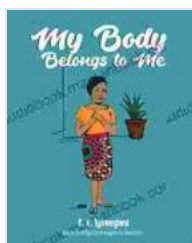


My Body Belongs to Me: Empowering Children to Protect Themselves from Sexual Abuse

As parents and educators, we have a responsibility to keep children safe. This includes protecting them from sexual abuse, which is a serious and devastating crime. My Body Belongs to Me is an essential resource for parents and educators, providing tools and guidance to help children understand and protect themselves from sexual abuse.

What is My Body Belongs to Me?

My Body Belongs to Me is a comprehensive child sexual abuse prevention program that teaches children about their bodies, their rights, and how to stay safe. The program is based on the premise that all children have the right to bodily autonomy and that they should be empowered to make decisions about their own bodies.



My Body Belongs to Me by Walker Abel

★★★★☆ 4 out of 5

| | |
|----------------------|-----------------------------|
| Language | : English |
| File size | : 2077 KB |
| Text-to-Speech | : Enabled |
| Enhanced typesetting | : Enabled |
| Print length | : 29 pages |
| Lending | : Enabled |
| Screen Reader | : Supported |
| Paperback | : 328 pages |
| Item Weight | : 13.7 ounces |
| Dimensions | : 4.72 x 0.83 x 7.48 inches |



The program consists of a series of age-appropriate lessons that are designed to help children develop the skills and knowledge they need to protect themselves from sexual abuse. The lessons cover topics such as:

- Body awareness
- Boundaries
- Consent
- Inappropriate touch
- Sexual abuse
- How to get help

My Body Belongs to Me is an evidence-based program that has been shown to be effective in reducing the risk of child sexual abuse. The program has been used by schools, child care centers, and other organizations across the country to help protect children from this devastating crime.

Why is My Body Belongs to Me Important?

My Body Belongs to Me is an important program because it helps children to:

- Understand their bodies and their rights
- Develop the skills they need to protect themselves from sexual abuse

- Feel empowered to make decisions about their own bodies
- Speak up if they are being abused

By teaching children about body autonomy and consent, My Body Belongs to Me helps to create a culture of respect and safety for all children.

How Can I Use My Body Belongs to Me?

My Body Belongs to Me is a versatile program that can be used in a variety of settings. The program can be used in schools, child care centers, homes, and other community settings.

There are a number of ways to use My Body Belongs to Me. The program can be used as a stand-alone curriculum or it can be integrated into other child safety programs. The program can also be used to train parents and educators on how to talk to children about body autonomy and consent.

To learn more about My Body Belongs to Me, please visit the program's website at www.mybodybelongstome.org.

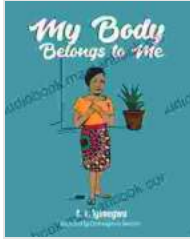
My Body Belongs to Me is an essential resource for parents and educators who want to help children protect themselves from sexual abuse. The program is evidence-based, age-appropriate, and easy to use. By teaching children about their bodies, their rights, and how to stay safe, My Body Belongs to Me helps to create a culture of respect and safety for all children.

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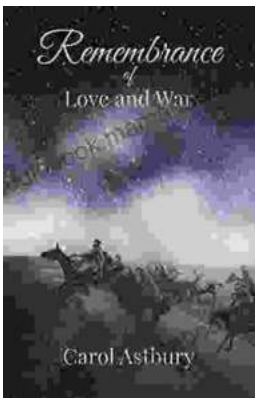
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