

Child Sexual Abuse Resources

Some Resources for Parents & Caregivers

[Your Body Belongs to You](#), by Teri Weidner (Illustrator), Cornelia Maude Spleman, and Cornelia Maude Spelman. Albert Whitman & Co, 2000. (This book is for parents and teachers of young children, and more focused on prevention.)

[Children and Trauma: A Guide for Parents and Professionals](#), by Cynthia Monahan. Jossey-Bass, 1993.

[How long does it hurt? A guide to recovering from incest and sexual abuse for teenagers, their friends, and their families](#), by Cynthia Mather, Kristina Debye, Judy Wood, and Eliana Gill. Jossey-Bass, 1994.

[Handbook for Treatment of Attachment-Trauma Problems in Children](#), by Beverly James. The Free Press, 1994.

[Trauma in the Lives of Children: Crisis and Stress Management Techniques for Teachers, Counselors, and Student Service Professionals](#), by Kendall Johnson. Hunter House, 1998.

RealLife Heroes: A Life Storybook for Children, by Richard Kagan. Haworth, 2004.
Available from [Amazon](#) or the [Sidran Foundation](#) (which provides much more information about the book).

[The Traumatized Child](#)

This video series, created by Cavalcade Productions, features Dr. Margaret Blaustein and three of her colleagues. All have years of experience as therapists with abused children and their caregivers, and as trainers of therapists doing this work. There are three videos in the series, which can be purchased or rented individually or as a set: Understanding the Traumatized Child, Parenting the Traumatized Child, and Teaching the Traumatized Child.

On the prevention of sexual abuse, here are four books that parents can read to and discuss with their 4 to 8 year old children: [My Body Is Private](#), [Your Body Belongs to You](#), [Those are MY Private Parts](#), and [The Right Touch](#).

If you are the parent or caregiver of a child or teen with sexual behavior problems, [Stop It Now](#) publishes an excellent newsletter, [PARENTtalk](#). It is written by and for parents of children and teens with sexual behavior problems, and offers "an opportunity to break the isolation surrounding this issue and offer support to each other through personal stories." All issues are free online.

See also [Helping Traumatized Children: A Brief Overview for Caregivers](#), by Dr. Bruce Perry, Director of the [ChildTrauma Academy](#).

Additional Resources

WEB SITES

Childhelp USA's National Child Abuse Hotline

1-800-422-4453
(1-800-4ACHILD)

If you need immediate information about and/or connection to resources in your own community in the United States, here are three 24-hour toll-free hotlines that you can call:

Childhelp USA is a non-profit organization "dedicated to meeting the physical, emotional, educational, and spiritual needs of abused and neglected children." Its programs and services include this hotline, which **children can call with complete anonymity and confidentiality**. To know what to expect when you call, see [How We Help](#). From the site: "The Childhelp USA® National Child Abuse Hotline is open 7 days a week, 24 hours a day. Don't be afraid to call. No one is silly or unimportant to us. If something is bothering you or you want information, CALL!" To learn more about reporting child abuse or neglect in your state, see [Report Child Abuse](#).

Rape Abuse & Incest National Network

1-800-656-4673 (HOPE)

RAINN is a national network of rape crisis centers. This is an automated service that links callers to the nearest rape crisis center automatically. Rape crisis centers are staffed with trained volunteers and paid staff members who also have knowledge of sexual abuse issues and services (though sometimes they are not adequately prepared to refer male survivors). *All calls are confidential, and callers may remain anonymous if they wish.*

National Domestic Violence/Abuse Hotline

1-800-799-SAFE
1-800-799-7233
1-800-787-3224 TDD

This is a 24-hour-a-day hotline, staffed by trained volunteers who are ready to connect people with emergency help in their own communities, including emergency services and shelters. The staff can also provide information and referrals for a variety of non-emergency services, including counseling for adults and children, and assistance in reporting abuse. They have an extensive database of domestic violence treatment providers in all US states and territories. Many staff members speak languages besides English, and they have 24-hour access to translators for approximately 150 languages. For the hearing impaired, there is a TDD number. This is a good resource for people who are experiencing or have experienced domestic violence or abuse, or who suspect that someone they know is being abused (though

it is not perfect, and may not have the best number in your area). *All calls to the hotline are confidential, and callers may remain anonymous if they wish.*

BOOKS

[How Long Does It Hurt? A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their friends, and Their Families](#), by Cynthia Mather, Kristina Debye, Judy Wood, and Eliana Gill.

This book was written by an incest survivor, and provides step-by-step guidance for sexually abused teenagers. It has a great deal of knowledge and resources to help teenagers understand what they are going through and overcome feelings of isolation, confusion, and self-doubt to truly heal.

[It Happened to Me: A Teen's Guide to Overcoming Sexual Abuse](#), by William Lee Carter.

This workbook is written for teenagers, and has effective exercises help them learn about the different aspects of trauma, clarify their own ideas and beliefs, and explore new ways of feeling and relating. The author is a psychologist who works with sexually abused teens on a daily basis. His approach is very positive. The exercises focus on gaining the strength and confidence needed to reshape one's self-image, connect with others in healthy ways, and develop the skills needed to realize one's full potential.

[Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress](#), by Elizabeth Vermilyea.

If you want to start learning and practicing the self-regulation skills essential to recovering from the effects of child abuse, or to build on progress you are already making, particularly if you struggle with dissociation, I recommend this book. To learn more about the book and/or order it directly from the publisher (for a higher price than Amazon), go to the [Growing Beyond Survival](#) page of the Sidran Press catalog.

[Trauma and Recovery](#), by Judith L. Herman.

I still believe this is the best book on psychological trauma and recovery, particularly extreme child abuse. Herman integrates a great deal of research with decades of clinical wisdom and some thought-provoking historical and political perspectives. *Trauma and Recovery* is appropriate for survivors of child abuse and other interpersonal traumas, as well as clinicians and the general reader.

I especially recommend this book to students and others just beginning to learn about child abuse and how people recover from these experiences. Though a lot has been learned since Herman wrote this book (e.g., the widely available treatment [EMDR](#) has been proven to be an effective and efficient treatment for posttraumatic stress disorder), this book has easily stood the test of time.

You can learn more about the book (critical acclaim, contents, brief excerpts) from the Web page: [Trauma and Recovery - Judith Herman's Landmark Book on Child Abuse & Other Traumas](#).

The following two books offer a wealth of helpful information, including explanations of post-traumatic stress disorder and related problems, and many great techniques for managing trauma-related emotions, memories and various other symptoms and problems commonly struggled with by people who were abused as children.

[The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms](#), by Mary Beth Williams and Soili Poijula

[Post-Traumatic Stress Disorder Sourcebook](#), by Glenn Schiraldi

If you are looking for books and/or articles on the sexual abuse of males, please see the [Recommended Books and Articles](#) section of my page, [Sexual Abuse of Males: Prevalence, Lasting Effects, and Resources](#). There's a lengthy listing of books and articles. Some are reviewed, and some can be ordered.

If you are looking for books on recovered memories of sexual abuse, please see the [Books on Recovered & Traumatic Memories](#) section of my page, [Recovered Memories of Sexual Abuse: Scientific Research & Scholarly Resources](#).

If you are looking for statistics on child abuse in other countries, I recommend the World Health Organization's 2002 study, [World Report on Violence and Health](#). The entire report, a 372-page and 2.4-megabyte PDF, is available in English, French, Russian or Spanish. A 54-page (600 KB) summary is available in Arabic, English, French, German, and Spanish. **Chapter 3, Child Abuse and Neglect by Parents and Other Caregivers, is 30 pages (177 KB) and can be downloaded in [English](#), [French](#), or [Russian](#). Chapter 3 reviews and provides references for many academic studies on rates of abuse in a variety of countries (though it is not comprehensive).**

For international statistics there is also a 1994 paper by sociologist David Finkelhor, an internationally recognized expert on research on the incidence and prevalence of child sexual abuse, and Director of the [Crimes Against Children Research Center](#). The countries covered in the paper: Australia, Austria, Belgium, Canada, Costa Rica, Denmark, Dominican Republic, Finland, France, Germany, Greece, Great Britain, Ireland, Netherlands, New Zealand, Norway, South Africa, Spain, Sweden, Switzerland, and the United States. Please note: Because this is a 1994 publication, and this is a growing field of research, additional studies for some of these countries and other countries have been published by now. Here's the citation and abstract:

Finkelhor, D. (1994). The international epidemiology of child sexual abuse. *Child Abuse & Neglect*, 18, 409-417.

Abstract: "Surveys of child sexual abuse in large nonclinical populations of adults have been conducted in at least 19 countries in addition to the United States and Canada, including 10 national probability samples. All studies have found rates in line with comparable North American research, ranging from 7% to 36% for women and 3% to 29% for men. Most studies found females to be abused at 1.5 to 3 times the rate for males. Few comparisons among countries are possible because of methodological and definitional differences. However, they clearly confirm sexual abuse to be an international problem."

There are numerous Web sites with content addressing child abuse and

recovery issues in addition to those already mentioned on this page. Below is a sampling.

Please note:

If reading material on these issues may upset you, remember to take care of yourself, and that you can always create a favorite/bookmark and come back to this page or any of the links below when you feel prepared.

[Center for Sex Offender Management](#)

This is a Project of the U.S. Department of Justice's Office of Justice Programs. "Established in June 1997, the Center for Sex Offender Management's (CSOM) goal is to enhance public safety by preventing further victimization through improving the management of adult and juvenile sex offenders who are in the community." CSOM's goals are carried out through three activity areas, including [information exchange](#). In addition to an "Ask COSM" feature, their [Documents](#) section has a wealth of informative html and pdf materials, including "Myths and Facts About Sex Offenders" in [html](#) and [pdf](#) formats, and "Recidivism of Sex Offenders," also in [html](#) and [pdf](#). Finally, their [Reference Library](#) has a searchable documents database and a topically organized list of [National Resource Group Recommended Readings](#). Finally,

[FaithTrust Institute](#)

"FaithTrust Institute is an international, multifaith organization working to end sexual and domestic violence. We provide communities and advocates with the tools and knowledge they need to address the religious and cultural issues related to abuse. FaithTrust Institute works with many communities, including Asian and Pacific Islander, Buddhist, Jewish, Latino/a, Muslim, Black, Anglo, Indigenous, Protestant and Roman Catholic." Their site has a number of resources on the issue of [Sexual Abuse by Clergy](#).

[Childhelp USA](#)

Childhelp USA is a non-profit organization "dedicated to meeting the physical, emotional, educational, and spiritual needs of abused and neglected children." Its programs and services include a hotline (800-422-4453) that **children can call with complete anonymity and confidentiality**. To know what to expect when you call, see [How We Help](#). From the site: "The Childhelp USA® National Child Abuse Hotline is open 7 days a week, 24 hours a day. Don't be afraid to call. No one is silly or unimportant to us. If something is bothering you or you want information, CALL!" To learn more about reporting child abuse or neglect in your state, see [Report Child Abuse](#).

[ChildTrauma Academy](#)

This organization, Directed by Dr. Bruce Perry, "focuses on service, training and research in the area of child maltreatment." The site has a number of articles by Dr. Perry, including explanations of child abuse effects and [Helping Traumatized Children: A Brief Overview for Caregivers](#).

[Child Abuse](#) - Article in online Microsoft® Encarta® Online Encyclopedia

An informative article by researcher pioneering researcher and author,

Richard Gelles, Ph.D. Broadly and topically covers the following issues: Types, Prevalence, Causes, Effects on Children, Protecting Children.

[Child Abuse Legislation Study Project](#)

"A non-profit organization dedicated to tracking bills, laws, and legislative action on child abuse, incest, and domestic violence."

[Child Welfare](#)

This site has a wealth of scholarly resources, including an online journal, *Child Welfare Review*, and information about the Oxford University Press Series in Child Welfare Practice, Policy and Research.

[Common Responses to Trauma - And Coping Responses](#)

This two-page handout, by [Dr. Patti Levin](#), provides excellent and helpful information and suggestions. Dr. Levin's site has other helpful handouts and excellent information on how to choose a therapist. (The above link is to a PDF file, and it's also available as a [web page](#).)

[Court Appointed Special Advocates \(CASA\)](#)

"Volunteer Court Appointed Special Advocates (CASA) are everyday people who are appointed by judges to advocate for the best interests of abused and neglected children. A CASA volunteer stays with each child until he or she is placed into a safe, permanent and nurturing home." More than 900 CASA programs are in operation across the United States, with 52,000 women and men serving as CASA volunteers. This website of National CASA explains what CASA's do, how to become one, etc.

[Crimes Against Children Research Center](#)

"The mission of the Crimes against Children Research Center (CCRC) is to combat crimes against children by providing high quality research and statistics to the public, policy makers, law enforcement personnel, and other child welfare practitioners." The center is directed by Dr. David Finkelhor, a sociologist and internationally recognized expert on child victimization, including child sexual abuse. The site has many good resources, including a [Publications](#) section with the paper, [The Decline in Child Sexual Abuse Cases](#), a classic 1993 scholarly review paper, [The impact of sexual abuse on children: A review and synthesis of recent empirical studies](#), and an excellent [Fact Sheet](#) with facts and statistics compiled from a variety of sources.

[David Baldwin's Trauma Info Pages](#)

These pages are loaded with scholarly resources and references to work on Posttraumatic Stress Disorder, especially from neuropsychological and cognitive-behavioral perspectives.

[EMDR Institute](#)

Eye Movement Desensitization and Reprocessing (EMDR) has been proven to be an effective and efficient treatment for posttraumatic stress disorder (PTSD), which can be an effect of childhood abuse. It can be particularly helpful at transforming intrusive and upsetting memories of abuse, and does not require one to talk about what happened in detail (for those avoiding therapy for this reason). In recent years, therapists have learned how to use EMDR with children. The EMDR Institute provides referrals to EMDR-trained therapists around the country (by

zipcode) and around the world; follow the link from the home page.

You can also find EMDR therapists through the [Find a Therapist](#) service of the [EMDR International Association](#), whose primary objective is to "establish, maintain and promote the highest standards of excellence and integrity in Eye Movement Desensitization and Reprocessing (EMDR) practice, research and education."

[Jennifer J. Freyd's Trauma, Memory, and Betrayal Trauma Research](#)

This page has links to reviews of Dr. Freyd's books and web pages on which she discusses several clarifying perspectives on these issues, including her theory of why it is *adaptive* for some children not to remember childhood abuse experiences.

[Healing from Childhood Sexual Abuse: Book Reviews](#)

Scott Abraham reviews eight books for men who were sexually abused in childhood. Good review, very helpful. If you're considering buying a book, read this first.

[isurvive.org - Abuse Survivors Learning to Thrive](#)

This volunteer-run web site and non-profit organization has many great resources – the most valuable being the people who help each other by sharing their experiences, struggles and hard-earned wisdom. There are online chats and forums for survivors of child abuse, including those struggling with addiction and abusing others, as well as friends and family members. It also has a great resources page with many not listed here.

[Legal Resources for Victims of Sexual Abuse](#)

This section of Attorney Susan Smith's web site has extensive resources on remedies for victims, statutes of limitations, and mandatory child abuse reporting laws in most states of the U.S.

[Lost in the Void](#)

This book is self-published by Lana Walker, an American citizen who has been through a nightmare in the British courts – not only losing custody of her children, but any and all contact with them. She has written this book to alert parents, both mothers and fathers, who marry citizens of other countries and live in those countries with their children, about how vulnerable they and their children are to terrible injustices committed by another country's laws and courts.

[Making Daughters Safe Again](#)

This organization and its web site, founded and directed by a graduate student in clinical psychology, provide "support for survivors of mother-daughter sexual abuse."

[MaleSurvivor: National Organization against Male Sexual Victimization](#)

Their mission: "We are committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through treatment, research, education, advocacy, and activism." Their site has many helpful resources.

[Pat McClendon's Clinical Social Work Home Page](#)

These are general mental health pages with a focus on abuse and trauma resources, especially those related to dissociation.

[National Child Protection Clearinghouse \(NCPC\)](#)

Great official Australian site with an exceptional [Publications](#) section, including full-text articles on child abuse, its effects, and how to prevent it - some quite in-depth, sophisticated, and scholarly. For help with accessing NCPC statistical information, see above, [Official Statistics: Australia](#).

[National Child Traumatic Stress Network \(NCTS\)](#)

This network of treatment centers was created by an initiative of the US Congress just a few years ago. Their mission is "To raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States." The site has many great resources, including for parents, caregivers, and school personnel.

[National Clearinghouse on Child Abuse and Neglect \(NCCAN\)](#)

Official U.S. site with an excellent [searchable catalog of publications](#) (try searching with terms like "bibliography," "fact sheet," "prevention," and "webliography"). Many publications are available in Spanish. See also the [Frequently Asked Questions](#) on child abuse and neglect, child welfare, and foster care. For help with accessing NCCAN statistical information, see above, [Official Statistics: United States](#).

[National Clearinghouse on Family Violence \(NCFV\)](#)

Official Canadian site with several "fact sheets," an extensive Publications section addressing [Child Abuse and Neglect](#), [Child Sexual Abuse](#), and [Family Violence](#), [Intimate Partner Abuse Against Men](#), [Intimate Partner Abuse Against Women](#), and [Preventing Family Violence](#), a collection of videos for the general public and professionals. For help with accessing NCFV statistical information, see above, [Official Statistics: Canada](#).

[Partners and Allies of Sexual Assault Survivors Resource List](#)

This page by Kerry Cater, M.S.W., at [The Wounded Healer Journal](#) provides a comprehensive list of resources, from Internet mailing lists and newsgroups to newsletters and books, some of which can be ordered online.

[Psychological Trauma and Substance Abuse in Women](#)

This site, by Barbara Hilliard, M.Ed., has some excellent resources on psychological trauma, posttraumatic stress disorder and substance abuse for women struggling with these issues and those who treat them. In addition to links to various organizations and informative articles, including Barbara's [Getting Sober While Staying Sane](#).

[Publicizing Child Molester's Prison Release](#)

This site belongs to Mark Welch, a California lawyer who has publicized the release from prison of his brother, who has admitted to sexually abusing him in childhood. This is clearly a very controversial issue. Mr. Welch provides a thoughtful essay on publicizing the release of one's perpetrator, including various ethical considerations.

[Safer Society Foundation](#)

The Safer Society Foundation, Inc. (SSF) is a nonprofit agency and national research, advocacy, and referral center for the prevention and treatment of sexual abuse. The SSF provides training and consultation to individuals, agencies, states

and organizations. Their Web site has a list of Safer Society Press books and videos. For information about their "Treatment Referrals Program" for sexual abuse perpetrators, see their [Contact Us](#) page.

[The Sexual Assault Information Page](#)

This site is now only available in archive format (last version of October 2001, but is still very useful with its over 400 links to information and resources on child abuse and neglect, as well as the sexual assault of adults.

[Sidran Foundation Online Resources](#)

This is a national non-profit organization that offers services to people who have experienced trauma and/or suffer from dissociative disorders, and those who provide services to them. There are many excellent resources here, including a [Traumatic Memories Brochure](#) and pages with [Resources for Survivors](#) and [Information for Students](#).

[Silent Edge](#)

This page has links to several resources addressing sexual abuse and exploitation by coaches, particularly of figure skaters.

[STOP IT NOW!](#)

"STOP IT NOW!'s mission is to call on all abusers and potential abusers to stop and seek help, to educate adults about the ways to stop sexual abuse, and to increase public awareness of the trauma of child sexual abuse."

[SNAP - Survivors Network of those Abused by Priests](#)

"SNAP is a national self-help organization of men and women who were sexually abused by Catholic priests (brothers, nuns, deacons, teachers, etc). Members find healing and empowerment by joining with other survivors."

[The Trauma Center](#)

The Trauma Center, founded by Bessel van der Kolk, an leading expert in the field of traumatic stress studies, is a clinic affiliated with the Boston University School of Medicine. The site includes pages on the work of Dr. van der Kolk, including links to his [articles on the web](#) and psychological trauma [assessment instruments](#).

[VOICES In Action, Inc.](#)

Victims of Incest Can Emerge Survivors - "VOICES in Action, Inc. is an international organization to provide assistance to victims of incest and child sexual abuse in becoming survivors and to generate public awareness of the prevalence of incest.

[What's Your Fear? - For Abuse Survivors and Their Dentists](#)

As indicated by its name, this page at [Dental Fear Central](#) was written for abuse survivors and their dentists, and has some helpful advice on dealing with many of the issues and difficulties that can arise.

[The Wounded Healer Journal](#)

"Points of Departure for Psychotherapists and Other Survivors of Abuse." This site, maintained by Linda Chapman, L.C.S.W., has a great wealth of pages and links, including [Partners and Allies of Sexual Assault Survivors Resource List](#).

Children Survivors of Child Abuse/Sexually Reactive Children

- [The Color of Secrets: Encouraging Children to Talk About Abuse](#)
Kimberly Steward, Illustrated by Donovan Foote
Doghouse Press / October 2005
- [The Kindness of Strangers](#)
Katrina Kittle
William Morrow / February 2006
- [Kids Helping Kids: Break the Silence of Sexual Abuse](#)
Linda Lee Foltz
Lighthouse Point Press / March 2003
- [I Told My Secret: A Book for Kids Who Were Abused](#)
Eliana Gil
Launch Press / November 1986
- [Spread Your Wings & Fly: Inspired by Actual Events](#)
Rebecca Engle Smith
Agreka Books / July 2000
- [I Can't Talk About It: A Child's Book About Sexual Abuse](#)
Doris Sanford
Multnomah Publishers/ February 1988
- [My Very Own Book About Me: A Personal Safety Book](#)
Jo Stowell, Mary Dietzel
ACT for Kids / January 2000
- [The Me Nobody Knows: A Guide for Teen Survivors](#)
Barbara Bean, Shari Bennett
Jossey-Bass / September 1998
- [How Long Does It Hurt: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends and Their Families](#)
Cynthia Mather, Kristina E. Debye
Jossey-Bass / September 1994
- [When Your Child Has Been Molested : A Parent's Guide to Healing and Recovery](#)
Kathryn B. Hagans, Joyce Case
Jossey-Bass; Reprint edition / January 1998
- [It Happens to Boys Too](#)
Russell Bradway, Roberta Russell, Pat A. Bradway, Jane A. Satullo
Elizabeth Freeman Center / May 1987