



Recommended Readings

The Children's Advocacy Center Staff understands you may have many questions surrounding your child's abuse. We are available to answer questions even after your child's interview is over. The following is a list of books that you may find helpful to answer some of your questions during you and your child's journey to recovery. We recommend that these books be used in conjunction with therapy and not in place of therapy.

For Parents:

- *Helping Your Child Recover from Sexual Abuse.* By Caren Adams & Jennifer Fay.
- *What's Happening in Our Family? Understanding Sexual Abuse through Metaphors.* By Constance M. Ostis, MSW.
- *No Secrets, No Lies: How Black Families Can Heal from Sexual Abuse.* By Robin D. Tone.
- *Straying Towards Truth.* By Karen E. Fennell.
- *A Parent's Guide to Healing and Recovery* By Kathryn Brohl and Joyce Potter
- *When Your Child has Been Molested.* By K. Hagans & J. Case
- *Healing the Harm Done: A Parent's Guide to Helping Your Child Overcome the Effects of Sexual Abuse.* By J. Levy (English & Spanish)
- *Protecting the Gift.* By G. DeBecker
- *Discipline Without Shouting or Spanking.* By Wyckoff/Unell
- *The Case Against Spanking.* By I. Hyman
- *Without Spanking or Spoiling.* By E. Crary
- *Abused Boys: the Neglected Victims of Sexual Abuse.* By M. Hunter
- *Rebuilding the Nest.* By Blankenhorn, Bayme, & Elshtain
- *What Do You Do With A Child Like This?* By L. Tobin
- *Children and Trauma.* By C. Monahon
- *Protecting the Gift,* By G. DeBecker

For Teens

- *How Long Does It Hurt?* By Cynthia L. Mather & Kristina E. Debye.
- *Back On Track.* By Leslie Bailey Wright & Mindy B. Loiselle (Specifically for boys ages 10 and up).
- *We Are Not Alone: A Teenage Boy's/Girl's Personal Account of Incest from Disclosure through Prosecution and Treatment.* By J. Angelica
- *How Long Does it Hurt? A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families.* By C. Mather
- *Teen to Teen: Personal Safety and Sexual Abuse Prevention.* By C. Herrerias

For Children

- *Please Tell! A child's story about sexual abuse.* By Jessie.
- *No More Secrets for Me.* By Oralee Wachter.
- *It Happened to Me: A Creative Healing Book.* By Debra Whiting Alexander.
- *It's My Body.* By L. Freeman
- *My Body is Private.* By L. Girard
- *The Right Touch.* By S. Klein
- *Those Are My Private Parts.* By Empowerment Productions
- *Better Safe than Sorry Book.* By S. & J. Gordon
- *When They Fight.* By K. White
- *Amazing You! Getting Smart About Your Private Parts.* By L. Woodcock Cravath, G. Saltz
- *The Safe Zone: A Kid's Guide to Personal Safety.* By D. Chaiet & F. Russell
- *Something Happened and I'm Scared to Tell.* By Patricia Kehoe.
- *A Terrible Thing Happened.* By Margaret M. Holmes
- *Tears of Joy.* By B. Beam
- *The Trouble with Secrets.* By K. Johnson
- *El Problema con Los Secretos.* By K. Johnson
- *My Body is Mine!* By P. Osilaja
- *Kids Going to Court.* By Kidsrights
- *To Tell the Truth.* By B. Ogawa, Volcano Press

For Adult Survivors

- *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse.* By Ellen Bass & Laura Davis.
- *The Courage to Heal Workbook: A Guide for Women & Men Survivors of Child Sexual Abuse.* By Laura Davis
- *Dear Elizabeth: The Diary of a Survivor of Sexual Abuse.* By Swan & Mackey
- *Sexual Healing Journey: A Guide to Survivors of Sexual Abuse.* By W. Maltz, Harper Collins Publishers
- *Outgrowing the Pain and Outgrowing the Pain Together.* By E. Gil
- *An Adult Child's Guide to What is "Normal."* By J. Friel & L. Frie
- *Affirmations of the Inner Child.* By R. Lerner
- *Reach for the Rainbow.* By L. Finney, Putnam Publishing Group/
- *The Wounded Heart.* By D. Allender
- *Ghost in the Bedroom: A Guide for Partners of Incest Survivors.* By K. Graber

Additional Resources

- Hope for Families- Resources for CSA prevention: www.hffbooks.com
- Child Sexual Abuse Prevention Information: www.darkness2light.org
- Safer Society Press-books and resources: www.saferociety.org/safer-society-press/
- *I Can Be Safe: A Guidebook for Deaf Children*, Abused Deaf Women's Advocacy Services
- *Cuidate A Ti Mismo: Guia para ninas y ninos, para ayudarles a comprender, prevenir, y a recuperarse del abuso.* By L. White & S. Spencer
- *No es un Juego*, King County Sexual Assault Resource Center