



Most of the following books are available from the SCARS Library.  
Anyone interested in loaning, please email [info@scars.bm](mailto:info@scars.bm).

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### **Recommended Reading for Parents & Guardians:**

- **Predators and Child Molesters:** What Every Parent Needs to Know to Keep Kids Safe - by Robin Sax
  - **When Your Child Has Been Molested:** A Parent's Guide to Healing And Recovery - by Kathryn B. Hagans and Joyce Case
  - **Overcoming Sexual Terrorism:** How to Protect Your Children from Sexual Predators - by Jake Goldenflame
  - **Seducers Among Our Children:** A predators maneuvers and tricks from a major crime investigator - by Patrick Crough
  - **Silent No More:** Victim #1 by Jerry Sandusky - by Aaron Fisher
  - **Helping Your Child Recover from Sexual Abuse:** by Caren Adams and Jennifer Fay
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### **Recommended Reading for Children (Parental Involvement):**

- **My Body Belongs To Me:** by Jill Starishevsky  
See video : [My Body Belongs To Me](#)  
(Recommended for children ages **3-5** years old)
- **Some Secrets Should Never Be Kept:** by Jayneen (Jay) Sanders  
Visit their website: [www.somesecrets.info](http://www.somesecrets.info) See video: [book review](#)  
(Recommended for children ages **3-12** years old)
- **A Very Touching Book - For Little People And For Big People:** by Jan Hindman  
(Recommended for children age **4** years and up)
- **Those are MY Private Parts:** by Diane Hansen  
(Recommended for children age **4** years and up)

- **Don't Be Scared To Tell:** by Kathy Chatterton  
(Recommended for children ages **3-8** years old )
  - **My Body Is Private - A Mother-Child Conversation Introduces the Topic of Sexual Abuse and Ways to Keep One's Body Private**  
- Juvenile, Child Molesting Prevention, Psychological Aspects  
(Recommended for children ages **3-8** years old)
  - **The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse:** by Sandy Kleven and Jody Bergsma  
(Recommended for children age **4** years and up)
  - **Good Touch Bad Touch: Learning About Proper and Improper Touches:** by Teresa Connor and Holly Thraikill  
(Recommended for children ages **3-10** years old)
  - **It's My Body:** by Lory Freeman  
(Recommended for children ages **3-8** years old)
  - **Daisy Tells a Secret - Book and DVD**  
[www.daisytellsasecret.com](http://www.daisytellsasecret.com) Daisy Tells a Secret" shows us in positive and practical ways how parents and educators can talk to children about personal safety.  
(Recommended for children ages **4-8** years old)
  - **The Trouble With Secrets:** by Karen Johnsen  
(Recommended for children ages **4- 10** years old)
  - **Some Parts Are NOT For Sharing:** by Julie K. Federico  
(Recommended for children age **4** years and up)
  - **Please Tell - A child's story about sexual abuse:** Written and Illustrated by Jessie  
(Recommended for children age **4** years and up)
  - **Your Body Belongs To You:** Written by Cornelia Spelman  
(Recommended for children age **4** years and up)
  - **Fred The Fox Shouts "NO":** Written by Tatiana Y Kasil Mathews  
(Recommended for children age **3** years and up)
  - **I Said No:** Written by Zack & Kimberly King  
(Recommended for children age **3** years and up)
  - **No Trespassing - This Is My Body:** Written by Pattie Fitzgerald  
(Recommended for children age **3** years and up)
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## **Recommended Reading for Young Victims of Sexual Abuse:**

- **Something Happened and I'm Scared to Tell:** A Book for Young Victims of Abuse - by Patricia Kehoe  
(Recommended for children ages **3-8** years old)
  - **Kids Helping Kids Break the Silence of Sexual Abuse:** by Linda Lee Foltz  
(Recommended for children age **7** years and up)
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## **Recommended Reading for Teenage Victims of Sexual Abuse:**

- **How Long Does It Hurt:** A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families by Cynthia Mather
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## **Recommended Reading for Survivors of Child Sexual Abuse & their Loved Ones:**

- **If Only I Could Sleep - A Survivors Memoir:** by Stephanie Henry
- **Miss America by Day:** by Marilyn Van Derbur
- **Setting Boundaries with Your Adult Children - Six Steps to Hope and Healing for Struggling Parents:** by Allison Bottke
- **All That is Bitter And Sweet:** by Ashley Judd
- **Healing for Adult Survivors of Childhood Sexual Abuse:** by Bonnie J. Collins and Kathryn Marsh
- **The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse:** by Dr. Dan B. Allender
- **Predators and Child Molesters: What Every Parent Needs to Know to Keep Kids Safe:** by Robin Sax
- **Rising Above The Scars:** by Johnnetta McSwain
- **Repossessing Your Inheritance:** Dr. Sharon Apopa & The Late Caron Assan  
Available at Brown & Co, Heritage Bookstore or by emailing [toapopa@yahoo.com](mailto:toapopa@yahoo.com)
- **Beauty For Ashes:** by Joyce Meyer
- **Do You Know Who You Are Sitting Next To?:** Rosita L. Davis

## **Recommended Reading for Doula's, Midwives and Childbearing Women**

- **When Survivors Give Birth: Understanding and Healing Effects of Early Sexual Abuse on Childbearing Women:** by Penny Simkin and Phyllis Klaus.
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### **Spill Over Effects**

The SCARS of child sexual abuse are mostly on the inside and not on the outside and if untreated the long term affects can lead to alcohol &/or drug abuse, violence, teenage pregnancy, self-injurious behaviors and eating disorders.

### **Recommended Reading for Eating Disorders:**

- **Table In The Darkness - A Healing Journey Through An Eating disorder:**  
*By Lee Wolf Blum*
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