

Resources

Books

1. ***How Long Does It Hurt? A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families* by Cynthia Mather with Kristine Debye**
Written by a Christian who was abused by her father this book includes chapter titles of: “You’re not alone”, “Is what happened really abuse?”, “Telling, what will people say”, and much more. Sample quotes from the book include:
 - Some abusers are very insecure people. Being “intimate” with children makes them feel important. The love and affection that children give freely to adults make this type of abuser feel special and loved.
 - If you are the friend of someone who has been sexually abused, then buckle your seatbelt, you’re in for a bumpy ride. I don’t say that to scare you but to let you know that hanging in there with your friend will not be easy.
 - The abuser is always responsible for the abuse.
 - Forgiveness does not: happen first, happen easily, happen quickly, mean forgetting, mean excusing, mean trusting, make you weak, make you unsafe, have a timetable.
 - Forgiveness doesn’t happen in one setting, one conversation, one responsibility session, one meeting with a therapist or minister or rabbi. Forgiveness takes time. It is a process with many steps. And when it occurs before its time, then its “false forgiveness” or “cheap grace”.
2. ***It Happened to Me: A Teen’s Guide to Overcoming Sexual Abuse* by William Lee Carter**
Directed toward teens this workbook includes short sections covering topics such as shame, blame, grooming, keeping secrets, commitment to recovery and anger.
3. ***The Me Nobody Knows: A Guide for Teen Survivors* by Barbara Bean and Shari Bennett**
Written for teens in therapy, this book offers insight for parents, teachers and counselors and includes sections on abuse by family and non-family members, forgiveness, developing healthy relationships and therapy.
4. ***When Your Child Has Been Molested: A Parent’s Guide to Healing and Recovery* by Kathryn Brohl and Joyce Case Potter**
Written for parents of children and teens who have been sexually abused this book includes information on helping the child/teen but also on counseling, working with authorities from both a forensic and judicial standpoint, dealing with extended family, grief and trauma, and how to recognize improvement.
5. ***A Terrible Thing Happened – A Story for Children Who Have Witnessed Violence or Trauma* by Margaret Holmes, Shasha Mudlaff, and Cary Pillo**
Directed toward younger children, this book is the story of Sherman Smith who saw terrible things happen and learned to talk about them in order to feel better.
6. ***Helping Your Child Recover from Sexual Abuse* by Caren Adams and Jennifer Fay**
Directed toward parents, this book includes a chapter on parental grief (“I’m Crying But Can Still Take Care of You”), trust and growth including recognizing that processing abuse is not a “once and done” event for most children and teens and may need to be dealt with on an on-going basis particularly at the time of significant life events such as graduations, marriage, the birth of children, etc.
7. ***The Gift of Fear* by Gavin De Becker**
Directed primarily toward women, this book covers PINs (pre-incident indicators), the use of intuition, violence evaluation and response to threats.
8. ***Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane)* by Gavin De Becker**
Directed at parents this book covers sexual predators and a wide range of other issues including child abduction, family violence, school safety, teen driving, teen dating and teen drinking along with information children and teens need in order to stay safe.

Web Sites

From the National Center for Missing and Exploited Kids

1. **What you can do to prevent the sexual molestation of children:**
http://www.missingkids.com/missingkids/servlet/PageServlet?LanguageCountry=en_US&PageId=1488
This site covers what parents and guardians should educate children about in terms of strangers, touch, secrets, etc.
2. **Just in case: Parental guidelines in finding professional help in case your child is missing or the victim of sexual exploitation**
http://www.missingkids.com/missingkids/servlet/PageServlet?LanguageCountry=en_US&PageId=3570
This site covers dos, don'ts and steps to take for parents whose child has been sexually molested.
3. **For camp counselors.. .guidelines on child sexual abuse and exploitation**
http://www.missingkids.com/missingkids/servlet/PageServlet?LanguageCountry=en_US&PageId=3562
This site is directed to camp counselors and directors.
4. **Extra-familial child sexual molestation**
http://www.missingkids.com/missingkids/servlet/PageServlet?LanguageCountry=en_US&PageId=1484
This site has links related to abuse by non-family members including potential signs of abuse, prevention and resources.
From RAINN (Rape, Abuse & Incest National Network)
5. **Self care for friends and family members**
<http://www.rainn.org/get-information/sexual-assault-recovery/tips-for-friends-and-family>
This site offers practical guidance for family and friends of people who have been sexually abused.
6. **How can I protect my child from sexual assault**
<http://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault>
This site offers guidance to parents in talking with their children about sexual assault.
More
7. **7 steps to protecting our children**
<http://www.darkness2light.org/7steps/7steps.asp>
Part of a much larger "From Darkness to Light" site, dedicated to confronting child sexual abuse. The site includes:
 - A reading list: http://www.darkness2light.org/KnowAbout/reading_resources.asp
 - Statistics on child sex abuse: http://www.darkness2light.org/KnowAbout/statistics_2.asp
 - Guidelines for therapy: http://www.darkness2light.org/docs/TreatmentGuidelines01_15_03.pdf
 - Training for youth serving organizations: http://www.darkness2light.org/PG4P_flash/preventionguideforparents.asp
8. **Child Sexual Abuse**
<http://www.nlm.nih.gov/medlineplus/childsexualabuse.html>
From the National Library of Medicine and the National Institutes of Health this site offers links to topics including child sexual abuse, pornography and prostitution, assistance for foster/adoptive parents of children who have been sexually abused, sex offender registries, etc.
9. **Grooming children for sexual molestation**
http://www.vachss.com/guest_dispatches/grooming.html
This site defines grooming including the methods used by child sexual predators.
10. **Resources for Sex Abuse Prevention**
<http://www.sbc.net/localchurches/ministryhelp.asp>
This site from the Southern Baptist Convention has multiple links to sites, videos, screening procedures, etc.
11. **Stop it now**
www.stopitnow.org
This comprehensive site offers a wide variety of resources including:
 - Guidelines for Faith Communities:
 - The role of grandparents
 - Safety in Day Care and Education Settings
12. **Preventing Child Sexual Abuse Within Youth-Serving Organizations: Getting Started on Policies and Procedures**
<http://www.cdc.gov/ViolencePrevention/pub/PreventingChildAbuse.html>
From the Centers for Disease Control this site links to PDF documents about screening and selecting volunteers and employees, training, monitoring and responding.
13. **Mending the Soul**
<http://www.mendingthesoul.org/>
The organization of Steve and Celestia Tracy who seek to assist communities and churches minister to those impacted by abuse.