

Recommended Reading Books on Youth & Sexual Abuse

Allies In Healing: When the Person You Love Was Sexually Abused as a Child

Laura Davis, © 1991 Harper Perennial

This book is based on in-depth interviews and the author's workshops for partners across the country. It offers practical advice and encouragement to all partners -- girlfriends and boyfriends, spouses and lovers -- trying to support the survivors in their lives while tending to their own needs along the way.

Children and Trauma: A Guide for Parents and Professionals

Cynthia Monahan, © 1993 Jossey-Bass

This book teaches parents and professionals about the effects of all types of childhood trauma -- car accidents, natural disasters, domestic violence, child sexual abuse, medical emergencies, etc. The author offers a blueprint for restoring a child's sense of safety and balance.

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse

Ellen Bass & Laura Davis, © 1998 Harper Perennial.

This third edition speaks directly to survivors in a warm and personal way -- it advances the empowerment of survivors in a major way, from breaking the silence to sharing recovery. It is an inspiring and comprehensive guide that offers hope and encouragement to every woman who was sexually abused as a child -- and those who care about her.

Father-Daughter Incest

Judith Herman, © 1981 Harvard University Press

This book, written by a psychiatrist, provides a feminist analysis exposing the abuse of power in relationships between fathers and their daughters. The work presented here is valuable to everyone who has been the victims of such incest, those whose families have been shattered, and specialists working with such clients, because it offers help and healing.

If I Tell

Susan Marcy-Webster & Emily Phillips. © 2007 KIDSRIGHTS

This small children's book is the story of Tess, an 11-year old girl who was sexually abused by her Uncle Shawn. The book describes the psychological manipulation used by the perpetrator and gives a look inside the victim's thought processes as she struggles with whether to disclose the abuse. Information is presented in a frank yet sensitive way that assists victims and family members who want to provide the support a sexual abuse victim needs.

Incest and Sexuality: A Guide to Understanding and Healing

Wendy Maltz & Beverly Holman, © 1987 Lexington Books

This book provides survivors with concrete help regarding their feelings, thoughts, and behaviors about their own sexuality -- encouraging the survivor to view their reactions to the abuse as adaptive rather than maladaptive. It is a valuable tool that enhances the survivors' strengths as they struggle to heal.

Incest: Three Real Stories

Templeton, J., 1995, Sad Clown Publishing

This children's book is a tool -- it is meant to be shared/read by child advocate/therapist/caretaker to the child. The paintings and prose will trigger images that will provide bridges to encapsulated frozen experiences.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health

Robbie Harris & Michael Emberley, © 2009 Candlewick Press

Millions of pre-teens and teens have turned to this book for honest, reliable, accurate, and accessible information to answer their questions and concerns about puberty, changing bodies, reproduction, sex and sexual health, pregnancy and birth, and families. This new edition has added the most up-to-date information on birth control, the HPV vaccine, sexually transmitted diseases including HIV/AIDS, and a new chapter on safe and responsible Internet use.

It Happened to Me: A Teen's Guide to Overcoming Sexual Abuse

Wm. Lee Carter, © 2000 New Harbinger Publications

This book provides simple and effective exercises for recovery from sexual abuse. Teens who survive sexual abuse do so because they find ways to talk and think about their experience - this book is a road map for healing.

The Me Nobody Knows: A Guide for Teen Survivors

Barbara Bean & Sue Bennett, © 1993 Jossey-Bass

This book is written specifically for teens who have been abused and don't know where to turn. Frustration, anger, self-blame, and guilt are some of the feelings teen survivors experience, often without realizing that these are connected to the abuse. Through written, visual, and relaxation exercises this book shows survivors how to begin to cope.

My Body Belongs To Me

Jill Starishevsky & illustrated by Sara Muller, © 2007 Safety Star Media

This children's book is written by a prosecutor of child abuse and sex crimes. Its message is to teach children that they do not have to endure abuse in silence – it makes them aware that when it comes to their bodies, there are boundaries. It assures them that it's OK to tell a parent or teacher if someone touches their "private parts."

Protecting the Gift: Keeping Children & Teenagers Safe (and Parents Sane)

Gavin de Becker, © 1999 Dell Trade Paperback

This book offers practical new steps to enhance children's safety at every age level, giving parents the tools they need to allow their kids freedom without losing sleep themselves.

Raising Our Children to Be Resilient

Linda Goldman, © 2006, Brunner-Routledge

This book is a guide to helping children cope with trauma in today's world. It shares the vision of creating responsible human beings that have the inner strength not just to make it through a difficult event, but also to have the capacity for transforming themselves and their world during difficult times.

Rewind Rebound: A Teenage Guy's Book for Dealing with Sexual Abuse

Mindy Loiselle & Leslie Bailey Wright, © 2010 Safer Society Press

This book is a clear and comprehensive walk-through of the dynamics and impact of sexual abuse; the abuse could of happened as a youngster or as a teen, and the abuse may have stopped or could be continuing. It speaks directly to the issues faced by teenage males and can be used as self-help or in conjunction with support group or therapy. Look especially to the chapter on resilience to add significantly to what is already known.

S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School & College.

Heather Corinna, © 2007 Da Capo Press.

The author has been providing sex education and information for young adults, parents, and mentors for nearly 10 years. Whether you're straight, gay, sexually active, or just plain curious, this book spells out everything you need to know, including: a sexual readiness checklist, illustrations of female and male reproductive anatomy, how to love your body, tips on safer sex, an in-depth birth control breakdown, how to create and enjoy relationships that are right for you, popular mechanics of partnered sex -- sexual activities explained, and STIs 101.

Sarah's Waterfall

Ellery Akers & Angelique Benicio, © 2010 SaferSociety Press

This beautifully illustrated children's book is a healing story about sexual abuse -- Sarah is a 12 year old girl who keeps a diary as she participates in a support-group at school for girls who have been sexual abused.

The Sum of My Parts

Olga R. Trujillo, © 2011 New Harbinger Publications

The author is an attorney who works with communities on issues involving domestic violence, child abuse, sexual assault, and the impact of trauma. This book is the story of her life -- by the first day of kindergarten, Olga Trujillo has already survived years of abuse and violent rape at the hands of her tyrannical father. Over the next 10 years, she would develop the ability to numb herself to the constant abuse by splitting into distinct mental "parts." Dissociative identity disorder (DID) protected Olga's mind from the tragic realities of her childhood. This brave, unforgettable memoir charts the author's triumph over the most devastating conditions and will inspire anyone whose life has been affected by trauma.

The Survivor's Guide: For Teenage Girls Surviving Sexual Abuse

Sharice Lee, © 1995 SAGE Publications

This small book is for teenage girls surviving sexual abuse. It tries to clear up some of the confusion by providing information to survivors about how the abuse can affect a person. With real-life stories, it helps survivors not blame themselves and respect where they are at in the recovery process.

There Is No Sex Fairy To Protect Our Children From Becoming Sexual Abusers

Jan Hindman, © 2006 AlexAndria Associates

This book features the 10 commandments of raising sexually respectful children: thou shalt begin at the beginning; thou shalt communicate; thou shalt teach logic; thou shalt welcome the world; thou shalt envision Eve and Adam; thou shalt channel carrots, cats and cows; thou shalt abandon 'bad equals bad'; thou shalt demand delayed gratification; thou shalt teach vulnerability appreciation; thou shalt teach touching.

Trauma-Proofing Your Kids

Peter A. Levine & Maggie Kline, © 2008 North Atlantic Books

This is a parent's guide for instilling confidence, joy, and resilience into their skills in raising their children. In addition to arming parents with protective strategies, the authors offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. A treasure trove of simple-to-follow stress-busting, boundary setting, sensor-motor awareness activities that counteract trauma's effect on a child's body, mind, and spirit.

Trauma Through A Child's Eyes: Infancy through Adolescence

Peter A. Levine & Maggie Kline, © 2007 North Atlantic Books

At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hand-on-activities, this book gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

A Very Touching Book...for little people & for big people

Jan Hindman, © 1983 McClure-Hindman

Rather than using a negative or fearful term, this book refers to sexual abuse as *secret touching* -- this term creates a positive attitude toward adult sexuality and allows children to judge whether contact with adults is appropriate or inappropriate. Most importantly, the idea of *secret touching* provides a natural solution to the problem by encouraging children to TELL about an unwanted sexual contact. This book is for big people who care about little people.

Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse

Mike Lew, © 1988 Harper Collins Publishers.

This book offers hope, understanding, and essential advice for healing to the millions of men who are survivors of incest and other sexual child abuse.

We Are Not Alone: A Guidebook for Helping Professionals & Parents Supporting Adolescent Victims of Sexual Abuse

Jade Christine Angelica, © 2002 Haworth Press.

This book is designed to help advocates or parents guide adolescent sexual abuse victims through the social services and criminal justice systems. It explains the process of reporting, investigating, and prosecuting cases of sexual abuse. Also included are the supplemental workbooks -- one for boys and one for girls.

We Are Not Alone: A Teenage Boy's Personal Account of Child Sexual Abuse

Jade Christine Angelica, © 2002 Haworth Press.

Any teenage boy who discloses sexual abuse is facing an emotional ordeal. This workbook can help him understand and endure the process. As it tells the first-person story of Joe, whose neighbor molested him, it offers an opportunity to discuss emotional issues, learn the facts of the process, and gain a sense of solidarity and support so crucial to the recovery of abused children.

We Are Not Alone: A Teenage Girl's Personal Account of Incest from Disclosure Through Prosecution and Treatment

Jade Christine Angelica, © 2002 Haworth Press.

This step-by-step guide is designed to help sexually abused teenage girls through the legal and emotional processes of dealing with what has been done to them. It tells the first-person story of Jane, whose father molested her. It addresses emotional issues, clarifies the legal process, and helps girls understand their reactions to abuse, assisting them in gaining the strength they need to heal from the confusion, loneliness, and pain of having been the victim of a sexual predator.

When Your Child Has Been Molested: A Parent's Guide to Healing and Recovery

Kathryn B. Hagans & Joyce Case, © 1988 Lexington Books

The authors answer, in everyday language, such important questions as: what are the warning signs that your child might be a victim of a molestation, what are the right things to say in order to discover what happened, what happens after you report abuse, how can you prepare yourselves and your child for the courtroom, how do parents get the help they need, and how can you tell if you and your child are on the road to recovery.