



## Selected Readings about Sexual Abuse

### For Young Children:

**A Very Touching Book** by *Jan Hindman* Discusses body parts and defines bad, good, and secret touching while teaching prevention skills.

**It's My Body** by *Lori Freeman* A booklet to teach young children how to resist uncomfortable touch.

**Gilly's Secret** by *Ellen Howard* A story book about a child who tells her mother her father is sexually abusing her.

**It Happens to Boys, Too** by *Jane Satullo, Roberta Russell, and Pat Bradway* The purpose of this book is to educate boys, their parents, and their teachers about the realities of the sexual abuse of males.

**I Told My Secret** by *Eliana Gil* A booklet to help children define forms of abuse, who to tell, and what happens after disclosure.

**No More Secrets for Me** by *Oralee Wachter* This book includes four stories about children avoiding situations involving abuse, including babysitter, camp counselor, video parlor patron, and step-parent.

**Not In Room 204** by *Shannon Riggs* The author notes that preventing child sexual abuse is an adult's job. The willingness of adults to learn to recognize and react responsibly to child sexual abuse, as Mrs. Salvador does in this story, can make an important difference in a child's life.

**Something Happened and I'm Scared to Tell** by *Patricia Kehoe* This book, written for the young child ages 3-8 who is a suspected victim of sexual or physical abuse, gives children information and encourages them to speak out about abuse.

### For Older Children and Teenagers:

**Changing Bodies, Changing Lives** by *Ruth Bell* A book for teens on sex and relationships.

**Dear Elizabeth** by *Gene Mackey and Helen Swan* Written in a diary format, this victim explores her feelings at disclosure and through the healing process.

**Getting Together** by *Elizabeth Drake and Anne Gilroy Nelson* This useful booklet is especially for girls who were molested.

**Working Together** by *Elizabeth Drake, Anne Gilroy Nelson, and Thomas Roane* This companion booklet for Getting Together is for boy victims of sexual abuse.

**The Survivor's Guide** by *Sharice A. Lee* Designed for adolescent survivors of sexual abuse who are in group or individual counseling. This resource provides information on how survivors may have been affected by abuse and helps them stop blaming themselves and to let go of the image that survivors often have of themselves of being in some way 'bad' and therefore deserving of the abuse.

### For Caregivers Who's Children Were Abused:

**Healing Parents: Helping Wounded Children Learn to Trust & Love** by *Michael Orlans and Terry Levy* This book gives parents/caregivers the information, tools, support, self-awareness, and hope they need to help a wounded child heal emotional wounds and improve behaviorally, socially, and morally. This book is a toolbox filled with practical strategies and research that helps parents/caregivers understand their child, learn to respond in a constructive way, and create a healthy environment.

**Never Again: A Parent's Guide to Child Sexual Abuse Recovery** by *Caren Adams and Jennifer Fay* This book is written in workbook style and addresses parents' concerns and assists them in talking with their children.

**Nurturing Adoptions: Creating Resilience after Neglect and Trauma** by *Deborah Gray* Adopted children who have suffered trauma and neglect have structural brain change, as well as specific developmental and emotional needs. They need particular care to build attachment and overcome trauma. This book provides professionals with the knowledge and advice they need to help adoptive families build positive relationships and help children heal.

**Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach** by *Vincent Monastra* Wisdom about how to help children with ADHD succeed, and includes medical, nutritional, educational, and psychological information.

**The Mother's Book: How to Survive the Incest of Your Child** by *Carolyn Byerly* This book covers necessary issues and feelings mothers face, including reporting, parenting, cultural, and religious concerns.

### **For Adult Survivors of Sexual Abuse:**

**Forgiveness: How to Make Peace with Your Past and Get on With Your Life** by *Sidney and Suzanne Simon* This book was designed to assist readers to let go of their pain and get on with their lives.

**Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families** by *Charles L. Whitfield M.D.* Healing the Child Within describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion and unhappiness of adult life.

**I Never Told Anyone: Writings by Women Survivors of Child Sexual Abuse** by *Ellen Bass and Louise Thorton*. Deeply moving testimonies by survivors of child sexual abuse

**Outgrowing the Pain: A book for and About Adults Abused as Children** by *Eliana Gil* This much-needed book pinpoints the typical problems abused children experience when they become adults. The information is presented in a friendly and thorough manner for victims and professionals.

**Secret Survivors: Uncovering Incest and its Aftereffects in Women** by *Sue E. Blume* This book shows how incest is often at the root of such problems as depression, sexual and eating disorders, drug and alcohol abuse, and phobias and panic disorders. Using this information and the author's guidance, survivors can identify themselves, develop alternative, nondestructive survival techniques and begin again on a new path toward a rich and empowered life.

**The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse** by *Ellen Bass and Laura Davis*. An inspiring, comprehensive guide that offers hope and a map of the healing journey to every woman who was sexually abused as a child—and to those who care about her. Although the effects of child sexual abuse are long-term and severe, healing is possible.

**The Obsidian Mirror: Healing from Childhood Sexual Abuse** by *Louise Wisechild* Affirming and inspiring, The Obsidian Mirror explores the vivid and personal journey of an adult survivor of childhood sexual abuse. Drawing on the power of creativity, Wisechild listens to and learns from her inner voices - the critical judge, the rebel, the scared and needy children of various ages - and uses evocative imagery to describe the emotional settings of her interior landscape. This is both a stirring testimony of one woman's passage from fear and grief to rage and resolve and a moving portrayal of a spiritual reawakening and reclamation of self.

**The Woman Inside: From Incest Victim to Survivor** by *Perry Derosier Barns* A resource guide designed to lead women from incest victim to survivor.

**Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse** by *Mike Lew* The first book written specifically for men, *Victims No Longer* examines the changing cultural attitudes toward male survivors of incest and other sexual trauma. Now, in this Second Edition, this invaluable resource continues to offer compassionate and practical advice, supported by personal anecdotes and statements of male survivors.

### **For Partners of Adult Survivors of Sexual Abuse:**

**Ghosts in the Bedroom: A Guide for Partners of Incest Survivors** by *Ken Graber* Provides comfort and guidance for partners in the process of recovery. Graber draws from personal experience to show how partners can accept responsibility for their own issues, support the recovery of the incest or sexual abuse survivor, and work toward solving relationship problems together.

**Incest and Sexuality: A Guide to Understanding and Healing** by *Wendy Maltz and Beverly Holman* Sympathetically and incisively explores the effects of incest on survivors and offers both they and their intimate partners a great deal of information on ways to get past the abuse.

**Outgrowing the Pain Together: A Book for Partners and Spouses of Adults Abused as Children** by *Eliana Gil* A step-by-step plan for overcoming obstacles together.

**The Sexual Healing Journey** by *Wendy Maltz* A highly respected resource for understanding and healing the intimate sexual problems caused by sex abuse.

### **For Caregivers About Prevention:**

**Identifying Child Molesters** by *Carla van Dam* Preventing child sexual abuse by recognizing the patterns of offenders.

**No is Not Enough: Helping Teenagers Avoid Sexual Assault** by *Caren Adams and Jennifer Fay* This book includes many ideas for talking to teenagers about sexuality, sexual safety, and abuse.

**No More Secrets** by *Caren Adams and Jennifer Fay* This book helps children understand they have the right to control who touches them and teaches parents how to talk with children about sexual assault.

**Predators, Pedophiles, Rapists, and other Sex Offenders** by *Anna C. Salter* Who they are, how they operate, and how we can protect ourselves and our children.

**Protecting the Gift: Keeping Children and Teenagers Safe** by *Gavin De Becker*

**Raising Safe Kids in an Unsafe World** by *Jan Wagner* Thirty proven ways to protect your child from becoming lost, abducted, abused, or victimized.

**Spiders and Flies: Help for Parents and Teachers of Sexually Abused Children** by *Donald Hillman and Janice Solek-Tefft* This book aims at giving parents, teachers, and counselors' skills to use when they suspect or discover that a child has been sexually abused.

**The Silent Children: A Book for Parents about the Prevention of Child Sexual Abuse** by *Linda Sanford*

## **Selected Readings about Parenting**

### **For Caregivers about Raising Healthy Children:**

**Brainstorm: The Power and Purpose of the Teenage Brain** by *Daniel Siegel MD* This book illuminates how brain development impacts teenagers' behavior and relationships and explores ways in which understanding how the teenage brain functions can help parents make what is in fact an incredibly

positive period of growth, change, and experimentation in their children's lives less lonely and distressing on both sides of the generational divide.

**How to Talk so Kids Can Learn** by *Adele Faber & Elaine Mazlish* This book demonstrates how parents and teachers can join forces to inspire kids to be self-directed, self-disciplined, and responsive to the wonders of learning. It shows parents and teachers how to motivate kids to learn and succeed in school.

**How to Talk So Kids Will Listen & Listen So Kids Will Talk** by *Adele Faber & Elaine Mazlish* Makes relationships with children of all ages less stressful and more rewarding. Includes fresh insights and suggestions as well as methods to solve common problems and build foundations for lasting relationships.

**How to Talk so Teens Will Listen & Listen so Your Teens Will Talk** by *Adele Faber & Elaine Mazlish* This guide tackles the tough issues teens and parents face. It is filled with straightforward advice and written to both parents and teens, it offers both innovative, easy-to-implement suggestions and proven techniques to build the foundation for lasting relationships. From curfews and cliques to sex and drugs, it gives parents the tools to help their children safely navigate the often stormy years of adolescence.

**Healthy Sleep Habits, Happy Child** by *Dr. Marc Weisbluth* This book details a program to ensure the best sleep for your child and outlines step-by-step proven strategies that ensure good, healthy sleep for every age. Advises parents dealing with teenagers and their unique sleep problems.

**Parenting the Strong Willed Child** by *Rex Forehand, Ph.D. and Nicholas Long Ph.D.* Their clinically proven, five-week program gives you the tools you need to successfully manage your child's behavior, giving specific factors that cause or contribute to disruptive behavior; ways to develop a more positive atmosphere in your family and home; and strategies for managing specific behavior problems.

**Parenting with Love and Logic** by *Foster Cline and Jim Fay* This parenting book shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character.

**Positive Discipline** by *Jane Nelsen Ed. D* This book coaches parents and teachers to be both firm and kind, so that any child—from a three-year-old toddler to a rebellious teenager—can learn creative cooperation and self-discipline with no loss of dignity. Inside you'll discover how to; bridge communication gaps, defuse power struggles, avoid the dangers of praise, enforce your message of love, build on strengths, not weaknesses, hold children accountable with their self-respect intact, teach children not what to think but how to think, win cooperation at home and at school, and meet the special challenge of teen misbehavior.

**Positive Discipline: The First Three Years: From Infant to Toddler--Laying the Foundation for Raising a Capable, Confident Child** by *Jane Nelsen Ed.D.* How to use kind but firm support to raise a child who is both capable and confident.

**The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children** by *Ross W. Green, PhD.* Dr. Greene provides a new conceptual framework for understanding their difficulties, based on research in the neurosciences. He explains why traditional parenting and treatment often don't work with these children, and he describes what to do instead. Instead of relying on rewarding and punishing, Dr. Greene's Collaborative Problem Solving model promotes working with explosive children to solve the problems that precipitate explosive episodes, and teaching these kids the skills they lack.

**The Happiest Baby on the Block** by *Harvey Karp* This book includes techniques known to the most gifted baby soothers throughout history explains exactly how they work.

**The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise a Patient, Respectful, and Cooperative One- to Four-Year-Old** by *Harvey Karp* Perfect for expecting parents who want to prepare themselves for the challenging toddler years (which starts around eight months of age), this guide not only helps reduce tantrums but makes happy kids even happier by boosting patience, cooperation, and self-confidence.

## **The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's**

**Developing Mind** by *Daniel J. Siegel MD and Tina Payne Bryson* This book includes twelve key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain—and make accessible—the new science of how a child’s brain is wired and how it matures. These strategies applied to everyday parenting can turn any outburst, argument, or fear into a chance to integrate your child’s brain and foster vital growth.

**Your Defiant Child** by *Russell A. Barkley and Christine M. Benton*. Discover a way to end constant power struggles with your defiant, oppositional, "impossible" 5- to 12-year-old.

**1-2-3 Magic** by *Thomas W. Phelan* This revised edition of the award-winning 1-2-3 Magic program addresses the difficult task of child discipline with humor, keen insight, and proven experience. The technique offers a foolproof method of disciplining children ages two through 12 without arguing, yelling, or spanking.

**10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behavior** by *Ph.D. Jeffrey Bernstein Ph.D.* This book outlines a 10-day program to help parents gain back control over their defiant child or teen. This reader-friendly guide explains what causes defiance in kids, why it's so destructive to the family, and shows parents step-by-step how they can end the behavior.

## **For Caregivers about Self Improvement/Help**

**Mindsight: The New Science of Personal Transformation** by *Daniel J. Siegel* Most of us have a mental “trap” that causes recurring conflict in our lives and relationships. Daniel J. Siegel, M.D. shows us how to use mindsight to escape these traps. Through his synthesis of a broad range of scientific research with applications to everyday life, he has developed novel approaches that have helped hundreds of patients free themselves from obstacles blocking their happiness.

**Parenting from the Inside Out** by *Daniel J. Siegel MD and Mary Hartzell* How a deeper Self-Understanding can help you raise children who thrive.

**Born For Love: Why Empathy is Essential—and Endangered** by *Bruce D. Perry and Maia Szalavitz* This book explores empathy’s startling importance in human evolution and its significance for our children and our society.

## **For Caregivers and Children about Bodies and Sex**

**American Medical Association Girl’s/Boy’s Guide to Becoming a Teen** by *American Medical Association*. Becoming a teen is an important milestone in every boy/girl’s life. It’s even more important to get answers and advice to the most common health issues boys/girls face from a trusted source. The *American Medical Association Boy’s/Girl’s Guide to Becoming a Teen* is filled with invaluable advice to get you ready for the changes you will experience during puberty.

**Asking about Sex and Growing Up** by *Joanna Cole* Good for parents to read with children with information about growing physically and sexually.

**But How'd I Get in There in the First Place? Talking to your Young Child about Sex,** by *Deborah Roffman* Young children ask questions about sex, sexuality, conception, and birth that can be embarrassing or uncomfortable for parents. This book details the skills to talk confidently with young children about these important but delicate issues.

**It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends (The Family Library)** by *Robie H. Harris* This book helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began. Two cartoon characters give voice to the full range of emotions and reactions children may experience while learning about their

amazing bodies. Vetted and approved by science, health, and child development experts.

**It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health (The Family Library)** by *Robie H. Harris* Provides accurate answers to nearly every imaginable question, from conception and puberty to birth control and AIDS to give young people the information they need to make responsible decisions and stay healthy.

**Sex and Sensibility: The Thinking Parent's Guide to Talking Sense about Sex** by *Deborah Roffman* With a rare directness and clarity about sex and reproduction, sexual values, and cultural influences on sexuality, this book teaches readers how to develop a blueprint for opening the lines of communication with children of all ages.

**Talk to Me First: Everything You Need to Know to Become Your Kids "Go-To"** by *Deborah Roffman* We live in a time when kids of all ages are bombarded with age-sensitive material wherever they turn; "sexting" and bullying are on the rise at an increasingly younger age. For any parent who wants to become and remain the most credible and influential resource about sexuality in their children's lives.

**Teaching Children with Down Syndrome about Their Bodies, Boundaries and Sexuality** by *Terri Couwenhoven*. In this book, the author blends factual information and practical ideas for teaching children with Down syndrome about their bodies, puberty, and sexuality. This book gives parents the confidence to speak comfortably about these sometimes difficult subjects.

**The Care and Keeping of You: The Body Book for Younger Girls** by *Valorie Schaefer* Content for girls ages 8 and up, with tips, how-tos, and facts from the experts.

**The Care and Keeping of You 2: The Body Book for Older Girls** by *Dr. Cara Natterson* Content for girls ages 10 and up, guiding them through the physical and emotional changes of growing up.