



## My Body Belongs to Me from My Head to My Toes

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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?

*My Body Belongs to Me from My Head to My Toes* 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. *My Body Belongs to Me from My Head to My Toes* is an invaluable resource that gives children a voice in uncomfortable situations.

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