



O.U.R. Children's Safety and Success Project: Vook Club Book and Video List



The VOOK Club's mission is to read, evaluate and recommend books for adults to read or share with children as a tool to create a strong foundation for children's safety. We look for books that emphasize safety from child abuse, neglect and bullying. Topics include books that discuss or model emotions, self-awareness, safety, self-esteem, understanding hearing loss and valuing diversity, and more.

We know how valuable sharing books with children is, and we hoped this would be another way that parents can create and sustain important conversations about safety between children, parents and trusted adults.

Books on Emotions for Younger Kids:

1. *My Many-Colored Days* by Dr. Seuss <https://www.youtube.com/watch?v=NINNm7bdIHw>
2. *Today I Feel Silly* by Jamie Lee Curtis <https://www.youtube.com/watch?v=JofkgL7CY5A>
3. *The Color Monster* by Anna Llenas <https://www.youtube.com/watch?v=M-6W6yk5gb4>
4. *The Way I Feel* by Janan Cain <https://www.youtube.com/watch?v=JMcGd5Sj34>
5. *I Am Human* by Susan Verde <https://www.youtube.com/watch?v=X9RxO3HG9bM>

Mindfulness Books:

1. *And She Said Breathe* by Kathy Marvel and Dr. Kristen Race <https://www.youtube.com/watch?v=M1xytKhW5IU>
2. *I Am Peace* by Susan Verde <https://www.youtube.com/watch?v=hXA3837uv3w>

Inspirational Books:

1. *El Deafo* by Cece Bell <https://www.youtube.com/watch?v=Cnj5STG0SZo>
2. *Wonder* by R.J. Palacio <https://www.penguinrandomhouse.com/books/208913/wonder-by-r-j-palacio/9780375869020/>
3. *Emmanuel's Dream* by Laurie Ann Thompson <https://www.youtube.com/watch?v=uBhTOSyXi2o>
4. *Jacob's Eye Patch* by Beth Kobliner Shaw and Jacob Shaw https://www.youtube.com/watch?v=rX_igpfeHrl

Trauma Informed Care Tools:

1. *Alex and the Scary Things* by Melissa Moses <http://www.amazon.com/Alex-Scary-Things-Experienced-Something/dp/1849057931>
2. **Science Bulletins: Brains Change with Trauma** from The American Museum on Natural History, captioned with diagrams, July 2011. Minutes: 2.07. <https://www.youtube.com/watch?v=X4o-EXLkA7Y>
4. **How trauma impacts the brain**, <https://www.youtube.com/watch?v=m9Pg4K1ZKws>
5. **Trauma informed practices**, <https://www.youtube.com/watch?v=jFdn9479U3s>

Resilience:

1. *After the Fall* by Dan Santat <https://www.youtube.com/watch?v=dUKt1a6I3yw>
2. **What Trauma Taught Me About Resilience** | Charles Hunt | TEDxCharlotte

https://www.youtube.com/watch?v=3qELiw_1Ddg

3. **How Childhood Trauma affects health across a lifetime.**

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

Pediatrician Nadine Harris's famed Ted Talk about exposure to chronic stress and effects on health and well-being, and how to address the risks when children have a high ACE score, focusing on resilience. Minutes: 16:02.

Anti-Bullying:

1. Kate Winslet Narrates Anti-Bullying Animated Short Film *Daisy Chains*: Actor Kate Winslet is helping kids stand up for themselves, because she knows what it's like to be bullied. Winslet, 40, has admitted that bullies made fun of her appearance growing up. As an adult, Winslet has cultivated a positive body image and made it her mission to help others build self-confidence. When it came time for writer/director Galvin Scott Davis to cast the voice of the lead character in his new animated short about bullying she was a perfect selection.

<https://www.telegraph.co.uk/film/movie-news/kate-winslet-daisy-chain/>
<https://www.ilovedaisychain.com/>

2. Awareness/Understanding of Autism: The Today Show

<http://www.today.com/parents/sesame-street-introduces-first-character-autism-meet-julia-t51491>

3. Comic book resources for Anti-Bullying: Stop Bullying Comic Challenge

"[The Stop Bullying Comic Anthology](#)" from the [Stop Bullying Comic Challenge](#)

4. Anti-Bullying Comics: Marvel

"[These Marvel Comics anti-bullying covers will make you believe in superheroes](#)"

5. Anti-Bullying Comics: dosomething.org

"[Comics to the Rescue](#)" ...create a comic that illustrates a way to stop bullying

6. Anti-Bullying: Cartoon Network

[Cartoon Network](#) "[Stop Bullying - Speak Up](#)" ...described by Education World "[Kids Fight Bullying Through Comic Strips](#)"

7. *We're All Wonders* by R.J. Palacio https://www.youtube.com/watch?v=b2zG_lb31y0

Positive Family Relationships:

- 1. *Ask Me* by Bernard Waber:** Ages 4-7. A father and daughter walk through their neighborhood, brimming with questions as they explore their world. With so many things to enjoy, and so many ways to ask—and talk—about them, it's a snapshot of an ordinary day in a world that's anything but. This story is a heartwarming and inviting picture book with a tenderly written story. <https://www.youtube.com/watch?v=vhFLEYVZfVA>
- 2. *Little Elliot BIG FAMILY* by Mike Curato:** Ages 4-8. When Mouse heads off to a family reunion, Little Elliot decides to go for a walk. As he explores each busy street, he sees families in all shapes and sizes. In a city of millions, Little Elliot feels very much alone-until he finds he has a family of his own! Story about families in all shapes and sizes showing how family members support each other. <https://www.youtube.com/watch?v=hhaocS22LOI>
- 3. *A Chair for My Mother* by Vera B. Williams:** English/Spanish. Ages 4-8. (Multicultural.) After their home is destroyed by a fire, Rosa, her mother and grandmother save their coins to buy a really comfortable chair for all to enjoy. This Caldecott Honor Book is a picture book that expresses the joyful spirit of a loving family. <https://www.youtube.com/watch?v=wV1ege3jEFE>
- 4. *The Keeping Quilt* by Patricia Polacco:** Ages 4-8. (Multicultural.) "We will make a quilt to help us remember home," Anna's mother said. "It will be like having the family in back home Russia dance around us at night." https://www.youtube.com/watch?v=MWR_ON8x1QM
- 5. *Love Is a Family* by Roma Downey:** Ages 4 and up. (Nontraditional families.) Irrepressible young Lily loves her mother dearly. But when it's time for Family Fun Night at her school, she worries...and worries. What will the other kids think when she just brings her mother? Will they be the strangest family there? <https://www.youtube.com/watch?v=iC8XRKbKHwY>
- 6. *Abuela's Weave* by Omar S. Castaneda:** English/Spanish. Ages 4-8. (Multicultural) A young Guatemalan girl and her grandmother weave some special creations they hope to sell at the market. Depicts positive connection between grandparent and grandchild. <https://www.youtube.com/watch?v=vYRtaLxFP0>

Body Awareness and the power of “No”:

1. ***Something Happened and I’m Scared to Tell: A Book for Young Victims of Abuse by Patricia Kehoe***
PhD: Ages 3-8. With the help of a friendly lion, a young sexual abuse victim is able to talk about sexual abuse and recover self-esteem. Gentle and positive approach to reassure children.
<https://www.youtube.com/watch?v=h20LXLHTlqI>
2. ***It’s MY body: A Book to Teach Young Children How to Resist Uncomfortable Touch by Lory Freeman:***
Ages 3-8. Preschool children learn safe boundaries, how to distinguish between “good” and “bad” touches, and how to respond appropriately to unwanted touches. This book is a powerful book for enhancing self-esteem.
<https://www.youtube.com/watch?v=i3s4Y2Y7caQ>
3. ***Samuel Learns to Yell and Tell: A Warning for Children Against Sexual Predators by Debi Pearl:*** Ages 4 and up. Yell and Tell is the first in the series of books addressing the subject of children dealing with sexual predators in a mature way. Written in a musical rhyme and rhythm that children love, they will be more inclined to remember what they read by this type of writing. It is told in a simple story telling manner introducing a delightful young boy named Samuel to lead the way.
4. ***Loving Touches: A Book for Children About Positive Caring Kinds of Touching by Lory Freeman:*** Ages 3-8. Part of Parenting Press’s “children’s safety” collection, this book explains the different kinds of touch that we all need. It shows a young child asking for loving touches at different times – after a fall, when 10 a leg is scraped, when a toy breaks. With a few simple sentences and clear drawings, “Loving Touches” clarifies that we all need physical affection and shows how to ask for this affection safely and respectfully.
5. ***I Don’t Want to Go to Justin’s House Anymore by Heather Klassen:*** Ages 5 and up. Mom doesn’t understand why Collin is reluctant to go to his best friend’s house. Justin’s dad lost his job and can’t find a new one. Unfortunately, he is taking out his frustration on his son. Once Collin’s mom realizes that Justin is being abused, she and Collin decide to help his friend.
6. ***I’m the Boss of My Body by Patricia Una Barden:*** Ages 4-7. This book is a resource to be read to children and then for children to read themselves. This book will stimulate questions and discussion to assist children to understand the difference between good and bad feelings, what is right and what is wrong, staying healthy and safe, and the importance of asking for help when they are at risk of harm or sexual abuse. It is important to inform children that abuse can occur anywhere, anytime, and by an adult or a child of any age. The author hopes the idea of "I'm Boss of my Body" will give children a voice, and that the person they turn to for help will have the strength and ability to advocate on their behalf to keep them safe.
7. ***Your Body Belongs to You by Cornelia Maude Spelman:*** Ages 3-6. (Multicultural) In simple, reassuring language, the author explains that a child’s body is his or her own; that it is all right for kids to decline a friendly hug or kiss, even from someone they love; and that you can still be friends even if you don’t want a hug now.
<https://www.youtube.com/watch?v=OSrwYszqtKE>
8. ***I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private by K. King and Z. King:*** Ages 4 and up. Helping kids set healthy boundaries for their private parts can be a daunting and awkward task for parents, counselors and educators. Written from a kid’s point of view, I Said No! makes this task a lot easier. To help Zack cope with a real-life experience he had with a friend, he and his mom wrote a book to help prepare other kids to deal with a range of problematic situations. I Said No! uses kid-friendly language and illustrations to help parents and concerned adults give kids guidance they can understand, practice and use. Using a simple, direct, decidedly non-icky approach that doesn't dumb down the issues involved, as well as an easy-to-use system to help kids rehearse and remember appropriate responses to help keep them safe, I Said No! covers a variety of topics, including: What’s appropriate and with whom. How to deal with inappropriate behavior, bribes and threats. When and where to go for help, and what to do if the people you’re turning to for help don’t listen. Dealing with feelings of guilt and shame.
9. ***Straight Talk about Child Abuse by Susan Mufson, Rachel Kranz:*** Ages 11 and up. Specially designed for today's teenagers, this book presents the reader with current information available on the problem of child abuse and gives advice on what to do and how to seek help. Child abuse is generally thought of as something that affects only others, particularly strangers; and most victims of child abuse feel as though they are alone in their suffering, with no one to turn to for help. "Straight Talk About Child Abuse" explores this widespread problem, presents facts about its symptoms and effects while offering a range of practical solutions and a directory of places to go for help and further advice. The book 11 begins with a discussion of the widespread

nature of child abuse and attempts to dispel common myths surrounding the subject. It describes some of the most common signs of abuse and uses composite case histories to show the nature and effects of abuse on those involved. The psychology of abuse victims is then examined to show why some people don't look for help, why it is important to get help and the consequences of seeking help for themselves or someone they know.

Body Parts and Language:

1. **Amazing You: Getting Smart About Your Private Parts** by Gail Saltz: Ages 3-7. (Multicultural.) “Mom, where do babies come from?” Many parents live in fear of the day their child asks this question, which inevitably happens, often as early as the preschool years. Here is a picture book designed especially for young children who are becoming aware of their bodies, but aren’t ready to learn about sexual intercourse. Written with warmth and honesty, Amazing You! presents clear and age-appropriate information about reproduction, birth and the difference between girls’ and boys’ bodies. Lynne Cravath’s lighthearted illustrations enliven the text, making this a book that parents will gladly share with their young ones.
<https://www.youtube.com/watch?v=pB6g1AtMfEE>
2. **The Bare Naked Book** by Kathy Stinson: Ages 2-6. There is nothing more ordinary – or special – than the human body. After all, everybody has one, and for all the parts that are the same each comes in a different shape and size. The Bare Naked Book joyfully celebrates this wonderful ordinariness with a matter-of-fact introduction for toddlers to the parts of the body. <https://www.youtube.com/watch?v=6qGbbSDPI6U>
3. **My Body Is Private** by Linda Walvoord Girard and Rodney Pate: Ages 3-8. Julie, who is eight or nine, talks about privacy and about saying “no” to touching that makes her uncomfortable.
4. **Do You Have a Secret? (Let’s Talk About It!)** by Jennifer Moore-Mallinos: Ages 4-7. Every child has secrets, and many secrets are fun to keep—for instance, a surprise birthday gift for Mom, or a secret handshake with a young friend. But sometimes, children have secrets that make them feel bad, and these secrets are best shared with their parents, or with some trusted older person. A child who is bullied might be inclined to keep it secret, but it’s always best to tell parents about it. Or children who are touched intimately and improperly by an older person will soon feel better if they reveal the secret to parents. This book helps kids distinguish between good and bad secrets. Even very young children have concerns and anxieties, and Tell Somebody Books are written and illustrated especially for them. Tell Somebody Books encourage children to explore their feelings, and then to speak openly about things that trouble them. <https://www.youtube.com/watch?v=A2MW-S2v1I4>
5. **See How You Grow** by Patricia Pearse: Designed for slightly older children, this volume gives clear, medically sound explanations to youngsters about the wonders of human growth. Beginning with the development of the fetus, the book explores infancy, childhood, puberty, maturity and old age. Illustrations throughout, including fold-outs.
6. **How to Teach Self-Protection and Confidence Skills to Young People:** Kidpower Introductory Guide for Parents and Teachers by Irene van der Zande. English and Spanish. Protect children from bullying, abuse, kidnapping and other violence. <https://www.kidpower.org/library/videos/intro-kp/>
7. **Kidpower 30-Skill Challenge – Coaching eHandbook:** Free. English/Spanish/Arabic. Provides a step-by-step teaching tool that any caring adult can use to teach vital “People Safety” skills to prepare children and teens to take charge of their emotional and physical safety, increase their confidence, and develop healthy relationships.

Videos and DVDs: (all categories)

1. **Say No to Strangers: The Learning Station Video:** Ages preschool-elementary. (Multicultural) 5:20 minutes. (Not yet captioned; have requested!) <https://www.youtube.com/watch?v=AB38eHOHDEs>
2. **Some Secrets Should Never Be Kept** by Jayneen Sanders and read by Debra Byrne: Video ages 3-12. 8 minutes. This book was written as a tool to help parents, caregivers and teachers broach the subject with children in a non-threatening way. **Also, this book is read by the author here:** <https://www.youtube.com/watch?v=4YjJ1MreZqs>
3. **My Body Belongs to Me: Animated short film:** Ages 5-8. English/Chinese/Swedish/Spanish. Approximately 5 minutes. <https://www.youtube.com/watch?v=a-5mdt9YN6I>
4. **Break the Silence: Kids Against Child Abuse: DVD: Juvenile audience:** Each day, more than 7,000 cases of child abuse are reported. For each case filed, it's estimated that thousands more remain hidden behind a wall of

silence. "Break the Silence: Kids Against Child Abuse" is a documentary for kids and their parents. With the help of animation, four young child abuse survivors tell what happened to them and how they got help. The film provides practical information on what kids and their parents can do to stop and prevent child abuse, and delivers a clear and simple message: For child abuse to stop, you have to tell an adult you trust. "Break the Silence: Kids Against Child Abuse" is a follow-up to Arnold Shapiro's internationally acclaimed documentary, "Scared Silent: Exposing and Ending Child Abuse."

5. **McGruff on Self Protection: DVD for grades K-2. 23 minutes:** McGruff teaches Scruff and other children that child abuse and neglect are not their fault. He stresses that in order to deal with their problems, children have to tell a trusted adult. The program discusses various types of child abuse and neglect and the help available to children who need it.
6. **I Am the Boss of My Body: Preventing Child Sexual Abuse: DVD for grades K-5. 20 minutes:** This program takes a difficult and sensitive subject and presents it to students in a clear, strong, positive way.
7. **Yes, You Can Say No: Video for elementary students: 18 minutes:** From Seattle Institute for Child Advocacy. https://www.youtube.com/watch?v=4TI_ujuyN3g
8. **Katie's Secret: DVD for grades 9-12: 14 minutes:** Katie has a secret. She is being sexually abused at home by her mother's fiancé, and she can't find the courage to tell anyone. When a concerned teacher finally gets Katie to tell her story, she brings her to a teen crisis center. There Katie meets a culturally diverse group of peers who have similar stories, and she realizes for the first time that she is not alone. It is then that she finds the courage to tell her mother and start on her path to healing. This dramatic video is based on a real story of a young girl who found courage. Poignant and realistic, "Katie's Secret" will move and educate young audiences.

Videos about Body Parts and Language:

1. **Good Touch & Bad Touch, What's the Difference? Elementary age. 2 minutes:** This video helps children with Asperger's and high-functioning autism understand the difference between good touch and bad touch and private body parts. <https://www.youtube.com/watch?v=89nif6Hn6jI>
2. **PuppetPower Videos. Preschool – grade 1:** English and Spanish. Subtitles. These short informal PuppetPower videos show Puppet Power how important safety skills can be taught in a lighthearted way to young children. Watch them together and then make up your own role plays with dolls and puppets to give your child practice in the skills shown. For older kids and even adults, you can demonstrate the same concepts with forks, spoons, salt shakers, pencils, or any object at hand. <https://www.kidpower.org/library/videos/puppet-power/>

Teaching Tools for Parents:

1. **Kidpower Strategies for Keeping Your Child Safe - Introduction: Video: 7 minutes:** Subtitles: For parents. <https://www.kidpower.org/library/videos/7-kidpower-strategies-for-keeping-your-child-safe/>
3. **Kidpower Strategy 1: Put Safety First: Video: 5 minutes:** Subtitles.
2. **Kidpower Strategy 2: Keep Your Radar On: Video: 6 minutes:** Subtitles.
3. **Kidpower Strategy 3: Listen to Your Children and Teach Them Not to Keep Unsafe Secrets: Video: 7 minutes:** Subtitles.
4. **Kidpower Strategy 4: Make Sure Your Kids Know You Care: Video: 6 minutes:** Subtitles.
5. **Kidpower Strategy 5: Don't Let Kids Throw Stones: Video: 7 minutes:** Subtitles.
6. **Kidpower Strategy 6: Assess Your Child and Make Safety Plans: Video: 5 minutes:** Subtitles.
7. **Kidpower Strategy 7: Prepare Children to Take Charge of Their Safety by Practicing Skills: Video: 6 minutes:** Subtitles.
8. **Kidpower Safety Signals: Safety Plans for Going Out: Video: Parts 1 & 2: Total 7 minutes:** Subtitles. Teens and young adults. These videos show people with Autism and other learning challenges practicing the Kidpower Safety Signals and role plays for going out in the community. Through a collaboration with Hope Developmental Services, these videos show how to practice six skills in Kidpower's "Safety Plan for Going Out" – Stay Aware, Stay Together, Check First, Think First, Move Away and Get Help.

9. NSPCC (National Society for the Prevention of Cruelty to Children) Underwear Rule – keeping deaf children safe from abuse: Video: 7 minutes: Uses sign but not ASL. Subtitles. (Multicultural.)
<https://bda.org.uk/new-nspcc-video-will-help-keep-deaf-children-safe-from-sexual-abuse/>
10. *Touch in Healthy Relationships* an article by Irene van der Zande: English and Spanish
<https://www.kidpower.org/relationships/>
11. 8. Kidpower Coloring Books: Twelve languages: Free for personal use
 - a. <https://www.kidpower.org/library/kidpower-coloring-book/>