Most of the following books are available from the SCARS Library. Anyone interested in loaning, please email 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 Thrailkill  
  *(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)*
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)*

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

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

- **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.

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