

Teaching Consent & Boundaries to Children



Books



Books for Adults

Bonnie J. Rough (2018). *Beyond Birds & Bees: Bringing home a new message to our kids about sex, love, and equality*. Seal Press

laura hancock & karen rayne (2023). *Sex ed for the stroller set: How to have honest conversations with young children*. American Psychological Association.

Kimberly King (2023). *Body Safety For Young Children: Empowering Caring Adults*. Gryphon House.

Helen Russell (2024). *How to Raise a Viking: The secrets of parenting the world's happiest children*. HarperCollins.

Laura McGuire (2021). *Creating Cultures of Consent: A Guide for Parents and Educators*. Rowman & Littlefield.

Melissa Pintor Carnagey (2020). *Sex Positive Talks to have with Kids: A guide to raising sexually healthy, Informed, empowered young people*. Sex Positive Families.

Nedra Glover Tawwab (2021). *Set Boundaries, Find Peace: A guide to reclaiming yourself*. Piatkus.

Ruth Whippman (2024). *BoyMom: Reimagining Boyhood in the Age of Impossible Masculinity*. Harmony.

Virginia Sole-Smith (2024). *Fat Talk: Parenting in the Age of Dieting Culture*. Holt Paperbacks.

A Free Course from Yale University

The Science of Well-Being for Parents with Dr. Laurie Santos (Yale Psychology Professor and Host of The Happiness Lab Podcast). Explores the latest research findings about raising happier kids – and being a happier parent. <https://www.drlauriesantos.com/parents>
Also, a class for Teens <https://www.drlauriesantos.com/science-well-being-teens>

Books for Young Children

Some of the below books contain a “note to adults” or extra information for adults – please read!

Carrie Finison (2021). *Don’t Hug Doug (He Doesn’t Like It)*.



Cornelia Maude Spelman (1997). *Your Body Belongs to You*.

Cory Silverberg (2012) *What Makes A Baby: A book for every kind of family and every kind of kid*

**Recommended Readers Guide <https://www.corysilverberg.com/what-makes-a-baby>

Crystal McCreary (2021). *Little Yogi Deck: Simple yoga practices to help kids move through big emotions* (cards, not a book)

Dorian Solot & Marshall Miller (2024). All About Penises: A Learning About Bodies Book

Dorian Solot & Marshall Miller (2024). All About Vulvas and Vaginas: A Learning About Bodies Book

Jill Starishevsky (2014). *My Body Belongs to Me: A book about body safety*.

Kathy Stinson (2021). *The Bare Naked Book*.

Larissa H. Rhone & Tina N. Foster (2021). *My Body Belongs to Me! A book about body ownership, healthy boundaries and communication*.

Leung, Hilary (2018). *Will Ladybug Hug?*

Lydia Bowers (2021). *We Listen to Our Bodies*

** the first of 6 books in a series called, “We say what’s OKAY” – the entire series is recommended

Megan Madison, Jessica Ralli & Isabel Roxas (2022). *Yes! No! A First Conversation About Consent*.

**this book is one in a series of 6 board books, the others are first conversations about race, gender, bodies, grief, and love – the complete series is highly recommended!

Michelle Chan (2021). *My Invisible Bubble: Empowering Children to Set Boundaries*.

Sharee Miller (2019). *Don’t Touch My Hair!*



Todd Parr (2010). *Feelings Flashcards* (cards, not a book)

Tyler Feder (2021). *Bodies Are Cool*.



Books for Middle-Age Children

Cory Silverberg (2015). *Sex is a Funny Word: A book about bodies, feelings and YOU*. (graphic format)

Jayneen Sanders. (2017). *Let’s Talk About Body Boundaries, Consent and Respect: Teach children about*

body ownership, respect, feelings, choices and recognizing bullying behaviors

**Jayneen Sanders is an advocate for body safety, gender equality and respectful relationship education
<https://shop.e2epublishing.info/collections>

Phyllis Webstad (Founder of Orange Shirt Day) & Karlene Harvey (2023). Every Child Matters

Books for Pre-Teens

Carrie Firestone (2022). *Dress coded.* (fiction)

Barbara Dee (2020). *Maybe He Just Likes You.* (fiction)



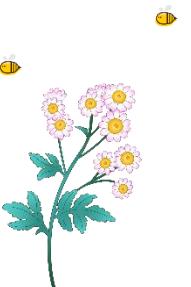
Books for Teens

Cory Silverberg (2022). *You Know, Sex: Bodies, Gender, Puberty and Other Things.* (graphic format)

Justin Hancock (2021). *Can We Talk About Consent? A book about freedom, choices, and agreement.*

School of Sexuality Education (2021). *Sex Ed: An Inclusive Teenage Guide to Sex and Relationships.*

Tiffany D Jackson (2021). *Grown.* (fiction)



Videos



Videos for Kids

amaze jr. – Little kids have big questions. amaze jr. brings parents age-appropriate sex ed resources about talking to young children, and fun videos to share with your children.

<https://amaze.org/jr>

Also check out amaze for older children <https://amaze.org/>

Amaze Org - Dealing With Rejection: What's the Best Way? <https://youtu.be/OhAixNMoX-w>
 Amaze Org - Consent and Communication <https://youtu.be/1wOqcU79Rh8>



Blue Seat Studios (2016). *Consent for Kids.* YouTube. (2 mins, 42 secs) <https://youtu.be/h3nhM9UlJjc>

Hopscotch (2022). *The Boundaries Song – “That’s A Boundary.”* YouTube. (3 mins)
<https://youtu.be/aSFvJbSQdA4>

Queer Kid Stuff (2017). *Learn About Consent.* YouTube. (3 mins, 58 secs) <https://youtu.be/MxDUyXVxjzw>

Righttobeorg (2021). *Bystander Intervention for Kids! Be a Super Ally with the 5Ds*. YouTube.
 (5 Videos ranging from 1 – 3 mins)
<https://youtu.be/j5oGnS41PM?list=PL3wdAcMaXQVqFKg4IKvN3NqTBqz4tsscM>

Videos for Adults

Monica Rivera (n.d.) *Body Sovereignty and Kids: How we cultivate a culture of consent*. YouTube. (16 mins) <https://youtu.be/EvGyo1NrzTY>

Nadine Thornhill (n.d.) *Teaching Children About Consent*. YouTube. (30 mins)
<https://youtu.be/CY3s6LSP7vs>

Planned Parenthood (n.d.) How to talk to pre-schoolers about anatomy and body safety.
 YouTube. (3 mins) <https://youtu.be/EinNeciMgpQ>

Pop Culture Detective (2018). *Stalking for Love*. YouTube. (23 mins)
https://youtu.be/rZ1MPc5HG_I **A fantastic video that shows how pop culture media portrays lack of consent as romantic and intriguing, communicating the necessity for media education for children and teens.

Rosalia Rivera (n.d.) *Consent, Kids and Culture*. YouTube. (20 mins)
<https://youtu.be/4fbUFM6eoY8>



Websites

Body Confident Collective (2022). Confident Body, Confident Child <https://www.confidentbody.net/>

Connecticut Alliance to End Sexual Violence (2023) 8 Ways to Teach Kids about Consent and Healthy Boundaries. [8 Ways to Teach Kids about Consent and Healthy Boundaries](#)

Consent Parenting (2023). <https://www.consentparenting.com/>

Darkness to Light: End Child Sexual Abuse <https://www.d2l.org/>

Educate2Empower Publishing: Books and Resources to Empower Children and Help Keep them Safe
<https://e2epublishing.info/>

Happermations: Sex Positive Affirmations for Toddlers <https://happermations.com/>

Media Smarts: Canada's Centre for Digital Media Literacy. <https://mediasmarts.ca/>

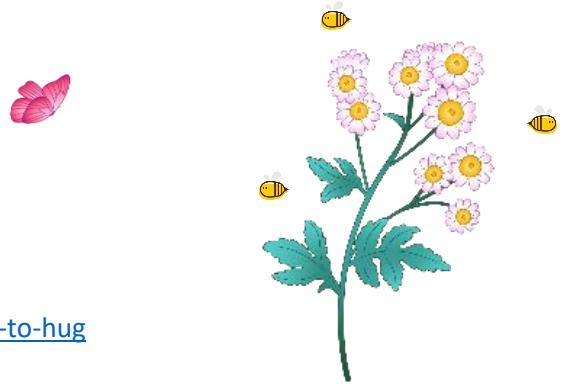
Pennsylvania Coalition Against Rape (2022). Safe Secure Kids – Keeping Kids Safe, Secure, and Happy
<https://www.safesecurekids.org/>

Sex Positive Families (2023). <https://sexpositivefamilies.com/>

Tech Safety Canada. <https://techsafety.ca/>

Online Articles

Brantz, L. (2016, Nov 16). *8 People Your Kid Doesn't have to Hug*
<https://www.buzzfeed.com/lorynbrantz/people-your-kid-doesnt-have-to-hug>



Cain Miller, Clarie (2017). *How to Raise a Feminist Son*. New York Times
<https://www.nytimes.com/2017/06/02/upshot/how-to-raise-a-feminist-son.html>

Connecticut Alliance to End Sexual Violence (2021, Sept 15). *8 Ways to Teach Kids about Consent and Healthy Boundaries*. <https://endsexualviolencect.org/8-ways-to-teach-kids-about-consent-and-healthy-boundaries/>

Dillon, S. (2021, Mar 20). *Teaching Consent to Children: 'The joke is where it starts and rape is where it ends. How do we ensure children and teens know about consent? Here's a guide to changing the culture early to prevent sexual assault*. The Guardian
<https://www.theguardian.com/society/2021/mar/21/teaching-consent-to-children-the-joke-is-where-it-starts-and-is-where-it-ends>

Donich, Jordan (2024). *AI and Child Pornography*. Donich Law Professional Corporation
<https://mydefence.ca/artificial-intelligence-and-child-pornography/>

The Good Man Project (2016, June 8). *This is How You Teach Kids About Consent*. Huffpost
https://www.huffpost.com/entry/this-is-how-you-teach-kids-about-consent_b_10360296

Marder, J. (2020, July 16). *Keeping Kids Curious about their Bodies without Shame*. New York Times
<https://www.nytimes.com/2020/07/16/parenting/kids-body-boundaries.html?auth=login-google1tap&login=google1tap>

Matthews, D. (2017, March 6). *Call Children's Private Parts What They Are*. Psychology Today
<https://www.psychologytoday.com/ca/blog/going-beyond-intelligence/201703/call-children-s-private-body-parts-what-they-are>

Weissbourd, R. & Cashin, A (2018, Oct 16). *5 Ways Parents can help kids understand consent and prevent sexual assault*. The Washington Post <https://www.washingtonpost.com/lifestyle/2018/10/16/ways-parents-can-help-kids-understand-consent-prevent-sexual-assault/>

