



“Who Do You Tell?”™ Book List



Book title	Author	Recommended Age Level (Approximate)	Major Themes/Topics
I Am: Positive Affirmations For Kids	Zondervan Zondervan	0-4	<ul style="list-style-type: none"> • Introductory, child-friendly content • Confidence and self-esteem • Self-acceptance and self-worth • Motivational affirmations
Learning my Rights with Mousewoman	Morgan Asoyuf, Ts'msyen	0-5	<ul style="list-style-type: none"> • Indigenous ways of knowing • Universal rights of the child • Introductory, child friendly content
My Body Belongs to Me: From my Head to my Toe	Pro Familia	3-6	<ul style="list-style-type: none"> • How to say no to unwanted physical contact • Self-image • Being proud and confident of your body • Conversations with trusted adults • Introductory, child friendly language
Do You Have a Secret?	Jennifer Moore-Mallinos	(3-6)	<ul style="list-style-type: none"> • Difference between good secrets and bad secrets • Who can a child talk to about a secret • Introductory, child friendly content
Don't Hug Doug (He Doesn't Like It)	Carrie Finiso	3-7	<ul style="list-style-type: none"> • Body autonomy • Deciding if a touch is ok or not ok • Personal boundaries and respect • Asking for permission and types of touches • Introductory, child friendly content.
A Terrible Thing Happened	Margaret M. Holmes	3-9	<ul style="list-style-type: none"> • Powerful and confusing feelings • Conversations with trusted adults • Introductory, child friendly content
The Way I Feel	Janan Cain	4-7	<ul style="list-style-type: none"> • Emotional literacy • Normalizes feelings • Gives examples of why a child might feel that feeling • Introductory, child friendly language
Don't Touch My Hair	Sharee Miller	4-8	<ul style="list-style-type: none"> • Microaggressions experienced by Black women and girls • Asking for permission • Personal boundaries • Okay to say 'no' • Consent



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			<ul style="list-style-type: none"> • Introductory, child friendly content
That Uh-Oh Feeling	Kathryn Cole	5-8	<ul style="list-style-type: none"> • Different types of touches • Emotional threats • Support networks • Keeping secrets • Conversations with trusted adults • Introductory, child friendly content

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Annabelle's Secret	Amy Barth	8-13	<ul style="list-style-type: none"> • Peer to peer child sexual abuse • Emotional threats to keep secrets • Conversations with trusted adults and professionals • Child sexual abuse is not the fault of children • Physical and emotional indicators of triggers and flashbacks • Options for support and self-care • Intermediate, child friendly content
My Body Belongs to Me	Jill Starishevsky	3-12	<ul style="list-style-type: none"> • Some parts of your body are extra special and belong just to you • Keeping secrets • Conversations with trusted adults • Intermediate, child friendly content



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Some Secrets Should Never Be Kept	Jayneen Sanders	3-11	<ul style="list-style-type: none"> • Keeping secrets • Emotional threats • How sometimes touches can turn into not ok touches • physical and emotional indicators of abuse • Conversations with trusted adults and being believed. • Intermediate, child friendly content
Miles is the Boss of His Body	Abbie Schiller, Samantha Kurtzman-Counter	5-8	<ul style="list-style-type: none"> • Personal boundaries • Children’s bodies belong to them • Respecting choice • Intermediate, child friendly content
Yes! No!: A First Conversation about Consent	Megan Madison, Jessica Ralli, Isabel Roxas	2-6	<ul style="list-style-type: none"> • Consent • We can change our minds when we give consent • We can show consent both verbally and non-verbally • Body Autonomy • Intermediate, child friendly content
My Body! What I say Goes	Jayneen Sanders	4-7	<ul style="list-style-type: none"> • Body autonomy • Right to say no • Keeping secrets • Private parts and their names • Different types of touches • What might make you feel safe or unsafe and how your body might respond to that • Talks about safety network or support people • intermediate, child friendly content
An Exceptional Children’s Guide to Touch: Teaching Social and Physical Boundaries to Kids	Hunter Manasco	3-11	<ul style="list-style-type: none"> • Challenges and vulnerability that is present in the lives of children living with a disability • Types of touches • Importance of telling an adult • Confusing touches and navigating your feelings • Saying No • Intermediate, child friendly content



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