

Recommended Books for Students

These recommended books are appropriate for teachers to use with students as part of the classroom curriculum, for parents to use at home with their children, and for students to read on their own.

Common Hazards

***Be Safe (Get Healthy)* by Sarah Tieck (2012)**

This book pairs clear instructions with bright photos and illustrations to teach children important rules for staying safe. Covering topics from healthy living to the Internet to calling 9-1-1, *Be Safe (Get Healthy)* offers practical advice that can serve as a good starting point for a discussion about personal safety. (Ways to Stay Safe.)

***Safety Around the House* by Ana Deboo (2008)**

This book clearly identifies many common safety concerns children need to be aware of and explains in a very straightforward manner how they can keep themselves safe at home. The language is accessible, and a glossary of terms helps children understand important concepts. (Ways to Stay Safe.)

***Slim Goodbody's Good Health Guides: Avoiding Injuries* by Slim Goodbody (2007)**

Falls, burns, and playing sports are some of the most common sources of injury among older elementary-age children. In *Avoiding Injuries*, Slim Goodbody combines entertaining descriptions with photos and illustrations to explain why injuries happen, how to avoid injury, and what children can do to help heal from them. This book offers practical information that will help children keep themselves safe in a fun, engaging way. (Ways to Stay Safe.)

Staying Safe from Abuse

***Laurie Tells* by Linda Lowery (2008)**

In this beautifully illustrated book, Laurie tries to talk to her mom about a broken Private Body Parts Rule, but her mom doesn't believe her. Children follow Laurie as she decides who else she can tell. (Private Body Parts Rule.)

***Not in Room 204* by Shannon Riggs, illustrated by Jaime Zollars (2007)**

This engaging and thoughtfully illustrated story uses settings and themes familiar to elementary school children to teach readers it's okay to come forward and report sexual abuse. The realistic characters make this a story that will resonate with children. (Private Body Parts Rule.)

***A Smart Kid's Guide to Avoiding Online Predators* by David J. Jakubiak (2010)**

This guide to online safety lays out clear, simple steps children can take to help keep themselves safe online. Using language accessible to a wide range of readers—with a glossary to help explain more technical terms—*Avoiding Online Predators* helps children understand how to stay safe and why it's important to stay safe. Particular emphasis is given to reporting anything that could be unsafe to an adult right away. (Ways to Stay Safe. Private Body Parts Rule.)

***Talk About Touch* by Sandra Kleven, illustrated by Patrick Minock (2012)**

Set in a traditional Alaskan Native village, this book addresses the Private Body Parts Rule in an unassuming and very approachable way. Although it's aimed at Alaskan Native families and families living in rural communities, children from all backgrounds will connect easily with the warm and realistic characters in *Talk About Touch*. (Ways to Stay Safe. Private Body Parts Rule.)

Recovering from Trauma

***Healing Days: A Guide for Kids Who Have Experienced Trauma* by Susan Farber Strauss, Ph.D., illustrated by Maria Bogade (2013)**

Written in accessible, kid-friendly language and beautifully illustrated, *Healing Days* helps children who have experienced trauma understand their reactions are normal and nothing to be ashamed of, and that there are simple things they can do to help themselves recover. Dr. Strauss uses positive and affirming messages to help children see they can take an active role in their own healing process.

***A Terrible Thing Happened* by Margaret M. Holmes, illustrated by Cary Pillo (2000)**

Using colorful illustrations and a clear story, *A Terrible Thing Happened* explores what happens to a boy who experiences a traumatic event. This story acknowledges the many different responses children can have to trauma. It also encourages children to find an adult with whom they feel comfortable to share their experiences, so they can begin the healing process.