Dagmar Geisler

My Body Belongs to Me from My Head to My Toes - Jubilee Edition

durchgehend farbig illustriert von Dagmar Geisler

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Story

How to say No!

As a child, there are constantly people trying to pick you up, hug you, or tickle you. Sometimes, though, children fall victims to people who try to touch them inappropriately. But how do you tell someone, most likely an adult, that you don't want to be touched? Or, if it has already happened, how do you tell an adult you trust about what happened? You're only a child, and they're the adults. Why would they believe you?

Saying no and avoiding displeasing contact is not easy. Self confident children manage to state clearly what they like and dislike. Therefore it is very important for children to become aware of their feelings and their body. This is the only way how children can develop the ability to set boundaries. *My Body Belongs to Me from My Head to My Toes* is an invaluable resource that gives children a voice in uncomfortable situations. It is an educational tool to help instill confidence in children when it comes to their bodies.

The narrative of the story is led by a girl named Clara, who encourages kids to say "no" if they are uncomfortable with physical contact. The narrator gives readers tips about what they can say or do to avoid unwanted physical contact, or how to tell the right people in the event it has already occurred.

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This book prompts discussion and encourages reflecting about the topic of overstepping sexual boundaries. Now every parent, grandparent, or teacher can explain to a child the difference between appropriate and inappropriate touching in a way that young boys and girls can understand.

- **Important topic: Preventing child abuse**
- Shows parents and educators how to approach this topic in a child-friendly way
- Teaches children aged 5 and older **how to set boundaries**
- Clear pictures and easy text by **Dagmar Geisler**

Dagmar Geisler

Dagmar Geisler was born in 1958 in Siegen and studied drawing in Wiesbaden. After graduating in 1984, she worked as graphic designer and illustrator for several publishing houses and broadcasting companies. In 1987 Dagmar Geisler illustrated her first book for children, the “Leselöwen-Quatschgeschichten” by Manfred Mai. From now on she focused on drawing comics and illustrations for children’s books, which have been awarded several times. For some years now she also writes successful children’s books. Her educational picture books deal with recent and sensitive issues. With her sensitive stories Dagmar Geisler succeeds very well to transport useful preventive measures not only from an educational perspective, but also with a certain amount of excitement and humor. Today, Dagmar Geisler lives with her family in the Franconian Switzerland.

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