. It is a parenting book that introduces a very difficult topic--the sexual abuse of young children. This gentle, thoughtful story can be read aloud to a child by any trusted caregiver.

In the story, young Jimmy's mom explains the difference between touches that are positive and touches that are secret, deceptive or forced. She tells him how to resist inappropriate touching, affirming that abuse is not the child's fault.

The introduction provides valuable information about sexual abuse and guidance on what to do if your child experiences an abusive situation. Jody Bergsma's gentle illustrations soften the impact of this story; yet this portrayal of a dangerous situation is very realistic. If your child is old enough to sit still and listen to a story, he or she is old enough for *The Right Touch*.

Used by parents and teachers nationwide to help children avoid sexual abuse, this book won the 1999 Benjamin Franklin Parenting Award. It was a finalist for the Small Press Award and was also "Selected as Outstanding" by the Parent Council, Ltd.

No More Secrets for Me Oralee Wachter (2002) Little Brown and Company

Sexual abuse is a secret no child should have to keep.

Fully endorsed by the Masters and Johnson Institute, "No More Secrets for Me is an invaluable resource to help parents talk with their children about the sensitive subject of sexual abuse. This updated edition, with a new foreword and chapter introductions, will help young people recognize the warning signs of abuse. The book will also reassure parents that their children will be prepared to avoid this all-too-real-danger.

I Said NO! A kid-to-kid guide to keeping private parts private

Zack and Kimberly King (2008) Boulden Publishing

Age Level: **4 and up** | Grade Level: **P and up**

Helping kids set healthy boundaries for their private parts can be a daunting and awkward task for parents, counselors and educators. Written from a kid's point of view, *I Said No!* makes this task a lot easier. To help Zack cope with a real-life experience he had with a friend, he and his mom wrote a book to help prepare other kids to deal with a range of problematic situations. *I Said No!* uses kid-friendly language and illustrations to help parents and concerned adults give kids guidance they can understand, practice and use. Using a simple, direct, decidedly non-icky approach that doesn't dumb down the issues involved, as well as an easy-to-use system to help

SAFE ENVIRONMENT RESOURCES FOR CHILDREN, YOUTH, AND FAMILIES

kids rehearse and remember appropriate responses to help keep them safe, *I Said No!* covers a variety of topics, including: What's appropriate and with whom. How to deal with inappropriate behavior, bribes and threats. When and where to go for help, and what to do if the people you're turning to for help don't listen.

Your Body Belongs to You Cornelia Spelman (1997) Albert Whitman and Company

Grade Level: **P and up**

In simple, reassuring language, the author explains that a child's body is his or her own; that it is all right for kids to decline a friendly hug or kiss, even from someone they love; and that you can still be friends even if you don't want a hug now.

Some Parts are Not for Sharing Julie Federico (2009) Tate Publishing

Age Level: **4 and up** | Grade Level: **P and up**

Travel with a pair of friendly fish as they learn about what parts of our bodies we share with others. Children will learn what the boundaries of appropriate touching are in a very non-threatening way. School Counselor Julie Federico begins the imperative conversation of personal boundaries in *Some Parts are Not for Sharing*. Children will enjoy learning about their bodies as they get some important information from a pair of fish. Parents will marvel at the simple straightforward language and use of sea creatures that create this message all children must hear. *This book is also available in Spanish.*

My Body is Private Linda Walvoord Girard (1984) Albert Whitman and Company

Grade Level: **P and up**

Julie, who is eight or nine, talks about privacy and about saying "no" to touching that makes her uncomfortable.

It's My Body Lory Britian (1984)

Series: **Children's Safety & Abuse Prevention** | Publication Date: **May 1, 1984**

Preschool children learn safe boundaries, how to distinguish between "good" and "bad" touches, and how to respond appropriately to unwanted touches. This book is a powerful book for enhancing self-esteem. Parenting Press's bestseller!

My Body Belongs to Me Jill Starishevsky

Age Level: **3 and up** | Grade Level: **P and up**

Speaking to children on their own terms, this critically acclaimed book sensitively establishes boundaries for youngsters. In a non-threatening, engaging manner, this guide teaches kids that when it comes to their body, there are some parts that are for "no one else to see" and empowers them to tell a parent or teacher if someone touches them inappropriately. Telling the story of a gender-neutral child who is inappropriately touched by an uncle's friend, this tale delivers a powerful moral when the youngster reveals the offender and the parents praise the child's bravery. Most importantly, this narrative assures young ones that sexual molestation is not their fault, and by speaking out, the child will continue to grow big and strong. A "Suggestions for the Storyteller" section is also included to assist in facilitating a comfortable discussion afterwards, thereby helping to prevent the unthinkable from happening to any child. With inspirational rhyming and beautiful illustrations, this is a compelling and uplifting message of what is right and wrong.

Those are MY Private Parts Diane Hansen

SAFE ENVIRONMENT RESOURCES FOR CHILDREN, YOUTH, AND FAMILIES

Its primary message is: "America, please teach our young children about their sexuality before the child molester does." In just 12 pages of rhyme, the book * gives parents a great starting point for having important, candid discussions with their children about recognizing and preventing sexual abuse * names the most common perpetrators of sexual abuse in clear, kid friendly language * informs children about the tactics perpetrators use to trick children * equips children with an action plan for telling trusted adults about abuse * empowers children to say "no" and to get righteously angry if abuse happens

Good Touch Bad Touch: Learning about proper and improper touches Teresa Connor

Publication Date: January 29, 2010

This book is for parents/grandparents to use as a tool to talk to their child ages 3-10 about proper and improper touches. To help educate children to be aware of the things perpetrators do when grooming a child to be a victim of abuse. Not to scare the child but to educate them to be aware and what to do if they are approached or touched improperly. This book isn't explicit in any way and leaves the door open for further discussion as the parents see fit.

Catie the Caterpillar: A Story to Help Break the Silence of Sexual Abuse

by Tracy M. Schamburg Available from: Liguori Publ.

<http://www.liguori.org/productdetails.cfm?PC=7030>

The Safe Zone by Donna Chalet, Francine Russell, Lillian GeeEcono-Clad Books (1999)

<http://www.sagebrushcorp.com/books/>

Harpercollins Childrens Books, 1998 - Family & Relationships - 160 pages

Most people think self-defense means fighting, but the best defense has nothing to do with hitting, kicking, or punching. In this book, written by two prominent personal safety instructors, kids will discover that they can protect themselves by being aware of their surroundings and by using their body language to let people know that they are not an easy target. Here's a powerful handbook that provides nonviolent solutions to staying safe.

The Berenstain Bears Learn About Strangers by Stan and Jan Berenstain Random House (1985)

Age Level: 4 and up | Grade Level: P and up | Series: First Time Books(R)

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*.

Helping Out and Staying Safe by Pamela Espeland

Free Spirit Publishing, Inc. (2004)

SAFE ENVIRONMENT RESOURCES FOR CHILDREN, YOUTH, AND FAMILIES

FOR USE IN SCHOOLS AND LIBRARIES ONLY. Provides empowerment activities for young readers to build their self-esteem, increase their feeling of safety, increase their decision-making abilities, and get adults in their community to value and appreciate them.

I Can Be Safe: A First Look at Safety

Pat Thomas, Illustrated by Lesley Harker

(Ages 4-7)

This friendly little book acknowledges kids' fears and makes them aware of things they need in order to feel safe in different situations. They learn, for instance, to look both ways when crossing a road, to wear special clothing for sports, to know their parents' names, phone number, and emergency numbers, and many other details. *"A First Look At"* is an easy-to-understand series of books for younger children. Each title explores emotional issues and discusses the questions such difficulties invariably raise among kids of preschool through early school age. Written by a psychotherapist and child counselor, each title promotes positive interaction among children, parents, and teachers. The books are written in simple, direct language that makes sense to younger kids. Each title also features a guide for parents on how to use the book, a glossary, suggested additional reading, and a list of resources. There are attractive full-color illustrations on every page. (Ages 4-7)

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<http://barroneduc.stores.yahoo.net/0764124609.html>