



Alexandra Ndolo

Safe Child, Happy Parent – My Body Belongs to Me - Even in Sports!

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My Body Belongs to Me - Also in Sports!

Nora loves gymnastics. Her new coach Sven says she has great talent! But when he assists her as a spotter, it doesn't feel right. He always grabs her in a funny way. She should actually tell someone about it - but she's afraid that no one will like her anymore ...

Is that okay?

Abuse of and sexualized violence against children takes place mostly in their immediate environment. It often happens in sports clubs. In a gentle way, this book gives child-friendly tips on how to behave in difficult situations and how to deal openly with this important topic - so that children learn early on to recognize their limits, to set them and to get help.

- Promotes the **emotional development of elementary school children**
- Important non-fiction book on a **topic of concern** to lower grade children and their parents
- Complicated questions answered simply in **easy-to-understand** texts suitable for first-time readers
- **Detailed full-color illustrations** visualize and supplement all important facts throughout
- Provides **helpful discussion starters** for adults and children as well as for educational work
- Includes a helpful overview of counseling centers
- **Together against abuse and sexual violence against children - this book helps children set boundaries and to say No!**

Alexandra Ndolo

Alexandra Ndolo wurde als Tochter einer polnischen Mutter und eines kenianischen Vaters in Deutschland geboren. Mit vier Jahren begann sie mit Leichtathletik und entdeckte ihre Liebe zum Sport. Seit 2014 war sie als erste Schwarze Frau Teil des A-Kaders der Deutschen Damendegen-Nationalmannschaft und ficht inzwischen für Kenia. Sie ist Olympionikin, Vizeweltmeisterin und mehrfache EM-Medaillengewinnerin. 2022 wurde sie Lesebotschafterin der Stiftung Lesen.

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