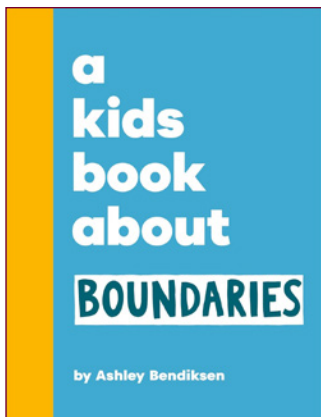


## RI advocate authors children’s book on creating safe boundaries

NEWPORT — Rhode Island resident and nationally recognized advocate **ASHLEY BENDIKSEN** has released a children’s book designed to help families talk about boundaries, safety, and self-advocacy.



*A Kids Book About Boundaries*, published in April by DK Books/Penguin Random House, is a 64-page book geared to children 5–9 years old, grades K–4. [IMAGES COURTESY OF ASHLEY BENDIKSEN]

*A Kids Book About Boundaries*, published in April by DK Books/Penguin Random House, helps children understand how to identify unsafe situations, communicate their needs, and respect the boundaries of others. Age Range: 5–9 years

“Boundaries are about more than just physical safety,” Bendiksen says. “They’re about emotional well-being, respect, and helping children understand that their voice matters. It’s the kind of book I wish I had growing up, which makes sharing it especially meaningful.”

Bendiksen graduated as valedictorian from Salve Regina University in 2013 and has held nonprofit

leadership roles across Aquidneck Island. Professionally, she is a nationally renowned expert speaker who works with students, educators, and youth-serving organizations across the country on topics of healthy relationships, abuse prevention, and trauma resilience. A teen trauma survivor herself, she combines her lived experience with professional expertise to help other young people avoid harm, while equipping adults to better support struggling youth.



Ashley Bendiksen

Her book, designed to be read together between a parent or caregiver and child, offers a practical way for families to begin important conversations about personal safety and healthy relationships. Through relatable examples and kid-friendly language, the book introduces children to different types of boundaries—physical, emotional, and social—and provides simple phrases and scenarios that help them practice speaking up and advocating for themselves.

The book is part of the bestselling *A Kids Book About* series and is designed for school-aged children and their families.

For more information about the book and the author, visit [www.ashleybendiksen.com](http://www.ashleybendiksen.com). ❖

