

A Dozen Books on Consent and Boundaries

Recommended Book List for Ages 0-8 years

Board & Picture Books (2 books available in Spanish)

Developed by the Ware River Valley Domestic Violence Task Force



Will Ladybug Hug? (Board Book) by Hilary Leung

C is for Consent: (Board Book) by Eleanor Morrison, Illustrated by Faye Orlove

Don't Hug Doug: (available in Spanish) by Carrie Finison, Illustrated by Daniel Wiseman

Consent (For Kids!): (available in Spanish) by Rachel Brian

Conor Kissed Me: by Zehava, Illustrated by Sarah K. Turner

The Great Big Hug: by Isy Abraham-Raveson, Illustrated by Todd Hall

From My Head to My Toes, I Say What Goes: by Charlotte Barkla & Jacqui Lee

Want a Hug?: by Christine Babinec, Illustrated by Vivian Mineker

The Not So Friendly Friend: by Christina Furnival, Illustrated by Katie Dwyer

More than Fluff: by Madeline Valentine

Ask First Monkey!: by Juliet Clare Bell & Abigail Tompkins

Let's Talk About Body Boundaries, Consent and Respect: by Jayneen Sanders, Illustrated by Sarah Jennings

Good Reads Summaries of Books:

Will Ladybug Hug? (Board Book)

Get to know Ladybug in a hilarious new high-fiving and hugging-themed addition to creator Hilary Leung's animal books! One ladybug. Many friends. One timeless *Will Ladybug Hug?* Meet Ladybug. Ladybug loves to hug! Now Ladybug is getting ready to go on a trip and wants to say good-bye to her friends. . . but will her friends want to receive a hug? Find out in this surprising and memorable storybook all about friendship, high-fives, consent, and of course, hugs. A fresh and funny new book in creative talent Hilary Leung's series of animal question stories all about preschool milestone moments. Let Ladybug and her friends laugh, high-five, and hug their way to your heart! 4.28 Good Reads

C is for Consent (Board Book)

The book teaches that it is okay for kids to say no to hugs and kisses, and that what happens to their body is up to them. This helps children grow up confident in their bodies, comfortable with expressing physical boundaries, and respectful of the boundaries of others. 4.0 Good Reads

Don't Hug Doug (available in Spanish): Meet Doug, an ordinary kid who doesn't like hugs, in this fun and exuberant story which aims to spark discussions about bodily autonomy and consent. Doug doesn't like hugs. He thinks hugs are too squeezey, too squashy, too squooshy, too smooshy. He doesn't like hello hugs or goodbye hugs, game-winning home run hugs or dropped ice cream cone hugs, and he definitely doesn't like birthday hugs. He'd much rather give a high five—or a low five, a side five, a double five, or a spinny five. Yup, some people love hugs; other people don't. So how can you tell if someone likes hugs or not? There's only one way to find out: Ask! Because everybody gets to decide for themselves whether they want a hug or not. 4.39 Good Reads

Consent (For Kids!) (available in Spanish): This is a smart, playful guide to consent and bodily autonomy, packed with bright and energetic illustrations. Readers will learn about boundaries and how to set them; ways to respect themselves and others; what to do if someone makes them feel uncomfortable or unsafe; and much more. Along the way, they'll be encouraged to reflect on (and improve!) their own behavior and to practice consent in their daily lives.

Whether you're looking for a consent primer to share with a friend or searching for a way to talk to your child about what it means to be in control of their own body and respect others, look no further! This humorous and insightful book from the co-creator of the viral "Tea Consent" video is the perfect teaching tool, conversation starter, and insightful, empowering resource for educators, kids, and families everywhere. 4.66 Good Reads.

Conor Kissed Me: In this empowering picture book, Miriam navigates her confusion about an unprovoked kiss--finding her voice and using it to assert her personal boundaries.

Miriam is so surprised when her friend Connor kisses her that she doesn't know how to react. Not sure what to do, she turns to the people around her--her best friend, the recess monitor, her teacher--but everyone has a different reaction and advice for Miriam. It's not until she gets home and talks with her mom that Miriam stops to ask herself how she feels about Connor's kiss. 4.39 Good Reads

The Great Big Hug: The Great Big Hug is a children's book about animal friends learning to set and respect boundaries. Follow Elephant and Meerkat as they become aware of power dynamics, recognize nonverbal cues, and understand that consent yesterday does not guarantee consent today. Consent education should start at a young age to promote empathy and safety. Without pronouns or preachiness, The Great Big Hug can help young kids navigate interpersonal conflicts now and as they grow. 4.75 Good Reads

From My Head to My Toes, I Say What Goes: From My Head to My Toes, I Say What Goes! is a light-hearted exploration of boundaries, nestled in a fun and lively story.

I might say YES to pillow fights;
a kiss when I'm tucked in at night.
I might say NO to climbing high,
a tickling game or a hug goodbye.

The book discusses consent and control for a young audience, through a story that is bold and beautiful, loud and proud. With the feel-good factor turned up to eleven, it also celebrates individualism, inclusivity and empathy. 4.46 Good Reads

Want a Hug: It's never too early to teach children about the necessity of boundaries and the power of consent. Developed by Therapist Christine Babinec after years of working with survivors of abuse, *Can I Give You a Hug?* is a book about communication, understanding, mutuality,

listening, and love. Far from a didactic lecture, this joyful picture book affirms that developing consent skills is a natural, positive, fun, and affirming experience. 4.09 Good Reads

The Not So Friendly Friend:

How can I help my child deal with a bully?

What do I teach them about handling an on-again-off-again, not-so-friendly friend?

My advice to “just be kind” isn’t helping, and my child is still hurting.

Christina Furnival, a licensed mental health therapist and mom, helps answer these questions in this charming and engaging rhyming story about a young child who successfully navigates the complexities of an unkind peer relationship.

In *The Not-So-Friendly Friend*, children learn an easy and practical lesson about how to assertively – yet kindly – stand up for themselves in the face of a bully. By teaching children about the importance and value of setting boundaries for healthy friendships, this book provides children the tools they need to foster social confidence and emotional well-being. 4.56 Good Reads

More than fluff: A fresh, funny, and timely picture book about a fuzzy chick navigating autonomy and consent. The perfect conversation starter on the topic for young children.

Daisy happens to be fluffy--she's a young chick after all. Her friends can't help but want to pet her, squeeze her, and tell her how cute she is. But Daisy doesn't want to be hugged or kissed. How can she tell everyone to give her some space without hurting their feelings?

A timely and funny book that encourages kids to establish and respect boundaries--perfect for reading aloud and shared story time! Good Reads 4.12

Ask First Monkey!: Meet Monkey. Tickletastic Monkey. He's the best tickler in the world, ever; even his mum says so. And there's nothing he loves more than tickling ALL his friends at playtime! But what happens if some of his friends don't want to be tickled?

An ideal tool to encourage early understanding of consent, *Ask First, Monkey!* helps to empower children to respect themselves and others, and teach them that a reason for 'no' is never needed - it just needs to be respected. Good Reads 3.8

Let's Talk About Body Boundaries, Consent and Respect: Teaching young children about body boundaries, both theirs and others, is crucial to a child's growing sense of self, their confidence and how they should expect to be treated by others. A child growing up knowing they have a right to their own personal space, gives that child ownership and choices as to what happens to them and to their body. It is equally important a child understands, from a very young age, they need to respect another person's body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily understood manner, providing familiar scenarios for children to engage with and discuss. It is important that the reader and the child take the time required to unpack each scenario and explore what they mean both to the character in the book, who may not be respecting someone's body boundary, and to the character who is being disrespected. It is through these vital discussions that children will learn the meaning of body boundaries, consent and respect. Learning these key social skills through such stories as 'Let's Talk About Body Boundaries, Consent and Respect' and role-modelling by significant adults can, importantly, carry forward into a child's teenage years and adult life. Good Reads 4.46

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