



# **No Means No!: Teaching children about personal boundaries, respect and consent; empowering kids by respecting their choices and their right to say, 'No!'**

By Jayneen Sanders

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**No Means No!: Teaching children about personal boundaries, respect and consent; empowering kids by respecting their choices and their right to say, 'No!' By Jayneen Sanders**

'No Means No!' is a children's picture book about an empowered little girl who has a very strong and clear voice in all issues, especially those relating to her body and personal boundaries. This book can be read to children from 3 to 9 years. It is a springboard for discussions regarding children's choices and their rights. The 'Note to the Reader' at the beginning of the book and the 'Discussion Questions' on the final pages, guide and enhance this essential discussion. It is crucial that our children, from a very young age, are taught to have a clear, strong voice in regards to their rights — especially about their bodies. In this way, they will have the confidence to speak up when they are unhappy or feel uncomfortable in any situation. A strong, confident voice as a young child converts to a strong, confident pre-teen, teenager and adult. With the prevalence today of online and offline bullying and various forms of abuse, such as physical, emotional and sexual abuse; our young people need to learn (from a young age) to always speak up when their rights are not being respected. The aim of this book is to empower young children and to give them a voice so they can grow up into empowered adults. When a child, teenager or adult says, 'No!' to any form of coercion, this should be immediately respected. A world where 'No!' does actually mean 'No!' can be a world with far less violence and increased respect for humankind. By educating our children to have true respect for one another, this world can be a much safer and more positive place. Body Safety Education (aka sexual abuse prevention education) empowers girls and boys through knowledge, and teaches them they have the right to say, 'No' and to respect other's personal boundaries. Both girls and boys need to learn to ask for consent and this can be taught from a very young age. Some of the scenarios in this book are typical of approaches used by sexual abusers (sexual predators/molesters/pedophiles) when grooming children for sexual abuse. Their aim is to desensitize the child to having their personal space violated and desensitize them to touch. For more information on Body Safety Education and how to teach it to your child go to [www.secrets.info](http://www.secrets.info)

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## **No Means No!: Teaching children about personal boundaries, respect and consent; empowering kids by respecting their choices and their right to say, 'No!' By Jayneen Sanders Bibliography**

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## **Editorial Review**

### **Review**

This quickly became a favorite in our home and has taught our child that it's not OK to be forced into hugging, kissing, or touching someone else and that it is OK to tell someone that you don't want to be touched. DH83 on Amazon This book is terrific. The other night, I was sitting on the floor as my daughter walked by me. I grabbed her and gave her a hug and a kiss. Her response? "No Mommy! This is MY body and I'm the boss of it! No means no!" I have never been so proud of her. And lesson learned! :) Naomi on Amazon My daughter is 2, nearing 3, and she likes to read this book, which makes me so happy. It is a sweet, shorter story that empowers her about her words! We have been able to use this when family members try to tickle her and she doesn't want to, or they want kisses and she doesn't want to, I quietly remind her that she can choose otherwise and suggest "a high five or to blow a kiss," or with the tickling I tell her that No means No and she can go tell them to stop (I usually call her over to me so that it does stop but she has the opportunity to use her strong voice and have it heard instead of me telling the adult to stop.) She responds so well to it and I am full of joy to have this book as a tool to help me raise a daughter with respect for her body and choices, and the knowledge that her No needs to be honored, too. I recommend this book! Maureen Eigen on Amazon

### **From the Inside Flap**

#### **Note to the Reader**

It is crucial that our children, from a very young age, are taught to have a clear, strong voice in regards to their rights -- especially about their bodies. In this way, they will have the confidence to speak up when they are unhappy or feel uncomfortable in any situation. A strong, confident voice as a young child converts to a strong, confident pre-teen, teenager and adult. With the prevalence today of online and offline bullying and various forms of abuse, such as physical, emotional and sexual; our young people need to learn (from a young age) to always speak up when their rights are not being respected. My aim in writing this book is to empower young children so they can grow up into empowered adults. When a child, teenager or adult says, 'No!' to any form of coercion, this should be immediately respected. A world where 'No!' does actually mean 'No!' can be a world with far less violence and increased respect for humankind. By educating our children to have true respect for one another, this world can be a much safer and more positive place. Read this book with your child often. The Discussion Questions on pages 24 and 25 are important in helping you to draw out the learning for your child.

### **From the Back Cover**

#### **Some points to note:**

In most cases, each character 'asks' the little girl's permission before or while engaging with her. This is important to note, as children (and teenagers and adults) should always be given the opportunity to consent or not. Just as importantly, they need to learn to ask when engaging with another person (especially as they grow into adulthood). If we force a child to show physical affection, what we are basically saying to them is that their wishes don't matter. The child should give hugs and kisses willingly, and all adults need to respect the child's choice. You may also wish to explain to people your child comes regularly into contact with, that 'manners' involve treating each other with respect and not forced and 'consent-assumed' physical contact. It is important to note that adults outside the family also ask permission from children, e.g. when a child is at the dentist, the dentist should ask the child if it is okay to look inside his or her mouth. This models respect for another person's personal boundaries. The scenarios in this book relate to personal space and a child's

autonomy over their body. Of course, if a child is told that it's time to go to bed, or to clean their teeth, then, No Means No! is not an appropriate response. Another situation might be where a teacher or parent asks a child to hold hands with another person for safety reasons. Use the Discussion Questions on pages 24 and 25 to establish with your child when it is their right to say, 'No!' You could list these scenarios together, so the guidelines are clear for you and your child. Lastly, as your child grows, provide them with choice, e.g. Would you like eggs or cereal for breakfast? What will you choose to wear today? This way your child has a say in decisions that relate directly to them. This children's book is about giving children choice, respecting their choices and personal boundaries, asking them for their consent and empowering them as they grow into adulthood.

## **Users Review**

### **From reader reviews:**

#### **Jan Doyle:**

This book untitled No Means No!: Teaching children about personal boundaries, respect and consent; empowering kids by respecting their choices and their right to say, 'No!' to be one of several books that best seller in this year, that is because when you read this reserve you can get a lot of benefit in it. You will easily to buy this book in the book retailer or you can order it through online. The publisher of this book sells the e-book too. It makes you more easily to read this book, because you can read this book in your Mobile phone. So there is no reason for you to past this publication from your list.

#### **Javier Link:**

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you would like try to find a new activity here is look different you can read a book. It is really fun for you personally. If you enjoy the book that you just read you can spent the whole day to reading a publication. The book No Means No!: Teaching children about personal boundaries, respect and consent; empowering kids by respecting their choices and their right to say, 'No!' it is very good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. In the event you did not have enough space to develop this book you can buy the particular e-book. You can more easily to read this book from the smart phone. The price is not to cover but this book possesses high quality.

#### **Victoria Manson:**

Precisely why? Because this No Means No!: Teaching children about personal boundaries, respect and consent; empowering kids by respecting their choices and their right to say, 'No!' is an unordinary book that the inside of the guide waiting for you to snap this but latter it will distress you with the secret this inside. Reading this book next to it was fantastic author who have write the book in such wonderful way makes the content within easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of gains than the other book have got such as help improving your ability and your critical thinking method. So , still want to hold off having that book? If I ended up you I will go to the guide store hurriedly.

**Maria Green:**

As we know that book is important thing to add our information for everything. By a book we can know everything you want. A book is a list of written, printed, illustrated or even blank sheet. Every year was exactly added. This e-book No Means No!: Teaching children about personal boundaries, respect and consent; empowering kids by respecting their choices and their right to say, 'No!' was filled in relation to science. Spend your free time to add your knowledge about your research competence. Some people has diverse feel when they reading the book. If you know how big selling point of a book, you can sense enjoy to read a publication. In the modern era like currently, many ways to get book that you just wanted.

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