



Inside Out Your Body is Amazing Inside and Out and Belongs Only To You

By Dr. Mary Jo Podgurski

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. Alice Burroughs (illustrator). This item is printed on demand. Paperback. 46 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. Inside Out: Your Body is Amazing Inside and Out and Belongs Only to You is an innovative approach to child abuse prevention that is body-positive, affirming, and empowering. Replacing programs that place the burden on prevention on the child, the diverse children in this interactive coloring book teach seven big lessons to their peers. With a focus of targeting third and fourth graders, Dr. Podgurski conducted four focus groups to ascertain content: 1. Third graders; 2. Parents of third graders; 3. Adolescent survivors of sexual and physical abuse; and 4. Adult survivors of sexual and physical abuse. Inside Out is meant to be a communication aid for trusted adults and children. Parents of little ones as young as 6 have used the book with their children; opening the door to a conversation about bodies, privacy and personhood is vital in today's culture. Ideally each child will have a trusted adult or parent to guide them through this material. Two school districts are currently piloting the program in fourth grades. Dr. Podgurski has been honored to...



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