

# Children's Center

*A place where healing begins*

## Selected Readings about Child Sexual Abuse

### For Young Children:

1. *It's My Body* by Lori Freeman – A booklet to teach young children how to resist uncomfortable touch. Parenting Press, 7750 31<sup>st</sup> Avenue NE, Seattle, WA 98115.
2. *I Told My Secret* by Eliana Gil – A booklet to help children define forms of abuse, who to tell, and what happens after disclosure. Launch Press, PO Box 31491, Walnut Creek, CA 94598.
3. *A Very Touching Book* by Jan Hindman – Discusses names for the parts of the body and our comfort level in using them and defines bad, good, and secret touching while teaching prevention skills. McClure-Hindman Books, PO Box 208, Durkee, OR 97905.
4. *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. Little Brown and CO., Publishers, Trade Sales Depts., 34 Beacon Street, Boston, MA 02106.
5. *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. Rape Crisis Center of the Bershires Press, 18 Charles Street, Pittsfield, MA 01201.
6. *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. Parenting Press, Inc. 11065 5<sup>th</sup> Avenue NE, Seattle, WA 98125.
7. *Asking about Sex and Growing Up* by Joanna Cole – Good for parents to read with children. Talks about growing physically and sexually.

### For Older Children and Teenagers:

1. *Changing Bodies, Changing Lives* by Ruth Bell – A book for teens on sex and relationships. Random House, New York, NY.
2. *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. Children's Institute of Kansas City, 9412 High Drive, Leawood, KS 66206.
3. *Getting Together* by Elizabeth Drake and Anne Gilroy Nelson – This useful booklet is especially for girls who were molested. Child Care Publications, PO Box 12024, Gainesville, FL 32604.
4. *Gilly's Secret* by Ellen Howard (originally published as Gillyflower) - Gilly is too ashamed and frightened to tell her secret. It's not until she befriends a girl next door that Gilly begins to understand that her secret isn't her fault and she must trust someone to help her. Gilly learns that some secrets are not for keeping. Aladdin Books, Macmillan Publishing Company, 866 Third Avenue, New York, NY 10022

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5. *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. Albert Whitman & Company, [www.albertwhitman.com](http://www.albertwhitman.com).
6. *The Survivor's Guide* by Sharice A. Lee – This book provides information to survivors of sexual abuse about the impact of abuse. Topics include memory gaps, self blame, emotions, trust, etc. Sage Publications, 2455 Teller Road, Thousand Oaks, CA 91320.
7. *Working Together* by Elizabeth Drake, Anne Gilroy Nelson, and Thomas Roane – This companion booklet for Getting Together is for boy victims of sexual abuse. Child Care Publications, PO Box 12024, Gainesville, FL 32604.

## For Parents Whose Children Were Abused:

1. *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. Washington Coalition of Sexual Assault Programs, 110 E 5<sup>th</sup>, Suite 214, Olympia, WA 98501.
2. *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. Children's Home Society of Washington, Vancouver, WA.
3. *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 suspects or discover that a child has been sexually abused. Lexington Books, Lexington, MS.
4. *Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse* by Mike Lew. Harper & Row, New York, NY.
5. *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse* by Ellen Bass and Laura Davis. Harper & Row, New York, NY.

## For Adults about Prevention:

1. *Identifying Child Molesters* by Carla van Dam – Preventing child sexual abuse by recognizing the patterns of offenders. Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904.
2. *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. Impact Publishers, PO Box 1094, San Luis Obispo, CA 93406.
3. *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. Impact Publishers, San Luis Obispo, CA.

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4. *Predators, Pedophiles, Rapists, and other Sex Offenders* by Anna C. Salter – Includes who offenders are, how they operate, and how we can protect ourselves and our children. Basic Books, 387 park Avenue South, New York, NY 10016.
5. *Protect Your Child From Sexual Abuse: A Parent's Guide* by Janie Hart Rossi – This book accompanies *It's My Body* and helps teach children how to resist uncomfortable touch. Planned Parenthood of Snohomish County, Parenting Press, Inc., 7750 31<sup>st</sup> Ave. NE, Seattle, WA 98115.
6. *Protecting the Gift: Keeping Children and Teenagers Safe* by Gavin De Becker – Provides a direct look at the strategies of sexual abuse predators, a study of how children are victimized, and a look at why. Gavin De Becker & Associates, [www.gavindebecker.com](http://www.gavindebecker.com)
7. *Raising Safe Kids in an Unsafe World* by Jan Wagner – Thirty proven ways to protect your child from becoming lost, abducted, abused, or victimized. Yello Dyno Publishing, Austin, TX. [www.yellodyno.com](http://www.yellodyno.com)
8. *The Silent Children: A Book for Parents about the Prevention of Child Sexual Abuse* by Linda Sanford. Doubleday Books, 1980.