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, studied drawing in Wiesbaden and now lives in Franconian Switzerland. She has been writing and illustrating for children and the young for over 25 years. Her educational picture books address recent and sensitive issues, providing useful preventive measures with excitement and humour from an educational perspective. With her books, she accompanies children in their social-emotional development and encourages talking together about feelings, difficult situations and body awareness.

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