

# Vermont Network NEWS

The newsletter of the Vermont Network Against Domestic and Sexual Violence

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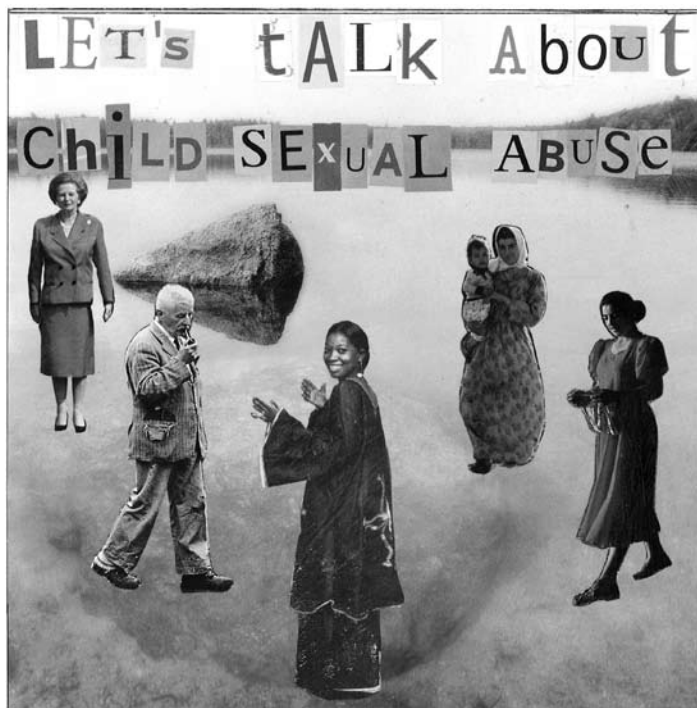
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### Network Office Staff

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- Jennifer Mathew ..... Fiscal/Grants Manager
- Sarah Kenney .....Public Policy Coordinator
- Alex Bottinelli ..... Library & Resources Coordinator
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- Chani Waterhouse ..... Program Support Coordinator
- Jill Richard ..... Economic Justice Project Coordinator
- Rebecca Shea ..... Creating Access Team Coordinator
- Liese Brown ..... Advocacy Project Coordinator



## Child Sexual Abuse in Vermont

BY KAREN TRONSGARD-SCOTT, DIRECTOR

This summer a child was murdered in Vermont and the grim reality of child sexual abuse invaded our living rooms, our schools, and our statehouse. Members of the public, parents, educators, community leaders, and our elected officials have been channeling their outrage and sadness over Brooke Bennett’s murder in many ways.

Some of the most contentious conversations currently underway in our state concern how our laws and public policies address child sexual abuse and those that perpetrate it. This dialogue offers the great hope that we might create laws that keep children safe from sexual offenders. However, there is also a risk that we will create laws that offer little more than a false sense of security in our communities, or, even worse, that the laws we create will result in fewer protections for victims and survivors of child sexual abuse. For example, on the surface, residency restrictions for convicted sex offenders can give a community a sense of security although extensive research shows that this policy actually decreases community and victims’ safety by isolating offenders from society and its

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## Child Sexual Abuse in Vermont

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formal and informal accountability systems. (Managing Sex Offenders in the Community: A National Overview, Lane Council of Governments, Eugene, Oregon, 2003)

Any public policy proposal concerning child sexual abuse must have the primary goal of preventing future acts of child sexual abuse by holding offenders accountable while providing support and safety for survivors and their families. The goal of any measure designed to better manage sex offenders must be to increase survivor and community safety. We can ascertain whether or not a policy actually will increase safety by using documented research to predict the impact of the policy, including the unintended consequences of that policy. Long mandatory minimum sentencing, for example, seems like a good way to prevent child sexual abusers from committing further crimes, and that may be true. However, long mandatory minimum sentences can have negative consequences that serve to decrease public safety. States' Attorneys often find that child sexual abuse crimes are difficult to prosecute because of the age of the victim, lack of definitive evidence, and relationship of the victim to the perpetrator. Perpetrators are less likely to accept plea bargains when faced with a long mandatory sentence, so in cases where the evidence is weak, state's attorneys must charge the perpetrator with a lesser crime. Additionally, judges and juries may be less likely to convict a defendant on an offense that carries long mandatory minimums. The result of these two situations is that some child sex offenders will be convicted of crimes that carry much less in terms of sentencing and post-incarceration community sanctions, or they may be acquitted of a child sex crime.

We also have to acknowledge that public resources to manage sex offenders are limited, so our formal approach to management must target those at highest risk for reoffending. Risk assessment must be based on a variety of factors and not limited to the charge for which the offender was convicted. Renewing our commitment to the investigation of child sexual crimes, the prosecution and sentencing of child sexual offenders, and the longer term treatment and community controls of sexual offenders is critical.

Finally, our best efforts to create laws and policies to address child sexual abuse must begin with our own education about the reality of child sexual abuse – much of which is missed in the mythology surrounding this issue (see article by Amy Hornblas). We must be willing to grapple with the fact that the vast majority of child sexual abuse perpetrators are people we know and trust. They have access to our children through well-accepted social institutions. They look like us and sound like us, and sometimes they even

live with us. Once we acknowledge this, we can begin to understand that child sexual abuse is complex and relational and that passing laws takes us only part of the way toward keeping our children safe. We can acknowledge that the vast majority of child sexual perpetrators will go undetected by the criminal justice system.

As adults we have a vital responsibility to our children – a responsibility to gain an accurate understanding about child sexual abuse; to talk to other adults and our children about child sexual abuse. The truth is that even the best laws alone will not prevent the majority of child sexual abuse but a comprehensive approach that includes laws, policies, services, education and the commitment of every adult will help us to move toward a Vermont where children are safe from child sexual abuse.

### Poem

BY DEB SHERRER, INDEPENDENCE DAY - 2008

/She was/...in Vermont  
 (or Anywhere, USA)  
 This time /she was/ 12.  
 Just 12.  
 And it may have been her uncle.  
 Last time /she was/ 21  
 and it was a stranger.  
 Another time, it was her ex-boyfriend's father  
 and he cut her breasts off her body.  
 In another town, it began  
 when /she was/ six,  
 continued until /she was/ ten,  
 and the "friend of the family" was ordered to serve  
 6 months of his sentence, having served up a life-time  
 of memories for her.  
 Another time, /she was/ riding her bike in Stowe  
 and was raped, murdered,  
 then buried under autumn leaves.  
 Years later, DNA identified her killer.  
 And when the gavel lands,  
 the newspapers quote:  
 "justice was served."  
 But I wonder—  
 Brooke got a ride from her uncle.  
 Michelle asked to borrow a cell phone.  
 Tara opened the door to her ex-boyfriend's father.  
 Patty went for a bike ride.  
 Such simple actions.  
 Such horrific turns.  
 Such cold justice—  
 Dead bodies and life imprisonment.  
 Once /she was/  
 in Vermont.  
 And next? //

# Education Is the Best Way to Prevent Sex Abuse

BY AMY HORNBLAS, YOUTH SERVICES COORDINATOR AT AWARE, HARDWICK, VERMONT

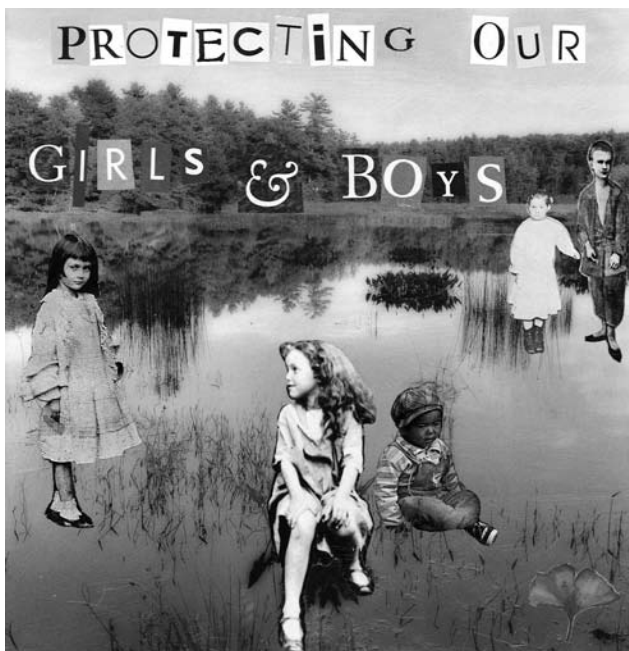
*Complete article in Times Argus  
October 5, 2008.*

**W**hat do we need to do to effectively reduce sexual violence? Education, education, education. Everybody's tired of hearing this answer. It isn't fast, it isn't perfect, and it takes everyone's involvement to make it work, yet research and experience show that education is effective.

For 10 years I have been the youth services coordinator for AWARE, (Aid to Women, Men and Children in Abuse and Rape Emergencies) in Hardwick. When I first started, I believed the most effective approach to prevention was to teach children about good touch and bad touch, encourage them to tell an adult if they are touched inappropriately, and to fight, kick, and scream if they are abused.

I found in my research that, however well-intentioned, these strategies don't address the realities of sexual abuse. The hard truth is that it is up to adults to protect children.

Primary sexual abuse prevention involves teaching young people about their bodies. Children need to know the correct anatomical names for their body parts so that they can describe what has happened if they are abused. They also need to know that these body parts are important and that their caregivers are comfortable talking about them. Some children decide not to disclose sexual abuse because they have learned that people don't talk about those things. Learning how to discuss sexuality in honest, age-appropriate ways takes practice. Entire public education campaigns have been undertaken in Europe in order to help caregivers learn how to do this. We can do this in our country, as well. We just need a willingness to be open about this topic. Simply admitting that sexual feelings are pleasurable when shared between people who really care about each other sends a clear message that can help prevent sexual abuse.



Describing sexual abuse as "bad touch" can be confusing for young people. For many child victims of sexual abuse, the acts may feel good because they are sexually stimulating. Most abusers "groom" their victims, which means they set them up to accept the abuse by showering them with things they want: gifts, attention, special outings and so on. These things can also feel good to the child. We have to be careful about not putting responsibility for stopping the abuse on the child, such as when we tell children to "Say no, go tell." This can make children feel responsible for the abuse if they don't follow

the directions. Most children cannot say no to an adult, especially a manipulative adult. Most children who are abused don't tell anyone, and this fact can leave them feeling even more responsible for their own abuse.

Sexual abuse survives because of secrecy. Jan Hindman, who had a full understanding of these issues because she spent decades working with victims and perpetrators of sexual abuse, suggests that we talk with children about secret touch instead. Secret touch, which cannot be discussed with others, is a clearer marker for children to understand. Telling children that nobody should touch your genitals is misleading, because many children have to be touched by their caregivers and medical personnel for health and safety reasons. (Some children with disabilities will need this kind of assistance for the rest of their lives.) The secret element, however, helps children clear up the confusion around these experiences.

In order to prevent sexual abuse, we must understand what it is. Sexual violence is a sexual act committed without permission. According to Vermont law, a person must give consent with words or actions. There is also an age component to the consent law, which protects young persons from being manipulated into sexual activity. The age of consent

in Vermont is 16, which means that sexual acts with a person under the age of 16 is illegal. There is an exception to this law if the parties are married and the act is consensual. Another newly adopted exception, which allows for teenage relationships, allows a person under the age of 19 to engage in sexual acts with a person who is at least 15 years old, if the act is consensual.

So that's the law, but how does it work in real life? There are not many role models in mainstream media portraying consent. How does one acquire it? It can be as simple as asking "Are you OK with this?" "Do you want to?" Teaching young children about their personal space and how to

respect other's personal space is sexual violence prevention. Talking with young adults about how they ask permission for a kiss is also violence prevention. Deconstructing a movie or TV show with youth and looking for whether or not the characters had consent to do the things they did is sexual violence prevention. Learning about boundaries is a lifelong process, and the basic rule is a simple one: Don't guess, ask!

For sexual abuse prevention, the goal is not just to stop sexual abuse but to replace it with sexual respect and affection. This is how sexual abuse survivors heal, and this is also how we can heal as a society. It won't be easy, we do know the way, and we all need to be part of the solution.

## Reflections of the Journey

### ANONYMOUS

I started my journey as a child victim of incest, child pornography and prostitution. During those early years I remember the ingrained message of my father being 'don't scream,' 'don't cry' and 'don't tell.' This was both the price of his love and the reminder of what could happen to my siblings if I failed to be his strong silent child. I grew up believing my body was the one thing of value I had to trade for the love of the adults who came into the childhood my father created for me. As a child you think every home, every father and every child's world is made up of the same pains, fears and confusion you experience. Having run away from home to live on the streets as a teenager I realize in many ways I had no concept of life without pain and no skills to keep myself safe from several rapes as an adolescent. I had left home to survive only to continue being a victim of the same pain on the streets.

Looking back I can see that the strength I gained from living on the streets allowed me to dare to take the first steps towards becoming a survivor. Sometimes pain makes us stronger because we become numb to our bodies and feelings, and all memories get filed in a locked box so deep inside we forget it belongs to us. During my adult years I decided to seek out the wisdom of a therapist. In the beginning weeks of therapy I walked into that office keeping my coat on, hand on the doorknob, and answered 'I am fine' to

every question. I remember asking if this process would take more than a few weeks -- after all, I couldn't even remember any house or address I had lived at as a child so what was there to talk about. Maybe therapists should come with a warning label: 'If you open a box full of painful memories you can never shove everything back in and relock it, you must clean it out just like your closet.'

Seven years later my closet was clean and I was ready to leave therapy. I asked for the writings I had done. My



therapist smiled and said, "No problem, you can collect them next week." At the time I wondered why the file couldn't have been handed to me then. At the final session my therapist handed me not a file, but a large box overflowing with the words which described a childhood I

could only hope belonged to someone else. Now here I sit years later as an Elder, with my senior citizen's discount card in hand, and see my greatest dreams have been fulfilled because the small child inside me kept them and us alive. I raised a daughter who is now an adult and she has never experienced childhood sexual, physical or emotional abuse. I live in a safe home, have created a safe family and I work in the field of sexual violence prevention. I have learned to like all the parts of me who helped me survive and can now see the night sky without fear of it becoming dark. My journey is not over as I now work towards a time I will no longer be a victim, survivor or even thriver but just me the person I was meant to be.

# What Adults Can Do To Protect Children From Child Sexual Abuse

BY LINDA JOHNSON, EXECUTIVE DIRECTOR, PREVENT CHILD ABUSE VERMONT

Child sexual abuse can be prevented, and it is up to adults to protect children. Children cannot protect themselves from those who want to abuse them.

Unfortunately, children make excellent victims. They are emotionally and physically dependent and generally do what adults and older children tell them to do. Children are easily threatened, intimidated and confused. They do not like to get other people in trouble and they feel responsible for whatever happens to them.

Often, predators target children who seem to be neglected and who might welcome special attention, time and gifts from an older friend or adult. Most of the time child sexual abuse is not overtly violent.



Consequently, sexual touching might feel comforting and even pleasurable to a child.

Today we know that to protect children, parents and caregivers must nurture a trusting relationship with their children. Adults raising children need to learn to recognize the tactics used by child sexual offenders, the warning signs of child sexual abuse, and the importance of supervision, e.g.: no playing behind closed doors, frequent check-ins by caregivers, and knowing who our children are with and where they are.

Yes, we can prevent child abuse by actively supervising, questioning questionable behavior, learning about the behavioral signs of child sexual abuse

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## Behavioral Symptoms of Possible Child Sexual Abuse

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Some of these behaviors can show up at other stressful times in a child's life such as divorce, death of a family member, friend, or pet, or when there are problems at school, as well as when abuse is involved. Any one sign doesn't mean the child was abused, but several of them mean that you should begin to explore the situation more fully.

Do you notice some of the following behaviors in a child you know well?

- Nightmares, trouble sleeping, extreme fears without an obvious explanation
- Sudden or unexplained personality changes; seems withdrawn, angry, moody, clingy, checked-out or shows significant changes in eating habits
- An older child behaving like a younger child (for example, bedwetting or thumb-sucking)
- Develops fear of certain places or resists being alone with an adult or young person for unknown reasons
- Play, writing, drawing or dreams of sexual or frightening images
- Shows resistance to routine bathing, toileting or removing clothes even in appropriate situations
- Refuses to talk about a "secret" he/she has with an adult or older child
- Stomach aches or illness, often with no identifiable reason
- Uses new words for private body parts
- Leaves clues that seem likely to provoke a discussion about sexual issues
- Engages in adult-like sexual activities with toys, objects, or other children
- Develops special relationship with older friends that may include unexplained money, gifts or privileges
- Intentionally harms himself/herself, for example, drug/alcohol use, cutting, burning, running away, sexual promiscuity
- Becomes increasingly secretive around use of the Internet or cell phone

# The Vermont Approach

## Strategic Planning for Child Sexual Abuse Prevention

BY ANNE LISKE, SEXUAL VIOLENCE PREVENTION COORDINATOR,  
THE ANTI-VIOLENCE PARTNERSHIP AT THE UNIVERSITY OF VERMONT

**B**efore making change, it's important to inventory and evaluate what child sexual abuse prevention education looks like and identify strengths and needs in availability of programs, resources, and practitioner capacity. Each community around the state looks different and will best provide healthy and safe environments for children with a "menu" of prevention education options.

During the past 18 months, the Sexual Violence Prevention Task Force (SVPTF), one strategy "team" of the Vermont Approach mandated by the Legislature, surveyed K-12 schools and community-based providers statewide about school-based prevention education. From that data, it is clear that some communities have good efforts underway, a few even involving parents, and others have very little. And, where there is regular prevention education happening, it is often because of good working relationships between one or two school staff and a community agency partner. Without clear, consistent institutional commitment to the importance of age appropriate sexual violence prevention education, good efforts will potentially be lost when personnel leave, and new programs just won't happen. The SVPTF is developing some policy recommendations to the Legislature to address this issue.

Additionally, this year a small work group is advising a listening project, conducting interviews with early childhood providers around the state. Many of these providers are home-based, working in relative isolation, yet are critical allies for child sexual abuse prevention education with parents. A second work group is exploring ways that existing state agency technical assistance could be enhanced and better directed to help communities develop improved local ownership of adult sexual violence prevention education. Both of these efforts will produce state level policy recommendations that will translate to improved resources and capacity at the local level.

By setting out to engage and empower individuals and communities to see the connectedness of all forms of sexual violence, including child sexual abuse, the plan has the potential to help transform how we address these issues.

## What To Watch For When Adults Are With Children

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**H**ave you ever seen someone playing with a child and felt uncomfortable? Maybe you thought "I'm just overreacting," or, "He/She doesn't really mean that." If you are uncomfortable, but don't see specific signs, trust your instincts and ask more questions. If you answer yes to some of these questions, talk to that person.

*Do you know an adult or older child who:*

- Makes others uncomfortable by ignoring social, emotional or physical boundaries or limits
- Refuses to let a child set any of his or her own limits? Uses teasing or belittling language to keep a child from setting a limit
- Insists on hugging, touching, kissing, tickling, wrestling with, or holding a child even when the child does not want this physical contact or attention
- Frequently makes sexual references or tells sexual or suggestive jokes with children present
- Exposes a child to adult sexual interactions without apparent concern
- Has secret interactions with teens or children (such as games, sharing drugs, alcohol, or sexual material) or spends excessive time emailing, text messaging or phoning
- Buys children expensive gifts or gives them money for no apparent reason
- Seems too good to be true, for example, babysits different children for free, takes children on special outings alone, buys children gifts or gives them money for no apparent reason
- Allows children or teens to consistently get away with inappropriate behaviors

## The Network Office Welcomes Liese Brown

**G**reetings! In late September I began work at the Vermont Network Office as the Advocacy Project Coordinator. In this role, I will be providing project coordination and support to member programs and their partners on the Legal Assistance for Victims Grant Program and issues related to sexual and domestic violence, with an emphasis on sexual violence.



Prior to joining the Vermont Network, I worked as a project coordinator with the Family Violence Department of the National Council of Juvenile and Family Court Judges, coordinating the agency's work with over 60 communities across the country as part of the Safe Havens Supervised Visitation and Safe Exchange Grant Program. As a judicial organization, much of our focus was on building the capacity of courts to respond to domestic violence cases involving supervised visitation, enabling me to work closely with members of the legal community, including judges, attorneys, court personnel, and legal advocates. Additionally, I have worked with domestic and sexual violence programs in Maine, Alaska, and northern California, where I coordinated a program for children who have experienced domestic violence. I recently returned home to Vermont, and am excited to learn from and support Network Programs in their efforts to eradicate domestic and sexual violence in Vermont.

### Protecting Children from Sexual Abuse

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exhibited by both perpetrators and child victims, and the ways sexual abuse might effect our children's mental and physical health and well being. Additionally, we need to ask our child care providers and schools to provide training for adults on the warning signs of child sexual abuse, to know their responsibility as mandatory reporters, and to provide caring and support for children who are victims.

We all have a vital role to play in giving children the safe childhood they deserve. Sexuality begins at birth and encompasses touch, differences in male and female body parts, sexual orientation, affection between people who really care about each other, and enjoying the physical sensations having a body provides. Sexuality must be something that is talked about safely in your home and at school.

## Organizations in Vermont Serving Victims of Child Sexual Abuse and Their Families

- **Deaf Vermonters Advocacy Services**  
www.dvas.org  
TTY 1-800-303-3827 (if you do not have TTY, dial 711 and give the communication assistant the number 800-303-3827)
- **Prevent Child Abuse Vermont**  
www.pcavt.org (1-800-244-5373)
- **SafeSpace**  
www.ru12.org (1-866-869-7341 and v-TTY [802] 863-0003) Serving LGBTQQ victims of sexual assault.
- **Sexual Assault Nurse Examiner (SANE)**  
These nurses are trained in examining and treating injuries related to sexual violence. You have the right to request a SANE at every hospital in Vermont.
- **Vermont Department for Children & Families**  
www.dcf.state.vt.us  
Reporting Child Abuse —  
24-hour Child Protection Line:  
1-800-649-5285
- **Vermont Center for Crime Victims Services**  
www.ccvv.state.vt.us  
(1-800-750-1213)
- **Vermont Center for Prevention & Treatment of Sexual Abuse**  
A resource and referral service for children, adolescents, and adults: 802/ 651.1663
- **Vermont Network Against Domestic and Sexual Violence**  
www.vtnetwork.org  
1-800-489-7273 connects you with an advocate at the Network Program in your county – the call is confidential.
- **Vermont Supervised Visitation Centers & Safe Exchange Programs**  
Statewide: 2-1-1 (TTY: 2-1-1)





Against Domestic and Sexual Violence

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**VERMONT NETWORK MEMBER PROGRAMS**

**Addison County & Rochester (town)  
WomenSafe**

P.O. Box 67, Middlebury, VT 05753  
Hotline: (802) 388.4205 or 1.800.388.4205

**Bennington County  
PAVE\***

P.O. Box 227, Bennington, VT 05201  
Hotline: (802) 442.2111

**Caledonia & southern Essex Counties  
The Advocacy Program at Umbrella**

1222 Main St. #301, St. Johnsbury, VT 05819  
Hotline: (802) 748.8645

**Caledonia County (Hardwick area)  
AWARE**

P.O. Box 307, Hardwick, VT 05843  
Hotline: (802) 472.6463

**Chittenden County  
Women's Rape Crisis Center**

P.O. Box 92, Burlington, VT 05402  
Hotline: (802) 863.1236

**Women Helping Battered Women\***

P.O. Box 1535, Burlington, VT 05402  
Hotline: (802) 658.1996 (also TTY#)

**Franklin & Grand Isle Counties  
Voices Against Violence\***

P.O. Box 72, St. Albans, VT 05478  
Hotline: (802) 524.6575

**Lamoille County  
Clarina Howard Nichols Center\***

P.O. Box 517, Morrisville, VT 05661  
Hotline: (802) 888.5256

**Orange & NE Windsor Counties  
Safeline**

P.O. Box 368, Chelsea, VT 05038  
Hotline: 1.800.639.7233

**Orleans & northern Essex Counties  
The Advocacy Program at Umbrella  
(Satellite Office)**

93 E. Main Street #1  
Newport, VT 05855  
Hotline: 1.800.224.7837

**Rutland County  
Rutland County Women's NW & Shelter\***

P.O. Box 313, Rutland, VT 05701  
Hotline: (802) 775.3232

**Washington County  
Battered Women's Services & Shelter\***

P.O. Box 652, Barre, VT 05641  
Hotline: 1.877.543.9498

**Sexual Assault Crisis Team\***

4 Cottage Street, Barre, VT 05641  
Hotline: (802) 479.5577

**Windham County  
Women's Crisis Center\***

P.O. Box 933, Brattleboro, VT 05302  
Hotline: (802) 254.6954 or 1.800.773.0689

**Windsor County (NE)  
WISE\***

38 Bank Street, Lebanon, NH 03766  
Hotline: (603) 448.5525 or 1.866.348.WISE

**Windsor County (southern parts)  
New Beginnings**

23 Pleasant St., Springfield, VT 05156  
Hotline: (802) 885.2050 or (802) 674.6700

**Statewide Hotlines:**  
**Domestic Violence: 1-800-228-7395**  
**Sexual Violence: 1-800-489-7273**

\* Indicates Shelter



Resources Available from the Network Library on Child Sexual Abuse

For use by advocates at the Network Programs and Vermont allies: requests to library@vtnetwork.org

BOOKS

Allies in Healing, Laura Davis, ©1991 Harper Perennial  
If the person you love was sexually abused as a child, this book is for you. It offers practical advice & encouragement to all partners – girlfriends, boyfriends, spouses, & lovers – trying to support the survivors in their lives while tending to their own needs along the way.

Kids Helping Kids Break the Silence of Sexual Abuse, Linda Lee Foltz, Lighthouse Point Press ©2003  
In their own words, victimized kids reveal valuable life lessons about living, loving and healing, and how to get safe and stay away from sexual abuse.

Father-Daughter Incest, Judith Lewis Herman, ©1981 Harvard University Press  
Through an intensive clinical study of forty incest victims, the author develops a composite picture of the incestuous family – patriarchal father dominating the home with absolute authority and free to view his children as his personal possessions.

Resolving Childhood Trauma, Catherine Cameron, ©2000 SAGE  
This deeply moving longitudinal study of 51 childhood incest survivors, written by a survivor, expands the crucial understanding of the role of amnesia following the trauma of child sexual abuse, and the enormous complexity of the healing process.

The Male Survivor, Matthew Parynik Mendel, ©1995 SAGE  
The phenomenon and long-term impact of sexual abuse on male children is examined along with dispelling the myths regarding the invulnerability of male victims.

Through the Fire, Pastor Rick Meyer, ©2005 Augsburg Books  
Spiritual restoration is provided for adult victims of childhood sexual abuse through personal stories and pastoral counseling.

Safe Beginnings, Orieda Horn Anderson & Shirley Pacey, ©1999 SAGE  
This is a good, healthy, affirming, “how-to” book which can reduce the risk of sexual abuse for ALL children, with and without disabilities.

When Your Child Has Been Molested, Kathryn B. Hagans & Joyce Case, ©1988 Lexington Books  
A helpful parent’s guide to healing and putting the pieces back together which offers easy-to-understand yet comprehensive

clinical and legal information on coping with the trauma.

The Courage to Heal, Ellen Bass & Laura Davis, ©1998 Harper Perennial  
A comprehensive women’s guide to healing from the effects of child sexual abuse which combines personal stories with professional knowledge. Also in this new edition is an afterword that refutes the “false memory” argument and presents a thorough response to the backlash.

Victims No Longer, Mike Lew, ©1988 Harper Collins  
Information and hope is provided to men recovering from incest and other forms of child sexual abuse.

Adults Abused as Children, Peter Dale, ©1999 SAGE  
This book consolidates knowledge about child abuse and the psychotherapeutic approaches as it relates to adults abused as children – offers practical advice that is based on experience and grounded in theory and research.

I’m Nobody – A Journey of Healing, Susan M. Hess ©2004  
The author, as a victim and survivor, presents her tapestry art and the poems of Emily Dickinson to tell the interwoven story of discovery, acceptance, and freedom.

We Are Not Alone, Jade Christine Angelica, MDiv; ©2002 Harworth Press  
A guidebook for parents and advocates in supporting adolescent victims of sexual abuse, and designed to help maneuver through the social service and criminal justice systems.  
Incest and Sexuality, Wendy Maltz & Beverly Holman, ©1987 Lexington Books  
This guidebook for survivors of child sexual abuse provides understanding and healing to those who want to explore both how they have been affected and what they can do about it. Special sections have been written with partners and therapists in mind.

For Your Own Good, Alice Miller, ©1984 Farrar-Straus-Girous  
A classic - this is a history on the roots of violence and the hidden cruelty in child-rearing practices.

VIDEOS

TLC Talk, Listen and Care, Umbrella & Lyndon State College LINC Project 1986  
This 27-minute videotape on child sexual abuse prevention is an excellent guide on how to talk to children of various ages about sexual safety.

A Survivor’s Story, ©2004 O.R.T. Solutions  
This 45-minute DVD is the inspirational story of Olga Turjillo – her childhood of witnessing domestic violence and experi-

encing physical and sexual abuse, and her struggle towards survival and healing.

Through My Eyes, OVC 2000, U.S. Department of Justice

This 8-minute videotape, in the voices, artwork, and writings of children, conveys how children experience violence in their lives. Experts in child development & mental health for child victims provide commentary to explain the impact and discuss the critical steps which lead to recovery.

Behind the Screens, You Have the Power, Inc. ©2002

This 16-minute videotape educates parents and youth advocates on the dangers and reality of child sexual abuse on the internet.

A View From the Shadows (Volume 3), You Have the Power, Inc.

©2001

This 22-minute videotape focuses on the difficult task of talking about child sexual abuse – 2 families share their experiences of child sexual abuse perpetrated by an uncle and a brother's best friend.

