



# **Inside Out Training Manual for Parents and Educators: Your Body is Amazing Inside and Out and Belongs Only to You**

*Dr. Mary Jo Podgurski*

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## **Inside Out Training Manual for Parents and Educators: Your Body is Amazing Inside and Out and Belongs Only to You** Dr. Mary Jo Podgurski

Inside Out: Your Body is Amazing Inside and Out and Belongs Only to You is an innovative, body-positive, proactive approach to child abuse prevention education. This training manual provides page by page instruction on the art of teaching this sensitive subject to children. The manual includes not only tips on presenting the material but also reproducible cards and games to make learning interactive and fun.

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