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MY BODY and ME!

A book by A.N.B.U. அன்பு

Dedication

For the survivors of childhood sexual abuse
who never had the
right words - This is for you.

For the silences you carried,
the confusion that was never yours to bear,
and the strength it took to live
without the language to name your pain.

May you find gentleness in the spaces
where words once failed,
and may healing meet you exactly where you are.

You are not alone.

You never were.

Book Information

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Disclaimer: This book is a work of fiction. Names, characters, places, and incidents are either the product of the author's imagination or used fictitiously. Any resemblance to actual events, locales, or persons — living or dead — is purely coincidental. For permission requests, please contact: Jessica Thyriar at ask@anbu.ca

This content includes the naming of body parts and visual imagery of private parts. These elements are included with care and intention to help children learn the dictionary words for their bodies and to support their ability to recognize and communicate personal boundaries.

Some readers may find this material sensitive or triggering. Please engage with it at your own pace, and prioritize your well-being.

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Illustrated by Thaya Thiagalingam

MY BODY and ME!

A book by A.N.B.U.

Dear Parents and Caregivers,

Inside these pages, you'll find the ABCs of body parts - including private parts - named clearly and respectfully, along with simple imagery designed to help children learn the dictionary words for their bodies. You may feel a little uncomfortable at first - and that's okay. Many of us were raised in environments where topics like these were whispered about, avoided, or never discussed at all. But times are changing, and so is our understanding of what children need to feel safe, confident, and respected in their own bodies.

When children know the proper names for all their body parts, they are more empowered to talk about their bodies, ask questions, and communicate clearly if something ever feels wrong. Books like this are tools for prevention, awareness, and healing. They're also an invitation - to create open, honest dialogue and to build trust with the little ones in your care.

This book was made with deep respect for the innocence of childhood and the importance of safety. It's also made for the grown-ups who may not have had access to these kinds of conversations when they were young. Whether this is familiar ground or something new, we're glad you're here.

Take your time. Sit with your feelings. And remember: giving children the words is giving them power.

With care and solidarity,

Jessica Thyriar

Flip to the back of the book for a few gentle reflection questions you can explore with the child before reading, and some simple ways to revisit the story's ideas together afterward.



A book by A.N.B.U. அன்பு

These are my eyes, from where I see.





This is my nose;
I can smell like a bee.



These are my ears,
they help me hear.









These are my eyebrows,
they protect my eyes
from dust getting near.





These are my teeth,
I use them to chomp on yummy food.



This is my mouth,
I shout when something doesn't feel good.





This is my neck,
it holds up my head.

Throat



This is my hair,
it gets tangly if I don't brush it before bed.



This is my chest,
it moves up and down
when I breathe.





I also have nipples;
my mom gets mad when my baby sister
bites hers with her teeth.

These are my arms,
they help me
pick up things.

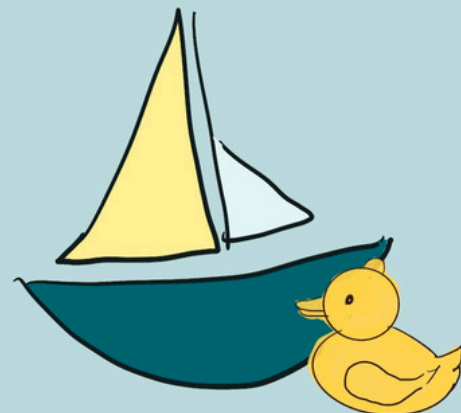


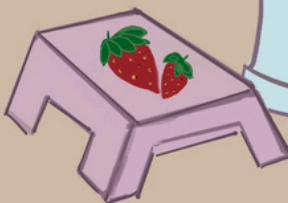
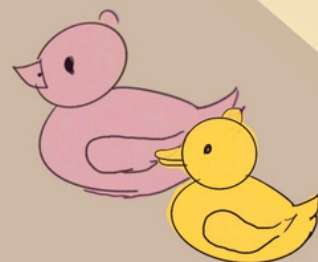
This is my belly button,
it kind of looks like a ring.



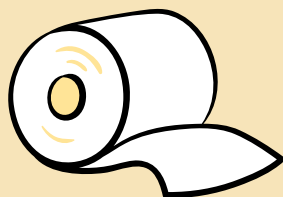


This is my penis and I use it to pee.





This is my vulva,
you wipe from front to back to be healthy.



This is my entire leg,
and in the middle I have a knee.



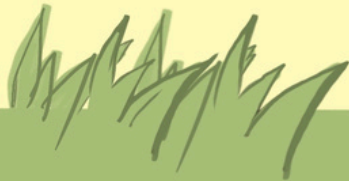


My legs help me walk,
run and jump with glee!



All of these parts belong to my body,
and the only person in charge is

ME!





My body is mine, and mine alone.

It grows with me and helps me move
like a cyclone.



I am protective about it because it
helps me shine.

Everybody has a beautiful body, even if
it doesn't look like mine!





The End!

Dear Parent/Caregiver,

When reading the book to or with a child, remember to:

Be Calm and Curious

Use a relaxed tone. Let your child know that every part of the body is normal, and there's nothing to be embarrassed about.

Say the Real Words

Use the dictionary words (e.g., penis, vulva, buttocks). This helps reduce shame and increases clarity in case they ever need help.

Use Repetition

Children learn through repetition. It's okay to read this book many times and revisit the words and ideas.

Let Them Giggle

Kids might laugh when they hear new words. That's okay! Giggling is a natural response to learning something new or feeling a little shy.

Follow Their Lead

If they ask questions, answer them simply and honestly. If they don't, you can gently ask follow-ups using the Post-Reading Questions.

Assure and support them with these statements:

"Your body belongs to you."

No one should touch it without your permission.

"There are comfortable and uncomfortable touches."

Not all touch is okay, even from people we know. When a child feels uncomfortable with any kind of touch, it's important that they feel safe coming to a trusted grown-up to talk about it.

"Secrets about your body are not okay."

Surprises are fun; secrets that make you feel scared, uncomfortable or confused are not.

"You can always tell me or another safe adult."

Help your child build a circle of trusted adults they can turn to.

Pre-Story Questions (Before Reading)

1. What do you already know about your body?

Can you name some parts you use to play, eat, or run? What about parts that stay covered?

2. Have you ever heard someone talk about "private parts"?

What do you think that means? Why might some parts be called private?

3. Why do you think it's good to know the names for *all* of our body parts - even the ones we don't usually talk about?

Do you think it helps us feel safe?

4. How do you feel when you talk about your body?

Excited? Curious? A little silly or shy? All of those are okay!

5. What do you do if someone asks you to keep a secret about your body?

Is there someone safe you can always talk to?

Post-Story Questions (After Reading)

1. What was your favorite part of the book?

Was there something surprising, funny, or something you learned for the first time?

2. Can you remember the names of some body parts we talked about - including the private parts?

Why is it important to use the right words?

3. What makes a body part private?

Who gets to see or touch those parts? When is it okay - and when is it not okay?

4. If someone made you feel uncomfortable or touched your body in a way you didn't like, what would you do?

Who are your trusted grown-ups? How could you tell them?

5. Why is it okay to say "no" to touch - even if it's a hug or a tickle?

How does your body help you know when something feels right or wrong?

6. How can we help our friends feel comfortable about their bodies too?

What are some kind and respectful things we can do or say?

The more we practice these conversations, the easier they become.

We understand that conversations about private parts and safe/unsafe touch can feel intimidating to you as a parent/caregiver, especially if you didn't grow up with this kind of open dialogue. This book was created with you in mind too. You don't need to have all the answers - your willingness to show up with love, curiosity, and a commitment to your child's well-being is more than enough. The more we practice these conversations, the easier they become. You're not alone - and every step you take to foster safety and trust makes a lasting difference.

Here are some helpful tips for parents and caregivers should the child share experiences where they didn't feel comfortable:

- Stay calm and thank them for telling you.
- Say, "You did the right thing by telling me."
- Don't ask leading questions - just listen and reassure.
- Let them know they are safe now.
- Seek support from a pediatrician, counselor, or local child protection service if needed.

By having these discussions before and after reading the book, you are creating a safe and supportive environment where your child feels empowered to understand and stand up for their own needs and preferences while also knowing they can talk to you if they ever feel uncomfortable.

About the Author

Jessica Thyriar is a dedicated mother, passionate advocate against gender-based violence, and a proud Tamil woman. While I authored this book, it would not have reached its full potential without the invaluable contributions of my amazing colleagues at Abuse Never Becomes Us. Heartfelt thanks to Jenny, Tharsi, Shajini, Subani, Tharani, Abithiny and Swetha for believing in this vision and for their thoughtful edits that serve our community.

About A.N.B.U.

Abuse Never Becomes Us (A.N.B.U.), அன்பு is a Toronto-based charity. We were founded in 2016 with a vision for a future where Tamil people who have been impacted by childhood sexual abuse can find their voice. Our mission is to provide healing and empowerment through holistic support, resources, and advocacy on behalf of Tamil people who have been impacted by childhood sexual abuse.

To learn more, visit www.anbu.ca or follow us on Instagram: [@abuseneverbecomesus](https://www.instagram.com/abuseneverbecomesus)



My Body and Me! is a gentle, empowering book that teaches children the dictionary names for all parts of their bodies - including private parts - through playful rhymes and inclusive illustrations. With language that is age-appropriate yet clear, the book introduces important conversations about body autonomy and safe versus unsafe touch.

This book helps young readers build body awareness, understand personal boundaries, and feel confident using the right words to talk about themselves. With reflection questions and caregiver guidance, My Body and Me! is a vital tool for prevention, healing, and open conversations that affirm every child's right to safety and self-respect.

Whether you're reading aloud or exploring the pages together, this book opens the door to meaningful discussions around consent, touch, and trust. It helps foster lifelong skills for self-advocacy and respectful relationships - starting from a young age.



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