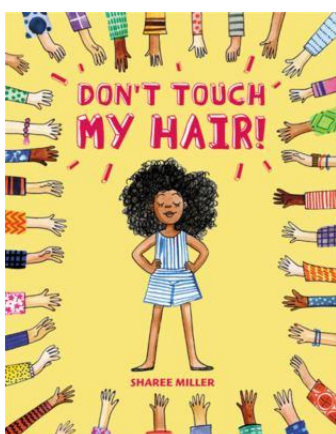


Resources on Consent

This is a draft copy. Some of the titles, although they received good reviews, have not been read. They are a good starting point, however, for searching for appropriate titles for the age/needs of your students. It is recommended that a school counsellor be consulted and their recommendations followed. *March 2025*

Picture Books

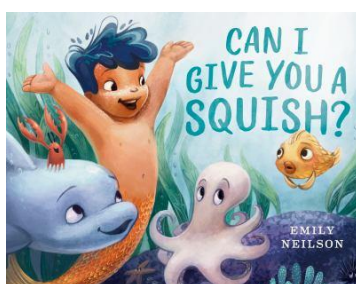


Don't Touch My Hair!

by Sharee Miller, c2018, IL: K-3, RL: 2.3

“An entertaining picture book that teaches the importance of asking for permission first as a young girl attempts to escape the curious hands that want to touch her hair. It seems that wherever Aria goes, someone wants to touch her hair. In the street, strangers reach for her fluffy curls; and even under the sea, in the jungle, and in space, she's chased by a mermaid, monkeys, and poked by aliens...until, finally, Aria has had enough.”

-Publisher

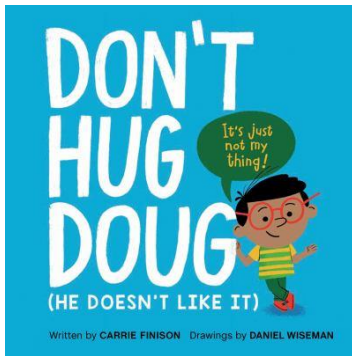


Can I Give You a Squish?

by Emily Neilson, c2020

“Kai is a little mer-boy who's big on hugs--or "squishes," as he and his mama call them. Not everyone's a fan of Kai's spirited embrace though, which he discovers soon after squishing a puffer fish, who swells up in fright Kai feels awful; but with the help of his friends, he figures out another way to show his affection, and then everyone demonstrates their preferred ways of being greeted. Because, as Kai realizes, "Every fish likes their own kind of squish.”

-Publisher

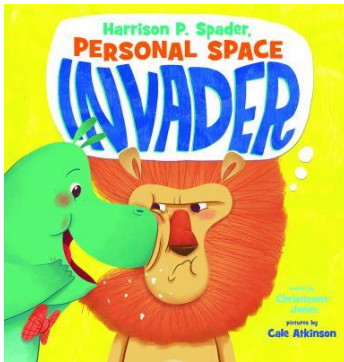


Don't Hug Doug : He Doesn't Like It

by Carrie Finison, c2021, IL: K-3, RL: 1.7

"Doug doesn't like hugs. He thinks hugs are too squeezey, too squashy, too squooshy, too smooshy. He doesn't like hello hugs or goodbye hugs, game-winning home run hugs or dropped ice cream cone hugs, and he definitely doesn't like birthday hugs. He'd much rather give a high five--or a low five, a side five, a double five, or a spinny five. Yup, some people love hugs; other people don't. So how can you tell if someone likes hugs or not? There's only one way to find out: Ask! Because everybody gets to decide for themselves whether they want a hug or not."

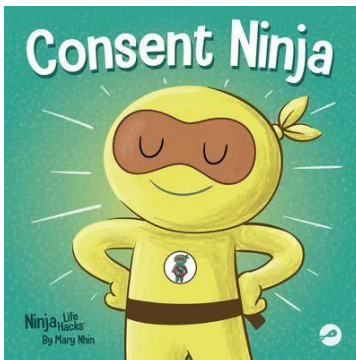
-Publisher



Harrison P. Spader, Personal Space Invader

by Christianne C. Jones, c2018, IL: K-3, RL: 2.0

"Harrison P. Spader sat a little too close. Shook hands a little too long. High-fived a little too hard. And hugged a little too much. Harrison P. Spader was a personal space invader. But that all changes when he learns the Space Saver rhyme: Arms out front, then out real wide. Now place your arms back by your sides. Author Christianne Jones uses humor and relatable situations to teach early learners about self-awareness." - Publisher

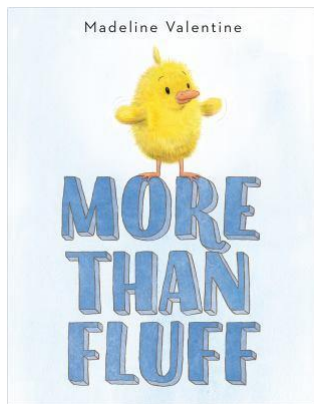


Consent Ninja

by Mary Nhin

"When we give consent, it means we agree to something, especially when it has to do with our bodies. Consent allows us to be in charge of our body and set boundaries so others know what we like and don't like."

-Indigo



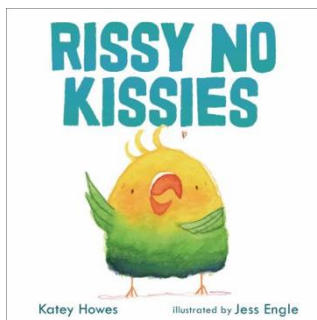
More Than Fluff

by Madeline Valentine, c2021, IL: K-3, RL:2.0

“A fresh, funny, and timely picture book about a fuzzy chick navigating autonomy and consent. The perfect conversation starter on the topic for young children.

Daisy happens to be fluffy--she's a young chick after all. Her friends can't help but want to pet her, squeeze her, and tell her how cute she is. But Daisy doesn't want to be hugged or kissed. She's not just fluff; Daisy has substance! But how can she tell everyone to give her some space without hurting their feelings?”

-Publisher



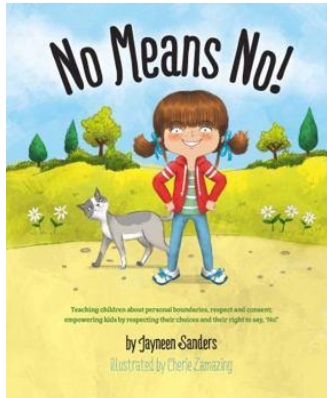
Rissy No Kisses

by Katey Howes, c2021, IL: K-3, RL:

“Rissy is a lovebird hatchling, with one unusual quirk: she doesn’t like kisses! One by one, her family and friends learn this the hard way, as they attempt to show affection, tuck her into the nest, or soothe her boo-boos. Each time, Rissy responds with the same "emphatic squeak": “No kissies!” The other birds wonder if Rissy is sick or confused or just mean and rude, but when she despairs that she’ll never belong, her mother assures her that she is still a true lovebird and that how she chooses to receive or show affection is entirely her choice.”

-Booklist

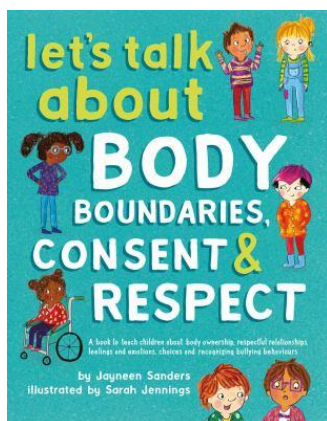
Non-fiction



No means No! : Teaching Children About Personal Boundaries, Respect and Consent : Empowering Kids by Respecting Their choices and Their Right to Say No

by Jayneen Sanders, c2015, IL: K-4

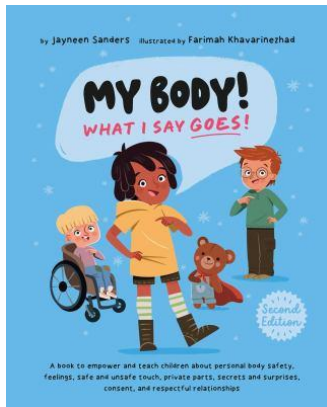
“This empowered little girl has a very strong and clear voice in all issues, especially those relating to her body and personal boundaries. It is a springboard for discussions regarding consent and children's choices and rights.” - *Thriftbooks.com*



Let's Talk About Body Boundaries, Consent & Respect: A Book to Teach Children About Body Ownership, Respectful Relationships, Feelings and Emotions

by Jayneen Sanders, c2018, IL: K-4, RL:

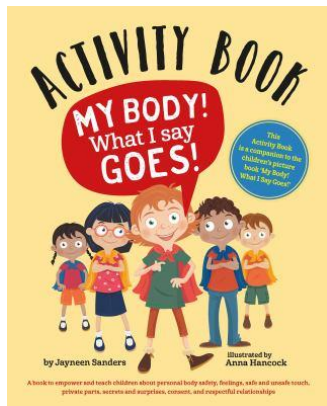
“Teaching young children about body boundaries, both theirs and others, is crucial to a child's growing sense of self, their confidence and how they should expect to be treated by others. A child growing up knowing they have a right to their own personal space, gives that child ownership and choices as to what happens to them and to their body. It is equally important a child understands, from a very young age, they need to respect another person's body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily understood manner, providing familiar scenarios for children to engage with and discuss.” - *Amazon.ca*



My Body! What I Say Goes!

by Jayneen Sanders, c2016, IL: K-3, RL:

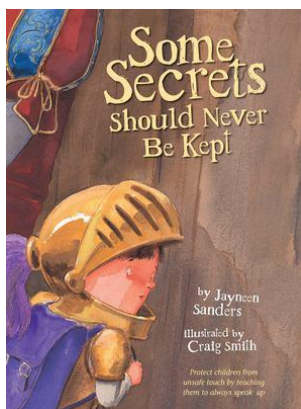
“Empower children with crucial skills in body safety and consent to help protect them from inappropriate touch. With engaging illustrations and age-appropriate text, 'My Body! What I Say Goes!' will equip children with the knowledge and confidence to speak up if they feel unsafe.”
- Publisher



My Body! What I Say Goes! : Activity Book

By Jayneen Sanders, c2020, IL: K-3, RL: 2.2

“This Activity Book reinforces the following crucial Body Safety skills taught in the children's picture book My Body! What I Say Goes!: safe and unsafe feelings, early warning signs, a safety network, safe and unsafe touch, private parts, the difference between secrets and surprises, and body boundaries.” -Publisher

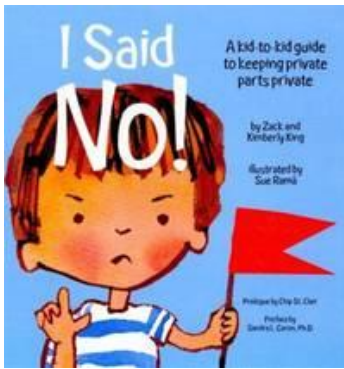


Some Secrets Should Never Be Kept : Protect Children From Unsafe Touch by Teaching Them to Always Speak Up

by Jayneen Sanders, c2017, IL: K-3, RL:2.3

“Meet brave little Sir Alfred. A courageous young boy who comes to understand that some secrets should never ever be kept.

'Some Secrets Should Never Be Kept' is a beautifully illustrated picture book that sensitively broaches the subject of safe and unsafe touch. Written as a fable, this story seeks to teach children, in an age-appropriate way, what to do if they are ever touched inappropriately. It is a timeless tale that will empower children to speak up when they feel unsafe.” - Publisher



I Said No! : A Kid-to-Kid Guide to Keeping Private Parts

Private (Dr. Claire recommended)

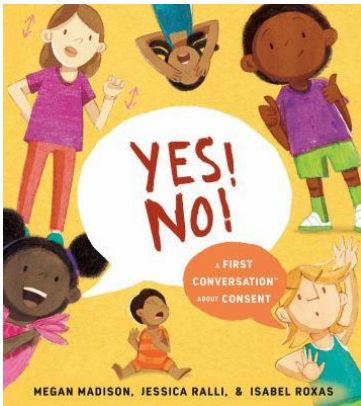
by Zack King, c2017

"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 kids rehearse and remember appropriate responses to help keep them safe."

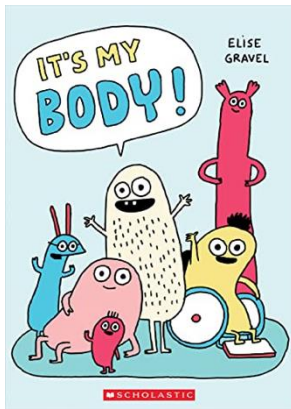
-Abe Books



Yes! No! : A First Conversation About Consent

by Megan Madison, c2022, IL: K-3, RL: 2.2

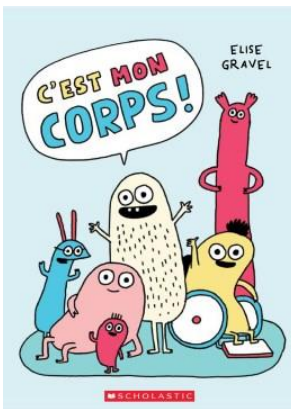
"Developed by experts in the fields of early childhood and activism against injustice, this topic-driven board book offers clear, concrete language and imagery to introduce the concept of consent. This book serves to normalize and celebrate the experience of asking for and being asked for permission to do something involving one's body. It centers on respect for bodily autonomy, and reviews the many ways that one can say or indicate 'no.' The backmatter offers additional resources and ideas for extending this discussion." – Publisher



It's My Body!

by Elise Gravel, c2020, IL: K-3, RL:

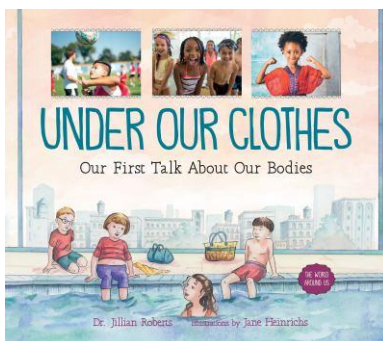
"All bodies are different! They have different shapes, different sizes, different colours, different hair and can do different things. These differences make everybody's bodies special, but all bodies should be respected. Your body is YOURS, so give it a hug... but only if you want to! From bestselling author Elise Gravel comes a book that celebrates our amazing bodies. Thanks to her trademark quirky monster characters, this important message of body-positivity will both empower and entertain." -*Publisher*



C'est Mon Corps

by Elise Gravel, c2020, IL: K-3, RL:

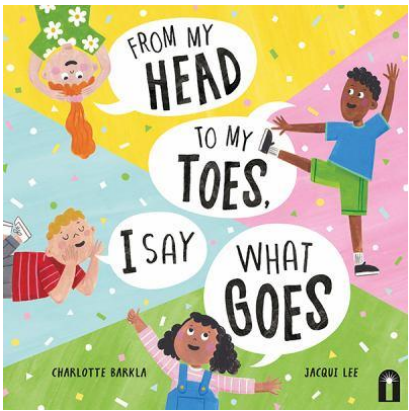
"Chaque corps est unique! Il y en a de différentes formes, tailles et couleurs, avec différents cheveux... et qui peuvent faire différentes choses. Ces différences rendent le corps de tout un chacun spécial, et tous les corps doivent être respectés. Ton corps T'APPARTIENT, alors fais-lui un câlin... mais seulement si tu en as envie!" - *Publisher*



Under Our Clothes: Our First Talk About Our Bodies

by Dr. Jillian Roberts, c2020, IL: RL: 4.8

"This illustrated nonfiction picture book by child psychologist Dr. Jillian Roberts introduces children to the topics of bodies, body safety and body image through a conversation-based story that begins with an observation at the community pool. Modesty, privacy and boundaries are discussed, along with how self-image is formed and how some people are more sensitive than others--sometimes at different stages in their lives. Relevant themes around body shaming, body positivity and self-esteem building are explored, with a final call to action empowering children to build their own confidence and speak up when something doesn't feel right." - *Publisher*



From My Head to My Toes, I Say What Goes

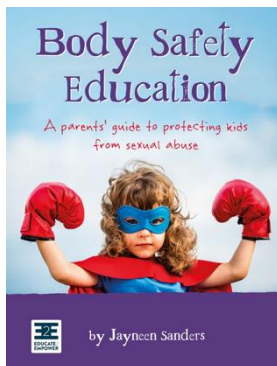
by Charlotte Barkla, c2022, IL: K-3, RL: 3.6

“From My Head to My Toes, I Say What Goes! is a light-hearted exploration of boundaries, nestled in a fun and lively story.

I might say YES to pillow fights;
a kiss when I'm tucked in at night.
I might say NO to climbing high,
a tickling game or a hug goodbye.

The book discusses consent and control for a young audience, through a story that is bold and beautiful, loud and proud. With the feel-good factor turned up to eleven, it also celebrates individualism, inclusivity and empathy.” –

Publisher

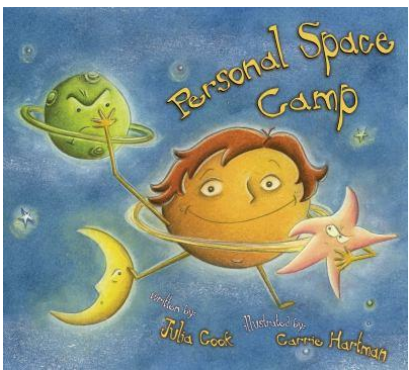


Body Safety Education: A Parents' Guide to Protecting Kids from Sexual Abuse

By Jayneen Sanders, c2015, IL: RL:

“A step-by-step guide for parents and carers on how to protect children from sexual abuse through personal Body Safety Education. This guide contains simple, practical, and age-appropriate ideas, as well as important information on how abusers groom.”

-Publisher

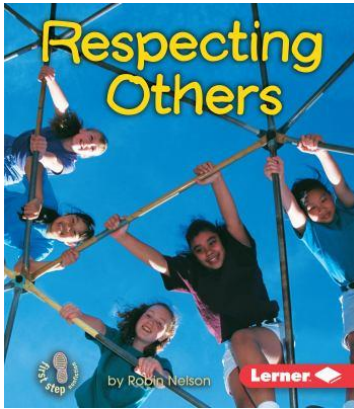


Personal Space Camp

By Julia Cook, c2007, IL: K-3, RL: 3.0

“When he is invited to the school principal's office for personal space camp, self-proclaimed space expert Louis thinks he is going to learn about the planets but instead finds out he has been getting too close to his schoolmates.”

– Follett

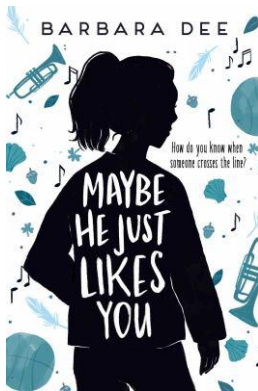


Respecting Others

By Robin Nelson, c2003, IL: K-3, RL: 2.3

“An introduction to respecting yourself, friends, parents, teachers, people you don't know, and the earth, with specific examples of how to show respect at home and at school.” - *Publisher*

Novels

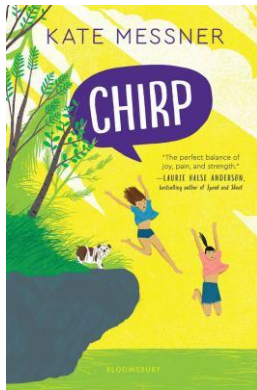


Maybe He Just Likes You

by Barbara Dee, c2019, IL: 4-8, RL: 4.2

“In her latest, Dee tackles sexual harassment and gaslighting in middle school. The subject of the abuse here is seventh-grader Mila, who is targeted by a group of boys first for coerced hugging and then distressing incidents of lewd comments and touching. Whenever she attempts to stick up for herself, Mila is effectively silenced by accusations of “overreacting.” Readers follow Mila’s plight as she navigates both these provocations and the changing economic landscape of her home life.”

-*Booklist*



Chirp

by Kate Messner, c2020, IL: 5-8, RL: 5.4

“Mia and her parents are moving back to Vermont to help her grandmother, a former entomologist, sell her cricket farm. Mia’s happy to leave the bustle of Boston, but she’s less enthused about having to attend two summer camps instead of vegging out in front of the TV, her favorite pastime since her gymnastics injury last year. Despite her reluctance, the Launch (entrepreneurial) and Ninja Warrior camps help her in ways she never expected. Meanwhile, someone is out to sabotage Gram’s business after she decides to expand rather than sell, inspiring Mia’s Launch project and adding a fun, mystery element to the story.” – *Booklist*