

CHILDHOOD SEXUAL ABUSE RESOURCES

Intervention and Prevention Materials for Counselors, Parents and Survivors

Michigan Resource Center ON DOMESTIC & SEXUAL VIOLENCE

3893 Okemos Road, Suite B-2, Okemos, Michigan 48864
Phone: (517) 381-4663 TTY: (517) 381-8470 Fax: (517) 347-1060
www.resourcecenter.info

Books:

- Abused Boys: The Neglected Victims of Child Sexual Abuse** by Mic Hunter. Lexington Books, 1990. **SA.H946a**
- Activity Manual for Treatment Strategies for Abused Children: From Victim to Survivor** by Cheryl Karp. Sage Publications, 1996. **CO.K18ab**
- Always Be Careful: ABC's of Personal Safety for Preschool Age Children** by Carol Grimm. Red Flag, Green Flag, 1994. **PV.G864ab**
- The APSAC Handbook on Child Maltreatment** by John Briere. Sage Publications, 1996. **CO.B853t**
- Child Abuse Trauma: Theory and Treatment of the Lasting Effects** by John N. Briere, Sage Publications, 1992. **CO.B853c**
- Child Survivors and Perpetrators of Sexual Abuse: Treatment Innovations** by Mic Hunter. Sage Publications, 1995. **CO.H946c**
- Children and Trauma: A Parent's Guide to Helping Children Heal** by Cynthia Monahan. Lexington Books, 1993. **CO.M734c**
- Children's Group Manual** by Mid-Michigan Children's Task Force, 1996. **CO.M624c**
- Creating a Safe Place: Helping Children and Families Recover from Child Sexual Abuse** by Jan Keable. Jessica Kingsley Publishers, 2001. **CO.K24c**
- The Epidemic of Rape and Child Sexual Abuse in the United States** by Diana Russell. Sage Publications, 2000. **SA.R962t**
- 101 Favorite Play Therapy Techniques** by Heidi Kaduson and Charles Schaefer. Jason Aronson, Inc., 1997. **CO.K11o**
- Finding Your Way: What Happens When You Tell** by Lina M. Pucci and Lynn M. Copen. Sage Publications, 2000. **CH.P977f**
- Good Touch, Bad Touch: An Educational Coloring and Activities Book** by Positive Promotions. **CH.L764g**
- Handbook on Sexual Abuse of Children** by Lenore Walker. Springer Publishing Company, 1988. **SA.W181h**
- Healing the Harm Done: A Parent's Guide to Helping Your Child Overcome the Effects of Sexual Abuse** by Jennifer Y. Levy, Ph.D. Hope Through Healing Publications, 2000. **SA.L668h**
- The Healing Power of Play: Working with Abused Children** by Eliana Gil. Guilford Press, 1991. **CO.G463h**
- Helping Abused Children: A Book for Those Who Work with Sexually Abused Children** by Patricia Kehoe. Parenting Press, 1998. **CO.K26h**
- In Honor of My Child/Your Child: And All Sexually Abused Children of the World** by Sharon Smith. Professional Press, 1998. **SH.S659i**

The Michigan Resource Center on Domestic and Sexual Violence is owned by the Michigan Domestic Violence Prevention and Treatment Board (MDVPTB). The Michigan Coalition Against Domestic and Sexual Violence wishes to thank the MDVPTB for their financial support of this project.

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Let's Talk About It: The Book for Children About Child Abuse by Michael Pall. R & E Publishers, 1983. **CH.P164i**

Little Chicago by Adam Rapp. Front Street, 2002. **CH.R221i**

My Body is Mine, My Feelings Are Mine: A Storybook About Body Safety for Young Children with an Adult Guide Book by Susan Hoke. Childswor/Childsplay, 1995. **PV.H721m**

My Own Thoughts and Feelings (For Girls): A Young Girl's Workbook About Exploring Problems by Wendy Deaton. Hunter House, Inc., 1998. **CH.D278m**

My Own Thoughts and Feelings (For Boys): A Young Boy's Workbook About Exploring Problems by Wendy Deaton. Hunter House, Inc., 1998. **CH.D278my**

My Own Thoughts on Stopping the Hurt by Wendy Deaton. Hunter House, Inc., 1993. **CH.D2788m**

No More Hurt: A Child's Workbook About Recovering from Abuse by Wendy Deaton. Hunter House, Inc., 1991. **CH.D278n**

No-Talk Therapy for Children and Adolescents by Martha B. Straus, W.W. Norton & Company, 1999. **CO.S912n**

Paper Dolls and Paper Airplanes: Therapeutic Exercises for Sexually Traumatized Children by Geraldine Crisci, MSW, Marilyn Lay, MSW, & Liana Lowenstein, MSW, Kidsrights, 1998. **CO.C932p**

Play Therapy with Children in Crisis: A Casebook for Practitioners by Nancy Boyd Webb. Guilford Press, 1991. **CO.W365p**

Preventing Child Sexual Abuse, Ages 9-12 by Kathryn Goering Reid and Marie M. Fortune. United Church Press, 1989. **PV.R356pr**

Preventing Child Sexual Abuse, Ages 5-8 by Kathryn Goering Reid. United Church Press, 1994. **PV.R356p**

Protecting Your Child From Sexual Abuse: A Parent's Guide, Accompanies It's My Body for Children by Janie Hart-Rossi. Parenting Press, 1984. **CH.H325p**

Protecting the Gift: Keeping Children and Teenagers Safe (And Parents Sane) by Gavin DeBecker. Dell Publishing, 1999. **PV.B395p**

Red Flag Green Flag People: A Personal Safety Program for Early Elementary Age Children by the Rape and Abuse Crisis Center, 1987. **PV.W724rb**

Self-esteem Games: Fun Activities That Make Children Feel Good About Themselves by Barbara Sher, John Wiley & Sons, 1998. **SH.S551s**

Techniques and Issues in Abuse-Focused Therapy with Children and Adolescents: Addressing the Internal Trauma by Sandra Wieland. Sage Publications, 1998. **CO.W646t**

Therapeutic Groupwork with Children by Joost Drost. Speechmark Publishing, 2001. **CO.D787t**

Therapeutic Work With Sexually Abused Children by Randall Easton Wickham and Janet West. Sage Publications, 2002. **CO.E13t**

Therapy with Children: Children's Rights, Confidentiality and the Law by Debbie Daniels and Peter Jenkins. Sage Publications, 2000. **CO.D186t**

Treating Abused Adolescents by Eliana Gil. Guilford Press, 1996. **CO.G463t**

Treating Sexually Abused Children and Their Families by Beverly James. Consulting Psychologists, 1983. **CO.J27t**

Treatment Strategies for Abused Children: From Victim to Survivor by Cheryl Karp. Sage Publications, 1996. **CO.K18t**

Understanding Children's Sexual Behaviors: What's Natural and Healthy by Toni Cavanagh Johnson, 1996. **CO.J69u**

The Use of Art in Counseling Child and Adult Survivors of Sexual Abuse by Maralynn M. Hagood. Jessica Kingsley Publishers, 2000. **CO.M298t**

Who's to Blame? Child Sexual Abuse and Non-offending Mothers? by Betty Carter. University of Toronto Press, 1999. CN.C323w

You Belong to You Coloring Book by YWCA of Flint, 1985. CH.F235ta

Videos:

Always Be Careful

Using the letters of the alphabet as a background, children view scenarios which deal with: general safety rules, i.e. crossing the street, someone asking for directions, touches that hurt, scare or confuse, accepting treats or money from others, someone asking for help in looking for a lost puppy, and keeping secrets. The scenarios are interspersed with an informal classroom setting where adults and children review the scenarios and then learn about permission, the difference between surprises and secrets, and to say "no" and get away from situations that scare, hurt or confuse them. They identify who their helpers are and learn the importance of telling until a helper listens to them and believes them.

Behind the Screens: Child Sex Abuse on the Internet

The Internet may be a seemingly innocent way to make friends. But victims and experts issue a stern warning and offer advice on how to stay safe online.

Body Rights: A DUSO Approach to Preventing Sexual Abuse of Children

This kit includes a Teachers Guide, audiocassette, lap easel picture book, the book *My Body Belongs to Me*, 8X11 play cards and safety rule cards, and an adorable puppet. The "Developing Understanding of Self and Others" Program focuses on encouraging children's positive body concept, assertiveness, and self-esteem.

Essentials of Play Therapy with Abused Children by Eliana Gil. Guilford Publications, 1998.

This informative video program from renowned practitioner and author Eliana Gil illuminates the unique benefits of play therapy for children who have been physically or sexually abused. Sharing her warmth and clinical insight, Dr. Gil brings viewers into the therapeutic playroom, describes how play activities fit into the reparative process, and provides helpful pointers for practice. With the help of child volunteers (not actual patients), the video demonstrates specific art and play activities that can help children:

- Express feelings they are unable or unwilling to verbalize
- Work through painful experiences with familiar and comfortable materials
- Gain a sense of safety and mastery
- Resume developmental processes interrupted by abuse

The Healing Years: Surviving Incest and Sexual Abuse by Kathy Barbini, 52 Minutes

Without recovery, survivors of child sexual abuse face emotional struggle, substance abuse, post-traumatic stress, and the perpetration of abuse in their lives and families. This artfully produced documentary illustrates the poignant stories of incest survivors: former Miss America, Marilyn Van Derbur speaking out in the nation, Janice Mirikitani, President of Glide Memorial Church, San Francisco, helping inner-city women substance abusers healing from incest, and Barbara Hamilton, a 79-year old survivor ending three generations of incest in her family. For the sexually abused child, awareness and recovery is key to a secure and nourishing future.

Rape Is... (32 minutes)

This documentary video explores the meaning and consequences of rape. This documentary looks at rape from a global and historical perspective, but focuses mainly on the domestic cultural conditions that make this human rights violation the most underreported crime in America. This video is also available in Spanish, "Violar es..."

Scared Silent: Exposing and Ending Child Abuse with Oprah Winfrey, 1994

Every year in America there are nearly three million cases of child abuse reported. How many shocking crimes against children remain unknown? This myth-shattering program is hosted by Oprah Winfrey, who kept silent for over twenty years about her own painful experiences as an abused child. She takes viewers on a graphic journey into the hearts and souls of six perpetrators of sexual, physical and psychological child abuse. Victims tell their own stories, and in some cases face their abusers. Perpetrators tell of being victims themselves, unraveling a tragic cycle that destroys lives, generation after generation.

SCARS: A Video About Sexual Assault (22 minutes)

An emotional account based upon true stories, Scars portrays survivors of sexual assault and abuse, molestation, incest, and date rape. Scars emphasizes the importance of counseling as a means of aiding the healing process, as demonstrated by the male and female survivors in each scenario.

Silent Scream 1994 (30 minutes)

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This unusually sensitive film is a powerful reminder that adults must take children seriously if they hint that something is amiss at home. Abusers often silence children by telling them they will not be believed or threatening them with dire consequences. This was the case with the Kavanagh sisters whose hesitant attempts to seek help were not heard. It still amazes the sisters today that in their crowded household of ten children their father found private corners to sexually molest them. Even their mother did not wish to look too closely. These painful stories of repeated abuse are interwoven with poems and drawings of other sexually abused children. As grown women the Kavanagh's found the strength to come forward and prosecute their father in a court of law. They cannot forgive the man who took their childhood away from them, but at least the healing process has begun.

Tulip Doesn't Feel Safe 1993 (13 minutes)

When children feel threatened and unsafe in the face of domestic unrest or violence, what are they supposed to do? This animated video is designed to prepare children for just that situation. Letting groups of kids watch and then having a discussion of things that make them feel scared and the things they could do if 'this' happened at their house. Going through this exercise gives them an image of a plan. Where would they go, what would they take with them, who would they call? This is designed for family strife but is a useful exercise for all children to be prepared for any perceived danger.

Web Resources:

American Professional Society on the Abuse of Children
www.apsac.org

National Council on Child Abuse and Family Violence
www.nccafv.org

Childhelp USA
www.childhelpusa.org

National Indian Child Welfare Association
www.nicwa.org

Child Welfare League of America
www.cwla.org

National Sexual Violence Resource Center
www.nsvrc.org

Crimes Against Children Research Center
www.unh.edu/ccrc

National Youth Violence Prevention Center
www.safeyouth.org

International Society for Prevention of Child Abuse and Neglect
www.ispcan.org

Office of Juvenile Justice & Delinquency Prevention
www.ojjdp.ncjrs.org

KlaasKids Foundation
www.klaaskids.org

Prevent Child Abuse America
www.preventchildabuse.org

National Clearinghouse on Child Abuse and Neglect Information
nccanch.acf.hhs.gov

Sibling Abuse Survivor's Information & Advocacy Network
www.sasian.org

National Children's Alliance
www.nca-online.org

Stop It Now
www.stopitnow.com

Teen PCAR (Pennsylvania Coalition Against Rape)
www.teenpcar.org