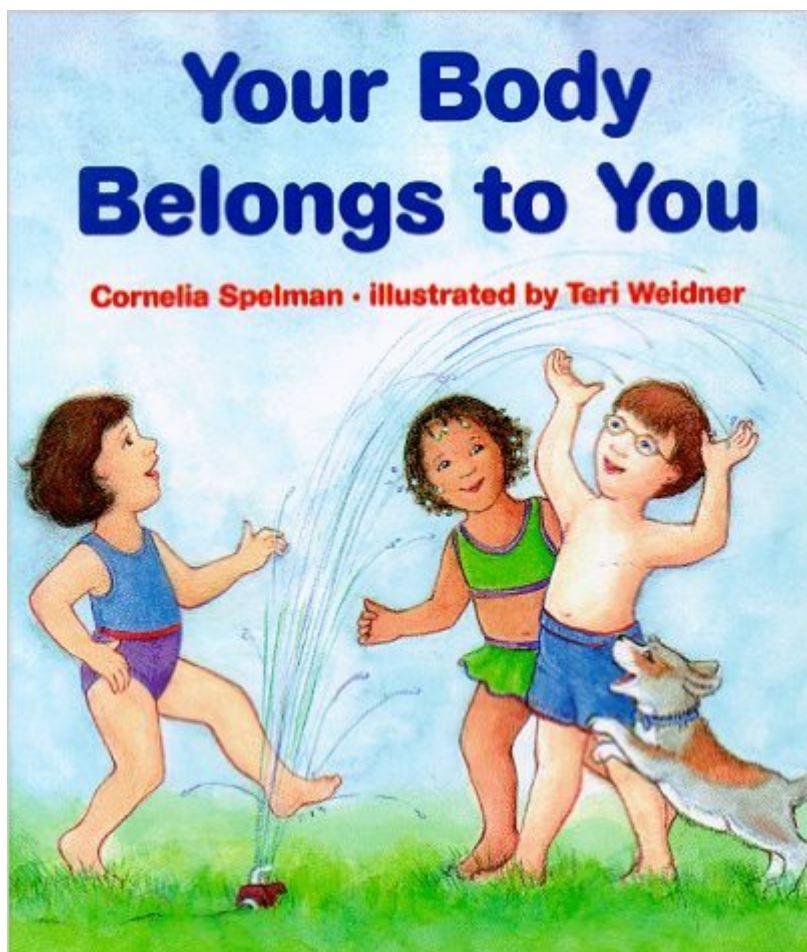


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# Your Body Belongs To You



## Synopsis

In simple, reassuring language, therapist Cornelia Spelman explains that a child's body is his or her own; that it is all right for children to decline a friendly hug or kiss, even from someone they love; and that "even if you don't want a hug or kiss right now, you can still be friends." A prefatory note helps parents talk to their children about good and bad touching. Full color.

## Book Information

Age Range: 3 and up

Hardcover: 24 pages

Publisher: Albert Whitman & Company (September 1997)

Language: English

ISBN-10: 0807594741

ISBN-13: 978-0807594742

Product Dimensions: 8.3 x 9.4 x 0.3 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (166 customer reviews)

Best Sellers Rank: #876,157 in Books (See Top 100 in Books) #105 in [Books > Children's Books > Growing Up & Facts of Life > Health > Safety](#) #207759 in [Books > Reference](#)

## Customer Reviews

How I wish this delightful book existed when I was a child. Until fairly recent years, most children were warned about the cliché stranger, but very seldom was the issue of predators children knew ever addressed. When I was a child, I honestly thought a double standard existed - improper touching was only frowned upon by one's caretakers if done by strangers. During those years, I wondered why nobody ever said if children had any recourse if they were confronted with "bad touches" by people they knew. This is a wonderfully empowering book. It also dispels the myth of the candy-bearing stranger, lurking on playgrounds and parks if indeed he ever even existed. Statistics have shown that "bad touches" are very rarely done by strangers! The text is gentle and simple without being overly so; it is something I would happily present to every child from 2 on up as well. It is timeless; the message of assertiveness and respect for boundaries and the human body at large can never be over emphasized. I also like the way the book encourages children not to keep secrets if they are approached and touched inappropriately or made to touch someone else against their will. Private parts are rightfully defined as the parts of the body one's underwear and bathing suits cover. My favorite point the book stressed was what to do if the touch is neither wanted nor

welcome and that it is perfectly all right not to want to be touched in certain ways. The most important service this book does is distinguishes "good" and "bad" touches and that for the most part, hugs and kisses are perfectly fine and acceptable. I cannot recommend this book highly enough. It will certainly help empower children of all ages and will also help to put an end to keeping harmful secrets.

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