Talk to Your Kids About Consent and Boundaries

Books and Materials

Consent (for kids!): boundaries, respect, and being in charge of you
by Rachel Brian

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 behaviors
by Jayneen Sanders

My Body! What I Say Goes!
by Jayneen Sanders

Real talk about sex & consent: what every teen needs to know
by Cheryl M. Bradshaw

The big questions book of sex and consent
by Donna Freitas
Encourages readers to think about friendship, trust, and personal sexual parameters so that it can be determined if, when, and what is wanted in intimate situations.

Miles is the boss of his body
by Samantha Kurtzman-Counter
It is Miles' sixth birthday & his family pinches, noogies, hugs, picks up, and tickles him, but Miles does not like all the physical interaction and he gets fed up. A compelling picture book to talk to young children about consent.

Can I give you a squish?
by Emily Neilson
A lighthearted story about expressions of love and friendship features a little mer-boy whose overenthusiastic hugs frighten some of his fellow fish before he learns about consent and figures out other ways to express affection.

Don't touch my hair!
by Sharee Miller
Aria loves her soft and bouncy hair, but must go to extremes to avoid people who touch it without permission until, finally, she speaks up.

Will ladybug hug?
by Hilary Leung
Ladybug reveals the things she will and will not hug.
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**More Than Fluff**  
by Madeline Valentine  
A fuzzy little chick is rendered uncomfortable by friends who pet her, squeeze her and declare her cute when she endeavors to prove that she is more substance than fluff, in a relatable story that discusses the topics of autonomy and consent.

**I said no! : a kid-to-kid guide to keeping private parts private**  
by Zack King  
Written from a child's point of view, advises young readers on ways to handle a variety of problematic situations, provides an easy-to-use system to help children rehearse and remember appropriate responses to keep them safe, and includes coverage of where to go for help and how to deal with shame and guilt.

**Ask first, monkey! : a playful introduction to consent and boundaries**  
by Juliet Clare Bell

**Rissy no kissies**  
by Katey Howes  
"A love bird who doesn't like kisses? Rissy's friends and family wonder if she's sick, confused, or rude. But kisses make Rissy uncomfortable. Can she show everyone there's not one right way to share affection?"

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### Online Library Resources

**MEDLINE**  
MEDLINE provides authoritative medical information on medicine, nursing, dentistry, veterinary medicine, the health care system, preclinical sciences, and more.

**Health Source: Consumer Edition**  
This rich collection of consumer health information provides the full text of many consumer health magazines (including Better Nutrition, Harvard Health Letter, Men's Health, Muscle & Fitness, Prevention, Vegetarian Times, and others), health-related pamphlets and health reference books.

**Consumer Health Complete**  
Designed to support the information needs of patients, Consumer Health Complete provides access to easily understandable health and medical information. You can search and browse medical encyclopedias, reference books, fact sheets and pamphlets, magazine articles, and more.