

## BOOKS

### Parent Specific

- Body Safety Education: A Parents Guide to Protecting Kids From Sexual Abuse (Jayneen Sanders)

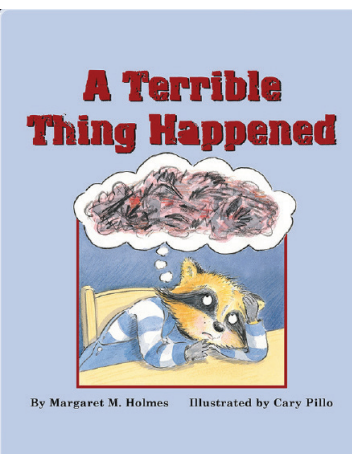
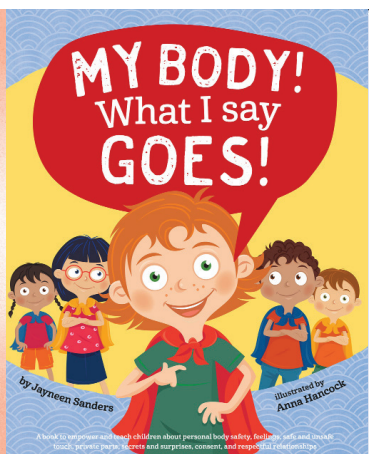
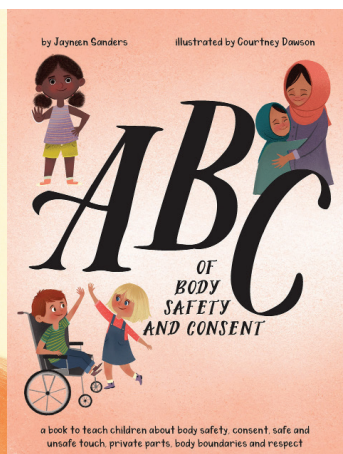
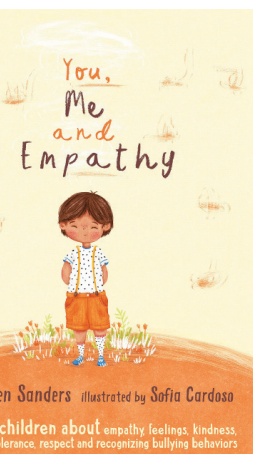
### Kindergarten - Grade 2

#### CONSENT

- My Body Belongs to Me (Jill Starishevsky)
- Some Parts Are Not For Sharing (Julie K. Frederico)
- A Hug (Nicola Manton)
- C is for Consent (Eleanor Morison)
- Can I Give You a Squish (Emily Neilson)
- ABC of Body Safety and Consent (Jayneen Sanders)
- My Body! What I Say Goes (Jayneen Sanders)
- No Means No! (Jayneen Sanders)

#### FEELINGS / EMOTIONAL REGULATION

- A Terrible Thing Happened (Margaret M. Holmes)
- Resilience (Jayneen Sanders)
- Talking About Feelings (Jayneen Sanders)
- You Me and Empathy (Jayneen Sanders)
- I'm Calm (Jayneen Sanders)
- When I Feel Scared (Cornelia Maude Spelman)
- The Way I Feel (Janan Cain)



## Grade 3 - 4

### CONSENT

- The Trouble With Secrets (Karen Johnson)
- Miles is the Boss of His Body (Abbie Schiller + Samantha Kurtzman-Counter)
- Amazing You! Getting Smart About Your Private Parts (Dr. Gail Saltz)
- I Said No! (Zack King)
- The Right Touch (Sandy Kleven)
- My Body! What I Say Goes (Jayneen Sanders)
- That Uh-Oh Feeling (Kathryn Cole)

### EQUITY / INDIVIDUALITY

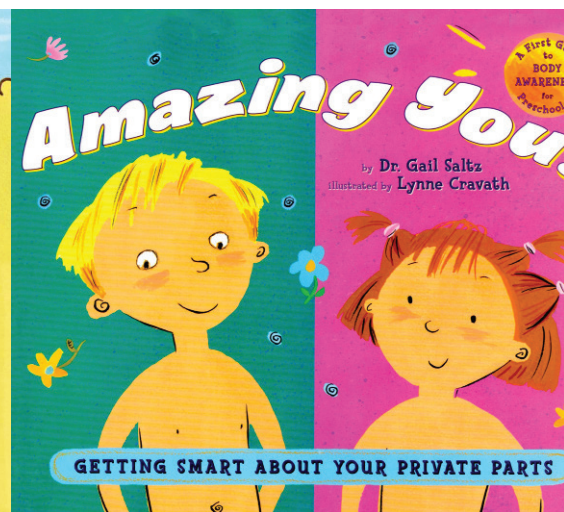
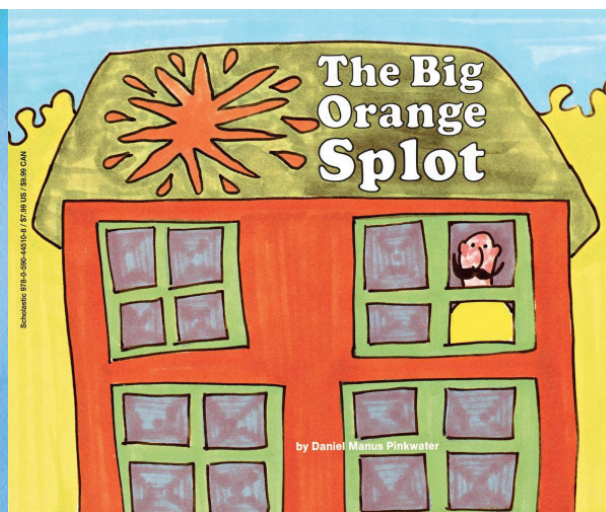
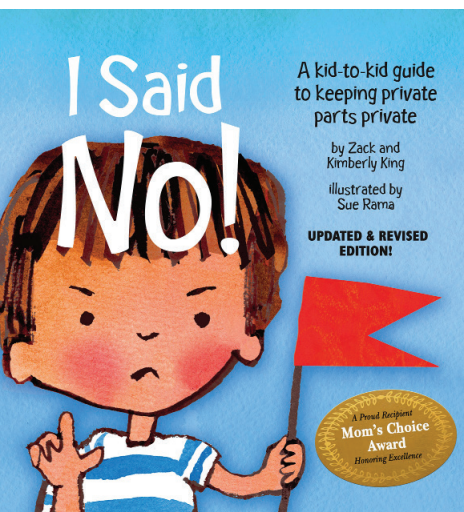
- Pearl Fairweather Pirate Captain (Jayneen Sanders)
- Hey There! What's Your Superpower? (Jayneen Sanders)
- Resilience (Jayneen Sanders)
- Who Am I? I Am Me! (Jayneen Sanders)
- The Not So Perfect Princess and the Not so Dreadful Dragon (Jayneen Sanders)
- No Difference Between US (Jayneen Sanders)
- Be The Difference (Jayneen Sanders)
- The Big Orange Splot (Daniel, Manus Pinkwater)

### FEELINGS / EMOTIONAL REGULATION

- How Big Are Your Worries, Little Bear? (Jayneen Sanders)

### BODY CHANGES / PUBERTY

- Amazing You! Getting Smart About Your Private Parts (Dr. Gail Saltz)
- Changing You! A Guide to Body Changes and Sexuality (Dr. Gail Saltz)



## Grade 5 - 6

### CONSENT

- Can We Talk About Consent? A Book About Freedom, Choices, and Agreement (Justin Hancock)
- Reena's Bollywood Dream (Jewel Kats)
- Amazing You! Getting Smart About Your Private Parts (Dr. Gail Saltz)
- Annabelle's Secret (Amy Barth)
- Changing You! A Guide to Body Changes and Sexuality (Dr. Gail Saltz)
- It's Perfectly Normal: Changing Bodies, Growing Up, Sex, Sexual Health (Robbie Harris and Michael Emberley)
- Let's Talk About Boundaries, Consent & Respect (Jayneen Sanders)

### EQUITY / INDIVIDUALITY

- Be The Difference (Jayneen Sanders)

### FEELINGS / EMOTIONAL REGULATION

- TRAUMA: Teaching Kids About Trauma (Robert Edelman)

### BODY CHANGES / PUBERTY

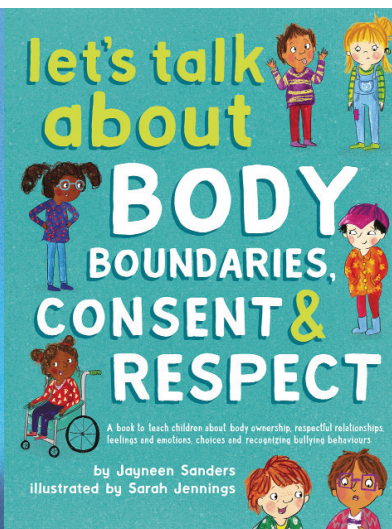
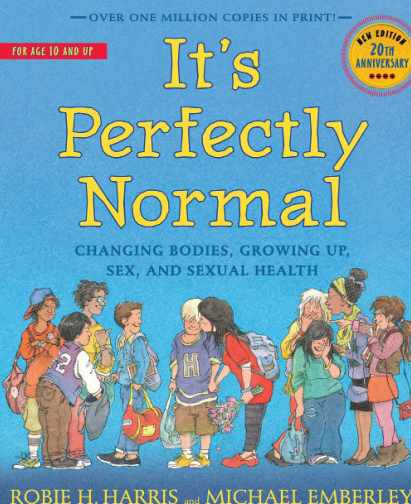
- Changing Bodies, Growing up Sex And Sexual Health (Robbie H. Harris)
- It's So Amazing: A book About Eggs, Sperm, Birth, Babies and Families (Robbie H. Harris and Michael Emberley)
- It's Perfectly Normal (Chand Michael Emberley)



**AMY BARTH**  
**Annabelle's Secret**  
 A Story About Sexual Abuse  
 Illustrated by Richa Kinra



by JAYNEEN SANDERS illustrated by CHERIE ZAMAZING



**let's talk about**  
**BODY**  
 BOUNDARIES,  
 CONSENT &  
 RESPECT

A book to teach children about body ownership, respectful relationships, feelings and emotions, choices and recognizing bullying behaviours

by Jayneen Sanders  
 illustrated by Sarah Jennings

# ACAA's Favourite Resources for Adults Healing from Sexual Trauma

## NON-FICTION BOOKS

- The Body Keeps the Score (Bessel van der Kolk)
- Know My Name (Chanel Miller)
- Polyvagal Theory in Therapy (Deb Dana)
- Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists (Janina Fisher)
- The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse (Ellen Bass & Laura Davis)
- The Courage to Heal Workbook (Laura Davis)
- Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror (Judith Herman)
- Not that Bad: Dispatches from Rape Culture (Roxane Gay)
- Shout (Laurie Halse Anderson)
- Asking For It: The Rise of Rape Culture and What We Can Do About It (Kate Harding)

## FICTION BOOKS

- Speak (Laurie Halse Anderson)
- Hum by (Natalia Hero)
- My Dark Vanessa (Kate Russell)
- Exit, Pursued by a Bear (E. K. Johnston)
- The Way I Used to Be (Amber Smith)

## PODCASTS

- Believed (NPR)
- Carrie Low VS. (CBC Podcasts)
- Unraveled (discovery+)
- Uncover – Escaping NXIVM, The Village Ep. 1 & 2 (CBC Podcasts)
- Verified, S1 (Scripps)

## SOCIALS

- BISH: A Guide to Sex, Love and You. 14+
- Sex Positive Families
- Amaze
- IG: Consent Parenting

## DOCS & MOVIES

- Athlete A, Netflix
- The Hunting Ground, Prime
- Audrie & Daisy, Netflix
- Unbelievable, Netflix
- We Need to Talk About Cosby, Crave
- Phoenix Rising, Crave
- A Teacher, Disney+/STAR

