

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Sexual Abuse

Material Title: **Abuso Sexual en la Infancia**

Author: Dr. Ernesto Lammoglia

Libros en español

1999

290 pages

Esta obra del Dr. Lammoglia nos presenta las características de la víctima que el abusador elige, los rasgos de la personalidad enferma de los hombres y mujeres abusadores y una serie de pasos que deben seguirse en el proceso de curación en la edad adulta. Su intención es dar a conocer la magnitud del problema con el fin tanto de prevenir como de ayudar a las víctimas. (Se incluye un directorio de instituciones que atienden a las víctimas de abuso sexual.)

Material Title: **Adoption and the Sexually Abused Child**

Author: Joan McNamara and Bernard H. McNamara

Books

1990

164 pages

This anthology in twelve chapters draws on the experience and wisdom of a variety of experts, covering a wide range of issues in the complex area of adoption and sexually abused children.

Material Title: **Adoptive Family as a Healing Resource for the Sexually Abused Child, The: A Training Manual**

Author: Deborah Minshew and Chrisan Hooper

Books

1990

83 pages

Recognizing the importance of placing sexually abused children in families where they will be loved by trustworthy adults, and can feel worthy of being loved and cared for, these authors present a guide to help prepare adoptive parents to develop healthy family environments for such at-risk children. The manual describes how to integrate the sexually abused child successfully into the adoptive family, and includes advice on the management of inappropriate sexual behavior.

Material Title: **Amber's Voicel: Navigating Through a Difficult Conversation with a young child about Sexual Abuse**

Author: Amber Latimore

Children's Books

2020

30

This is not your ordinary children's book! This book gives parents and caregivers a gentle way of having a discussion about sexual abuse, just by reading about Amber's story. In this book, you will learn all about Amber's likes and dislikes, and will be able to engage in conversation with your little ones by asking them questions throughout the book. Inside this book is information for parents and caregivers to look over and understand about sexual abuse.

Material Title: **Best of Adopted Child: For Parents Adopting Children Affected by Substance or Sexual Abuse**

Author: Lois Melina

Journals/Newsletters 982 to 199.

This collection of articles from 1982 to 1997 includes pieces on how cocaine and alcohol affect the unborn, hereditary vs. environmental influences on alcoholism, hyperactivity, and the effects and symptoms of sexual abuse.

Material Title: **Body Keeps the Score, The: Brain, Mind, and Body in the Healing of Trauma**

Author: Bessel van der Kolk, M.D.

Books

2014

356 pages

This profoundly humane book offers a sweeping new understanding of the causes and consequences of trauma, offering hope and clarity to everyone touched by its devastation. Trauma has emerged as one of the great public health challenges of our time, not only because of its well-documented effects on combat veterans and on victims of accidents and crimes, but because of the hidden toll of sexual and family violence and of communities and schools devastated by abuse, neglect, and addiction. Drawing on more than thirty years at the forefront of research and clinical practice, Bessel van der Kolk shows that the terror and isolation at the core of trauma literally reshape both brain and body.

Material Title: **Boundaries, A Guide for Teens; How to build relationships that protect your personal space and respect your feelings - Spiritual Version**

Author: Val J. Peter & Tom David

Children's Books

2000

100

This book invites teens to examine their lives and relationships within a religious context. It begins by helping you define what physical, emotional, spiritual, and sexual boundaries are. Stories of other teens illustrate how personal space and feelings can be either respected or violated in relationships with others.

The book's journal format encourages you to reflect on and record feelings about your own relationships. Do people respect your boundaries? Has anyone ever made you feel uncomfortable in some way? Have you ever felt manipulated, intimidated, or mistreated by someone you regarded as a friend? How can you get a friendship that has gone wrong back on track?

Use Boundaries: A Guide for Teens to help assess your relationships with family, friends, classmates, and God. Learn how to build close and satisfying friendships while guarding against being used or abused by others. Learn what it takes for you to be a good friend in return.

Sexual Abuse

Material Title: **Child Who Has Been Sexually Abused, The**
Author: ORPARC *Information Packet* 22 pages

Part One, "What Is Sexual Abuse And How Does It Affect Children?" defines sexual abuse, gives anecdotal examples, lists symptoms, and outlines effects on children in different age groups. Part Two, "Parenting The Child Who Has Been Sexually Abused," defines three roles for adoptive and foster parents with concrete steps parents can take to fulfill those roles. It provides hypothetical "case studies" and asks thought-provoking questions related to those situations. Part Three shows how the parent can support the healing of a child who has been sexually abused.

Material Title: **Cory Helps Kids Cope with Sexual Abuse**
Author: Liana Lowenstein *Books* 2014 152

This therapeutic story and collection of creative activities are specifically designed to help children cope with sexual abuse and trauma. Therapeutic games, art, puppets, and other engaging techniques address the eight components of Trauma Focused Cognitive Behavioral Therapy (TF-CBT). Includes a reproducible story, assessment and treatment activities, and detailed parent handouts. Geared to children aged 4 to 12.

Material Title: **Creating Felt Safety (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 74 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Audio-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2017 52 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Video-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 74 minutes

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Material Title: **Creating Sexual Safety in Adoption and Foster Care (2 CDs)**
Author: NACAC Conference *CDs* 2011 84 minutes

This material is a recording from the NACAC Conference in August 2011. Presented by Wayne Duehn, School of Social Work, University of Texas at Arlington (retired). In this session, workers will develop knowledge and skills to help parents address the needs of adopted children who have been sexually abused. Discover how to enable parents to create a healing milieu to counteract the negative impact of trauma on a child's psychosocial and cognitive development, and to enhance positive self-esteem. Learn how to help adoptive families become the central ingredient in their children's recovery.

Material Title: **Do You Have a Secret? (Let's Talk About It!)**
Author: Jennifer Moore-Mallinos *Children's Books* 2005 32

Every child has secrets, and many secrets are fun to keep, for instance, a surprise birthday gift for Mom, or a secret handshake with a young friend. But sometimes, children have secrets that make them feel bad, and these secrets are best shared with their parents, or with some trusted older person. A child who is bullied might be inclined to keep it secret, but it's always best to tell parents about it. Or children who are touched intimately and improperly by an older person will soon feel better if they reveal the secret to parents. This book helps kids distinguish between good and bad secrets. Even very young children have concerns and anxieties, and Let's Talk About It! books are written and illustrated especially for them. Parents are advised to read these books aloud while their preschooler listens and looks at illustrations of the boys and girls in each story. Many children in early grades will be able to read the stories for themselves. Let's Talk About It! books encourage children to explore their feelings, and then to speak openly about things that trouble them.

Sexual Abuse

Material Title: **Family Influences on Childhood Behavior and Development: Evidence-Based Prevention and Treatment Approaches**

Author: Thomas Gullotta and Gary M. Blau *Books* 2008 327 pages

This collection of 13 essays intended for clinicians examines factors associated with families in distress and factors that promote healthy coping skills and resilience. The first 5 chapters explore what family means today, circumstances that can make family life challenging or painful, and how prevention and treatment approaches can help. The next 8 chapters focus on potentially distressing events, including adoption, divorce, stepfamilies, lesbian and gay families, foster care, parents with mental illnesses, physical abuse, and sexual abuse.

Material Title: **Father-Daughter Incest**

Author: Judith L. Herman *Books* 1981 249 pages

New Afterword 2000: Through an intensive clinical study of forty incest victims and numerous interviews with professionals in mental health, child protection, and law enforcement, Judith Herman develops a composite picture of the incestuous family. In a new afterword, Herman offers a lucid and thorough overview of the knowledge that has developed about incest and other forms of sexual abuse since this book was first published.

Material Title: **Fawn's Touching Tale: A story for children who have been sexually abused**

Author: Irene Wineman-Marcus and Agnes Wohl, LCSW, ACSW *Children's Books* 5/26/18 30

i. Introduction to Parents, School Personnel and Psychotherapists: There are many books aimed at the prevention of sexual abuse; few story books are geared for children that deal with the profound emotional aftermath. This book is unique because it offers the use of engaging animal protagonists, which allows the child to work through painful emotions in a less threatening and more effective manner. Among the most universal issues for the sexually abused child are: the mixed feelings toward the abuser, the dread and wish to be loved, the difficulties of disclosing the abuse, the fear of being blamed and/or of not being believed. The effects frequently culminate in a sense of vulnerability, damaged self-esteem, guilt and faulty defenses against the feelings of being hurt. This can lead to a wide range of self-destructive behavior in childhood and adulthood. This gentle, "child friendly", animal tale provides children with a story they can listen to again and again. Parents, psychotherapists and school professionals can use this book as a point of entry into complex feelings that the youngster, or any sexually abused person might experience. Our hope is that with the help of this book, the child will begin the process of healing and gradual resumption of his or her healthy psychological development.

Material Title: **Guide For Parents of Children Who Molest, A**

Author: Eliana Gil *Books* 1995 30 pages

This pamphlet is for parents who face a crisis when their child molests, and who must resolve their own feelings of denial, anger and shame while helping their child through this difficult time. This is particularly stressful when there is sibling sexual abuse.

Material Title: **Handbook of Social Work in Child and Adolescent Sexual Abuse**

Author: Carolyn Hilarski *Books* 2008 270 pages

This collection of essays for professionals encompasses the spectrum of child and adolescent sexual abuse. It offers practical, up-to-date, and compassionate methods for supporting and treating those immediately affected, and it provides the latest information on assessment, management, prevention, and policy.

Material Title: **Healing Power of Play, The: Working with Abused Children**

Author: Eliana Gil *Books* 1991 196 pages

This book, for professionals working with abused children, examines Play Therapy and abused children from the perspective of Gil's work with five specific cases. She offers the backgrounds of these cases and describes her work with the children in each example.

Sexual Abuse

Material Title: **Healing the Harm Done: A Parent's Guide to Helping Your Child Overcome the Effects of Sexual Abuse**
Recuperarse del Daño: Una guía de los padres para ayudar al niño superar los efectos de abuso sexual

Author: Jennifer Y., Ph.D. Levy-Peck *Books* 2009 160

English and Spanish Versions included in same book / Versiones en inglés y español están incluidas

Jennifer Y. Levy-Peck, Ph.D., is a licensed clinical psychologist with more than thirty years' experience in the mental health field. Her speciality area has been the treatment of sexually abused children and teenagers, as well as adults who were abused as children. Dr. Levy-Peck was voted one of the Washington, D.C. metro area's "Top 123 Therapists" in a survey by Washingtonian Magazine of 1500 mental health professionals. She has been active in the development of the development of domestic violence and sexual assault programs in several different communities. She has delivered presentations on sexual abuse and assault issues to local, regional, and national audiences.

As the parent or caregiver of a child who has suffered abuse, you will find useful information and valuable resources to help your child to heal. "Healing the Harm Done" will help you to deal with your own reactions and concerns as well. The book gives practical advice on handling your child's behaviors and emotions, and will guide you in finding appropriate professional help if needed.

SPANISH EDITION ALSO INCLUDED: This book contains a full Spanish-language version in addition to the English version. Specialized internet links to Spanish-language resources are included in the Spanish text.

Material Title: **Healing The Incest Wound: Adult Survivors in Therapy**

Author: Christine A. Courtois *Books* 1988 355 pages

This book, written for therapists, begins with a general introduction by category, type, characteristics, and family and individual dynamics. In the next section the symptoms, short-term aftereffects, and long-term elaborations of incest are examined from four perspectives. The final section describes the salient issues and strategies of incest therapy, which may involve a combination of individual, group, couples and family therapy.

Material Title: **Helping Children with Sexual Behavior Problems: A Guidebook for Professions and Caregivers (2016)**

Author: Toni Cavanagh Johnson *Books* 2016 44 pages

When young children engage in behaviors related to sex and sexuality that are not within the normal range for their age and stage of life, caregivers struggle with how to guide the children, understand and manage the behaviors. This booklet provides detailed help for the parents/caregivers of children twelve and younger with worrisome sexual behaviors. These guidelines take into account the neighborhood, home and familial environment in which the child lives, the child's temperament and developmental stage, and the possible contribution of the caregivers. The booklet begins with nine pages, which help the reader understand children with sexual behavior problems (CSBP). Healthy environments for the CSBP are then detailed with guidelines for healthy boundaries.

Material Title: **Helping Your Child Recover from Sexual Abuse**

Author: Caren Adams & Jennifer Fay *Books* 1992 176

The sexual abuse of a child creates a devastating family crisis. Parents want to know what to do and say to help their child, both immediately and in the long term. Helping your Child Recover from Sexual Abuse offers practical guidance for parents who courageously face the days and months after a child's abuse. Written in a positive, reassuring jargon-free style, it discusses each stage of a child's recovery. Information for parents appears on the left-hand pages; sample conversations and activities for parent and child together are on the right-hand pages. The book presents the collective wisdom of numerous parents who have been through this experience and have learned how to help their children feel stronger, safer, braver, more lovable, worthwhile, and competent. Topics covered: What to do when abuse is first disclosed; Helping a child cope with the legal system; Responding to the reactions of friends and loved ones; Children's reactions to abuse; How parents and children grieve differently; Rebuilding a child's self-esteem; Dealing with confusion about sexuality; Helping a child feel safe and in control; Typical problems at different ages; Recognizing when a child is getting better.

Sexual Abuse

Material Title: **I Said No! A kid-to-kid guide to keeping private parts private**
Author: Kimberly and Zack King *Children's Books* 2016 38

Helping kids set healthy boundaries for their private parts can be a daunting and awkward task for parents, counselors and educators. Written from a kid's point of view, *I Said No!* makes this task a lot easier. To help Zack cope with a real-life experience he had with a friend, he and his mom wrote a book to help prepare other kids to deal with a range of problematic situations. *I Said No!* uses kid-friendly language and illustrations to help parents and concerned adults give kids guidance they can understand, practice and use. Using a simple, direct, decidedly non-icky approach that doesn't dumb down the issues involved, as well as an easy-to-use system to help kids rehearse and remember appropriate responses to help keep them safe, *I Said No!* covers a variety of topics, including:
What's appropriate and with whom.
How to deal with inappropriate behavior, bribes and threats.

When and where to go for help, and what to do if the people you're turning to for help don't listen.

Dealing with feelings of guilt and shame.

Material Title: **Internet Crimes Against Children Task Force (2 CDs)**
Author: CD *CDs* 1999

This interactive CD-ROM, produced by the Internet Crimes Against Children Taskforce, offers stories for grades K-2; grades 3-6; middle & high school; and for parents/communities, that allow participants to interact and make safe choices, while alerting viewers to the array of dangers that are out there.

Material Title: **It Happened to Me: A Teen's Guide to Overcoming Sexual Abuse**
Author: William Lee Carter *Children's Books* 2002 182

Whether sexual abuse happens in early childhood or just before leaving home, most trauma survivors find that the teenage and early adult years are crucial for their recovery. With the right kind of support, it's then that they have the motivation and capacity for insight that will let them begin the process of healing.

This workbook is written for teen girls and those who treat them. Simple, effective exercises help girls learn about the different aspects of trauma, share the thoughts and emotions of other survivors, clarify their own ideas and beliefs, and explore new ways of feeling and relating. Author William Lee Carter is a psychologist who works with sexually abused teens on a daily basis, and his approach is positive and sensitive to the needs and feelings of this age group. The exercises he provides focus on giving girls the strength and confidence they need to reshape their self-image, connect with others in healthy ways, and develop the skills they need to realize their full potential.

Material Title: **It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch* (Children's Materials)**
Author: Lory Freeman *Children's Books* 1982 24 pages

This illustrated book for preschool children teaches them about boundaries and the difference between "good" and "bad" touches. Also discusses appropriate responses to unwanted touching. Also available in Spanish

Material Title: **Loving Touches: A Book for Children About Positive, Caring Kinds of Touching**
Author: Lory Freeman *Children's Books* 1986

Describes the different kinds of touches children need and argues that they are as important as the need for food and warmth

Material Title: **My Body Is Private* (Children's Materials)**
Author: Linda Walvoord Girard *Children's Books* 1984 25 pages

Pictures by Rodney Pate. This book gives us glimpses into the day-to-day life of Julie, the prepubescent girl who is the book's narrator. Readers learn that there are welcome and unwelcome forms of touching, and how to tell someone when you are not comfortable with being touched or held. The message is pretty straight-forward but it avoids being alarmist.

Sexual Abuse

Material Title: **My Body! What I Say Goes!: A book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships**
Author: Jayneen Sanders *Children's Books* 2016 42

The crucial skills taught in this book will help children to protect their bodies from inappropriate touch. Children will be empowered to say in a strong and clear voice, "This is my body! What I say goes!" Through age-appropriate illustrations and engaging text this book, written by the author of 'No Means No!' and 'Some Secrets Should Never Be Kept', will teach children the following crucial and empowering skills in personal body safety: • identifying safe and unsafe feelings • recognizing early warning signs • developing a safety network • using the correct names for private parts • understanding the difference safe and unsafe touch • understanding the difference between secrets and surprises • respecting body boundaries. Approximately 20% of girls, and 8% of boys will experience sexual abuse before their 18th birthday (Pereda, et al, 2009). Parents, caregivers, and educators have a duty of care to protect children by teaching them Body Safety skills. These skills empower children, and go a long way in keeping them safe from abuse - ensuring they grow up as assertive and confident teenagers and adults. Also included in this book are in-depth Discussion Questions to further enhance the learning and to initiate important family conversations around body autonomy.

Material Title: **My Body's Mine: A Book on Body Boundaries and Sexual Abuse Prevention**
Author: Kayla Marnach *Children's Books* 2018 21 pages

My Body's Mine helps children learn they have the rights to their body. Told through rhyme from a child's point of view, this book on boundaries empowers a child to say no when others approach him or her in ways that make them uncomfortable. It also gives clear instructions on what to do if they are approached in an unwanted manner. The questions at the end of the book provide an easy transition for counselors and parents to open a discussion, assisting the child in understanding and practicing body boundaries or further exploring if abuse has occurred. Through the use of this book, I have experienced families being able to openly discuss abuse together for the first time. Kayla's heart for children from hard places is infectious. Her vision for all children to know they are not alone is unfolding in this new book. She is a gifted writer who will continue to create works benefiting children. My Body's Mine was a missing piece of literature in abuse prevention and I am so thankful to Kayla for writing it! Jessica Kilpatrick, M.A., LPG, STARRY

Material Title: **No-No The Little Seal; A Story for Very Young Children that Talks About Sexual Abuse**
Author: Sherri Patterson *Children's Books* 1986 32

A young seal is upset when his uncle starts touching his body in private places, until he finds the courage to tell Wise Whale. Text includes some songs.

Material Title: **Not in Room 204: Breaking the Silence of Abuse* (Children's Material)**
Author: Shannon Riggs *Children's Books* 2007 29 pages

This beautifully illustrated (by Jaime Zollars) winner of the 2007 Oregon Book Award for children's literature focuses on the grade school classroom of Mrs. Salvador, who instills basic values such as honesty, neatness, and courteousness. The day after she talks to the class about reporting inappropriate touching, one of her students comes forward.

Material Title: **One Small Boat: The Story of a Little Girl, Lost Then Found**
Author: Kathy Harrison *Books* 2006 224 pages

From the author of Another Place at the Table, this book focuses on five-year-old Daisy, one of the numerous children the Harrisons have taken in over the years. It is a story of real people, warts and all, who struggle to bring a safe haven to children who have endured extraordinary hardships and of the realities of the systems in place to protect them.

Material Title: **Parenting the Sexually Troubled Child (4 CDs)**
Author: Kathy Nordahl *CDs* 2000 3 hours

This October 18, 2000 training, designed to assist parents with assessing the severity of their child's behaviors along with practical interventions when children need help, was presented to a small group of parents with time for questions and consultation. (4 CDs)

Material Title: **Parenting the Sexually Troubled Child (Audiotape)**
Author: Kathy Nordahl *Audiotapes* tober 18, 2000 3 hours

This October 18, 2000 training, designed to assist parents with assessing the severity of their child's behaviors along with practical interventions when children need help, was presented to a small group of parents with time for questions and consultation.

Sexual Abuse

Material Title: **Please Tell!: A Child's Story about Sexual Abuse**
Author: Jessie *Children's Books* 1991 32

Written and illustrated by a young girl who was sexually molested by a family member, this book reaches out to other children in a way that no adult can, Jessie's words carry the message, "It's o.k. to tell; help can come when you tell." This book is an excellent tool for therapists, counselors, child protection workers, teachers, and parents dealing with children affected by sexual abuse. Jessie's story adds a sense of hope for what should be, and the knowledge that the child protection system can work for children. Simple, direct, and from the heart, Jessie gives children the permission and the courage to deal with sexual abuse. "Please Tell! is a beautifully simple book with a profoundly important message for children who have been sexually abused: the abuse wasn't their fault. Written and illustrated by Jessie, herself a pre-teen survivor of sexual abuse, it tells kids just what to do to get the help they need." Kristin A. Kunzman, abuse therapist and author of *The Healing Way: Adult Recovery from Childhood Sexual Abuse*

Material Title: **Protect Your Child from Sexual Abuse: A Parent's Guide**
Author: Janie Hart-Rossi *Books* 8/1/1984 60 pages

Discusses the nature of sexual abuse, explains what parents can do to make the sexual abuse of their child less likely, and suggests activities to help educate children

Material Title: **Psychological Assessment of Sexually Abused Children and Their Families**
Author: William N. Friedrich *Books* 2002 279 pages

This book for professionals examines purposes of psychological evaluation and sets forth a theoretical framework for assessment of children believed to have been sexually abused and their families. Nineteen appendixes (41 pages) follow the text.

Material Title: **Quiet You Carry, The**
Author: Nikki Barthelmess *Children's Books* 2019 352

"Victoria Parker knew her dad's behavior toward her was a little unusual, but she convinced herself everything was fine—until she found herself locked out of the house at 3:00 a.m., surrounded by flashing police lights. Now, dumped into a crowded, chaotic foster home, Victoria has to tiptoe around her domineering foster mother, get through senior year at a new school, and somehow salvage her college dreams . . . all while keeping her past hidden. But some secrets won't stay buried—especially when unwanted memories make Victoria freeze up at random moments and nightmares disrupt her sleep. Even worse, she can't stop worrying about her stepsister Sarah, left behind with her father. All she wants is to move forward, but how do you focus on the future when the past won't leave you alone?"

Material Title: **Right Touch, The: A Read Aloud Story to Help Prevent Child Sexual Abuse**
Author: Sandy Kleven *Children's Books* 1998 32

The Right Touch reaches beyond the usual scope of a children's picture book. It is a parenting book that introduces a very difficult topic--the sexual abuse of young children. This gentle, thoughtful story can be read aloud to a child by any trusted caregiver.

In the story, young Jimmy's mom explains the difference between touches that are positive and touches that are secret, deceptive or forced. She tells him how to resist inappropriate touching, affirming that abuse is not the child's fault.

The introduction provides valuable information about sexual abuse and guidance on what to do if your child experiences an abusive situation. Jody Bergsma's gentle illustrations soften the impact of this story; yet this portrayal of a dangerous situation is very realistic. If your child is old enough to sit still and listen to a story, he or she is old enough for *The Right Touch*.

Material Title: **Sexual Safety in Adoption and Foster Care: A Prerequisite to Healing (2 CDs)**
Author: CD *CDs* 2008

In this presentation, recorded at the 2008 NACAC Conference in Ottawa, adoption workers learn how to help adoptive parents create a healing milieu to counteract the negative impact of past trauma on a child's psychosocial and cognitive development and to enhance positive self-esteem. Learn how to enable adoptive families to become the central ingredient in the recovery of these children.

Sexual Abuse

Material Title: **Sexual Trauma Workbook for Teen Girls, The: A Guide to Recovery from Sexual Assault and Abuse**
Author: Raychelle Cassada Lohman, PhD LPC *Children's Books* 2016 200

If you've been sexually abused or experienced sexual trauma, you may feel confused, angry, ashamed, and unable to move forward emotionally. You're not alone. Like many teens who've been abused, you may be tempted to keep the secret locked deep inside and feel uncomfortable discussing your struggles with others. If so, this book can help you find your voice.

This empowering workbook will help you move past your trauma and serve as a comforting reminder that you are strong and resilient. Healing is possible—and with healing, comes victory. In this book, you'll find true stories from other teen survivors, and in reading the stories you'll find reassurance in knowing you aren't alone in your experiences. You'll also find practical and proven-effective strategies and exercises to help promote emotional healing and reclaim your sense of self.

Sexual abuse or trauma may be a part of your past, but it doesn't need to define who you are now. This book will help you as you start on the path toward healing so you can move forward with confidence.

Material Title: **Sexuality: Your Sons and Daughters with Intellectual Disabilities**
Author: Karin Melberg Schwier *Books* 2000 196 pages

From this book, parents will learn how to interact with their children—no matter their age or ability—in a way that increases self-esteem, encourages appropriate behavior, empowers them to recognize and respond to abuse, and enables them to develop lifelong relationships. Parents share the joys and challenges of raising a child with an intellectual disability and offer helpful advice and practical strategies. Individuals with intellectual disabilities explain, too, what is important to them.

Material Title: **Sexually Aggressive Children: Coming to Understand Them**
Author: Sharon Araji *Books* 8/4/1997 246 pages

Accessible and sensitive, this book provides a comprehensive overview of sexual abuse perpetrated by children 12 years old and younger. Drawing attention to this frequently overlooked population, the author explores the familial, extrafamilial and situational factors conducive to various types of sexual abuse by children so young. For professionals and researchers having to consider sexually aggressive acts by children as young as two or three, this book examines the theories and frameworks used to explain this kind of behaviour, and outlines their associated social and psychological characteristics. Sharon KAraji identifies nine programmes and practices designed by therapists treating individuals, families and groups.

Material Title: **Sexually Reactive and Aggressive Children (VHS)**
Author: Ed-Net Series *Videotapes* 1996 2 hours

EXPLICIT LANGUAGE: This panel presentation includes foster parents and two professionals. A continuum of behaviors is described for children from birth to age 12. In the first half, professionals, highlight the components of a good assessment (locating behavior along the continuum?) and types of treatment. In the second half, foster parents detail practical tips for living with children who act out sexually. The importance of supervision; establishing trust, boundaries, confidentiality and safety; open communication; and sex education are emphasized.

Material Title: **Sexually Reactive Children in Adoption and Foster Care**
Author: Joan McNamara *Books* 1994 138 pages

This anthology discusses the complicated intertwining of abuse and attachment and the need to effectively respond to children's abuse-reactive behaviors.

Material Title: **Sibling Abuse: Hidden Physical, Emotional and Sexual Trauma**
Author: Vernon R. Wiehe *Books* 1990 208

Often excused by parents as 'kids will be kids' behaviour, sibling abuse remains largely unrecognized. Symptoms of such abuse and its devastating effects on victims go undetected, victims do not receive appropriate therapeutic intervention, and transgressors do not come to the attention of the courts. The author of this book brings this neglected area 'out of the shadows' with personal accounts of adult survivors, insights into why sibling abuse occurs, suggestions for prevention and implications for treatment.

Material Title: **Something Happened to Me**
Author: Phyllis E. Sweet *Children's Books* 1985 36

A sensitive, straightforward book designed to help children victimized by incest or other sexual abuse...Are the incidences of sexual abuse of children increasing? Estimates run from one in twenty to one in four children who have experienced this trauma. But statistics are questionable because they are based only on reported cases. This book is not meant to be a simplistic substitute for in-depth therapy with the child and family, but part of the repertoire of the skilled therapist. Please use with care and caring...

Material Title: **Something Must Be Wrong With Me: A Boy's Book about Sexual Abuse**
Author: Doris Sanford *Children's Books* 1993 28

Dino is sexually abused by his coach. With the help of his mother, therapists, and lawyers, he understands what happened.

Sexual Abuse

Material Title: **Telling Secrets: An Artists Journey Through Childhood Trauma**
Author: Jane Orleman *Books* 1998 113 pages

Artist/author, Jane Orleman's frank, explicit paintings here are graphic and unsparing in their power. Through a generous selection of visual images and text, this work expresses the legacy, in an individual life, of childhood physical and sexual trauma, and the transformations that take place when healing occurs.

Material Title: **Too Scared to Cry: Pyschic Trauma in Childhood**
Author: Lenore Terr *Books* 1990 340 pages

Child psychologist, Lenore Terr presents tales of terror, related to her by young victims of severe childhood trauma, in a way that is at once fascinating and educational. She shows how this trauma has affected not only the children, but all of us.

Material Title: **Treating Abused Adolescents**
Author: Eliana Gil *Books* 1996 206 pages

This book offers practical, step-by-step guidance for mental health professionals, demonstrating how they can communicate and work more effectively with adolescents who have suffered from abuse.

Material Title: **Treating Children with Sexually Abusive Behavior Problems**
Author: Jan Burton *Books* 1998 254 pages

This book provides "Guidelines For Practice" in the first part, which describes different approaches and treatments. The second part offers activities in each of the areas of Accountability, Empathy, Coping with Trauma, Relationship Skills, Sexuality, and the power of the Treatment Plan. The book links together individual, group and family treatment into one integrated, comprehensive program that treats both the perpetrator and victim in tandem.

Material Title: **Treating Sexually Abused Children in Adoptive Families**
Author: Helen L. Swan *Books* 1993 71 pages

This book presents the "Adoption/Sexual Abuse Treatment Model" (ASAT), an approach designed to integrate sexual abuse treatment and adoption theory into a systemic framework. The treatment progresses through four phases beginning before placement, and at each phase, the roles and tasks of each team member (parents, therapist, case worker, etc.) are spelled out. Although therapists are the intended audience, adoptive parents and adoption workers will also benefit from the insights and structure laid out in this book.

Material Title: **Treating the Aftermath of Sexual Abuse: A Handbook for Working with Children in Care**
Author: Osmond *Books* 1998 144 pages

This handbook is intended to guide caregivers and other professionals as they learn to understand the child's story in the signs and signals that he or she gives them through behavior. As caregivers become careful, thoughtful listeners, they will be able to use day-to-day events in helping the child tell his or her story, understand how abuse has shaped the child's life, and find the path to healing.

Material Title: **Understanding Children's Sexual Behaviors: What's Natural and Healthy (2015)**
Author: Cavanagh Johnson Toni *Books* 2015 44 pages

This is an attractive, easy-to-read, highly informative and practical booklet for parents, foster and adoptive parents, therapists, teachers, school counselors, mental health providers, child protective services workers, CASA, police, and anyone else who wants to understand children's sexual behaviors. The booklet is designed to help understand what is healthy sexual behavior and development in children up to twelve years of age in addition to what is concerning and what may be abusive sexual behavior by children.

Material Title: **Understanding Your Child's Sexual Behavior: What's Natural and Healthy**
Author: Toni Cavanagh Johnson *Books* 1999 186 pages

This readable, easily understood book for parents and caregivers explains children's developing sexuality -- when their behaviors are normal and when to be concerned. It focuses on children from birth to approximately 12 years, providing valid strategies to both understand the behavior and respond to it.

Material Title: **Very Touching Book, A...for Little People and for Big People (Children's Materials)**
Author: Jan Hindman *Children's Books* 1983 50 pages

This book is intended to be read and shown to a child by a parent. Through pictures and words, it teaches appropriate and inappropriate touching. It is written on a child's level, but the cartoon like illustrations are anatomically correct to avoid confusion.

Sexual Abuse

Material Title: **Wetting & Soiling: Foster Parent College (DVD)**

Author: DVD *DVDs* 2004 42 minutes

With abused and neglected children, the toilet can become a battleground of emotional upset and rebellion - as well as a window into a child's past. This course examines five types of problems: wetting as an emotional outlet, wetting as self-defense, classic wetting problems, soiling and smearing feces, constipation and withholding stools. Includes discussion guide and questionnaire.

Material Title: **When Your Child Has Been Molested: A Parents' Guide to Healing and Recovery**

Author: Kathryn Brohl *Books* 2004 240

This is the thoroughly revised and updated edition of the best-selling guide for families of children who have been molested. First published in 1988, this new edition includes current research and information on the nature and effects of molestation on boys and girls, as well as proven techniques for therapy, healing, and recovery. Using everyday language, the authors provide information, comfort, and advice on how to put the pieces back together again after a child has been sexually molested.