



## Child Sexual Abuse Prevention & Healthy Sexuality Resources

For parents, teachers and caregivers of children birth to five

Investing in child sexual abuse prevention - indeed, the prevention of all types of sexual violence - is paramount to ending child sexual abuse. Prevention includes a willingness to model healthy behaviors and have honest discussions with children about healthy relationships and safe and healthy boundaries.

### Tip Sheets & Brochures

#### **The Simple Facts of Life: A Practical Guide on Healthy Sexuality for Parents, Teachers and Caregivers**

Maine Family Planning

A guide is designed to help adults break the silence about sexuality and teach children about themselves.

#### **Sexual Development and Behavior in Children: Information for Parents and Caregivers**

The National Child Traumatic Stress Network

This resource introduces common sexual behaviors in children and discusses what to teach to kids and when.

#### **Behaviors to Watch for When Adults Are With Children**

Stop It Now

This resource discusses setting and recognizing good personal boundaries.

#### **Talk With Your Kids: Timeline and Tips**

California Family Health Council

This timeline and tips are designed to help parents build a foundation of trust and mutual respect with their kids and to start an ongoing conversation with them as they develop and grow.

#### **There's No Place Like Home...For Sex Education**

Advocates for Youth

This resource assists families in communicating more openly about sexuality.

#### **An Overview of Healthy Childhood Sexual Development**

National Sexual Violence Resource Center

This overview discusses the role of healthy childhood sexual development in child sexual abuse prevention.

#### **Resource for Parents: Talking to Your Child**

National Sexual Violence Resource Center

This resource focuses on increasing a parent's comfort and knowledge when talking to their child about sex.

#### **Resource for Parents & Caregivers**

National Sexual Violence Resource Center

This resource provides information about sexual violence prevention and how parents and caregivers can play a role in responding to victims and promoting prevention.

*“Healthy sexuality is emotional, social, cultural, and physical. It is our values, our attitudes, feelings, interactions, and behaviors.”*

– NSVRC

## Websites

### Maine Family Planning

Maine Family Planning believes that parents are the primary sexuality educators of their children and that you can play an important role in helping young people make healthy decisions about sex.

### KidsHealth

If you're looking for information you can trust about kids that is free of 'doctor speak,' you've come to the right place.

### I Wanna Know!

Through this website, the American Sexual Health Association aims to give parents the tools they need to teach their children about sexual health.

### Stop It Now

Stop It Now's efforts are guided by the understanding that to truly prevent harm to children, all adults need to accept responsibility for recognizing, acknowledging and confronting behaviors that lead to abuse.

*“Sexual health is more than freedom from sexual disease or disorders. Sexual health is non-exploitive and respectful of self and others.... Sexual health requires trust, honesty, and communication.”*

– Eli Coleman, Ph.D.

## Books for Children

Part of healthy sexuality includes giving your kids all the proper names for their body parts. There are some great tools for age-appropriate conversations. Including books that talk about gender stereotypes and young transgender people is important.

### Who Has What?: All About Girls' Bodies and Boys' Bodies

by Robie H. Harris  
Ages 4-5

A humorous and illustrated guide to help introduce body parts for parents and caregivers not used to discussing or naming them.

### What's in There?: All About Before You Were Born (Let's Talk about You and Me)

by Robie H. Harris  
Ages 2-5

Combining humor and facts, this book helps young children understand how a baby develops and is born.

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

by Kimberly King  
Ages 4 and up

This book discusses appropriate behaviors, how to deal with inappropriate behaviors, and when and where to go for help.

### What Makes a Baby?

by Cory Silverberg  
Ages preschool and up

This book discusses conception, gestation, and birth by being inclusive of all kinds of kids, adults, and families, regardless of how many people were involved, their orientation, gender and other identity, or family composition.

## Books for Parents

### Understanding Your Child's Sexual Behavior: What's Natural and Healthy

by Toni Cavanagh Johnson

This book describes common childhood sexual behaviors and contrasts those that are a normal part of exploration and play with those that may indicate a need for help.

### But How'd I Get in There in the First Place? Talking to Your Young Child About Sex

by Deborah Roffman

This book provides strategies and skill building for talking with young children about sex and sexuality.

### Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex

by Deborah M. Roffman

This book instructs parents on ways to communicate with their children and answer tough questions about sex and reproduction, sexual values, and cultural influences on sexuality.



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Paul R. LaPage, Governor

Department of Health  
and Human Services  
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