



SAVING CHILDREN
AND REVEALING SECRETS

BERMUDA

SCARS SAFE BOOKLET
(SCARS Arms Families through Education)

“Keeping Children SAFE is an adult’s responsibility”
It’s our job as parents to love, teach & protect children and it’s their right!

(441) 297-2277

scarsbermuda.com

[Facebook.com/SCARSBDA](https://www.facebook.com/SCARSBDA)



Understanding Child Sexual Abuse.....	1 - 4
What Parents and Guardians Should Know and Teach.....	5 - 6
Warning Signs Which are Cause for Concern.....	7
Inappropriate Behaviors to Watch for.....	8
What Parents and Guardians Should do If They Suspect.....	9
Questions to ask Before Enrolling Your Child in a Program.....	10
Protecting Your Child on the Internet.....	11
Resource Sheet.....	12
Books from SCARS Lending Library.....	13 - 15



“WE CANNOT CHANGE WHAT WE DO NOT UNDERSTAND”

What is Child Sexual Abuse?

Child Sexual Abuse is considered a criminal act in which an adult or older child engages in any sexual activity with a child.

Sexual activity may include sexual touching and fondling, genital-genital contact, exposing children to pornography or adult sexual activity, exploitation of children, rape, attempted rape, and incest. It can be violent or nonviolent in nature. The act may be for the sexual gratification of the perpetrator or a third party.

All of this is harmful to children.

Why children don't reveal?

Many times children won't reveal about the sexual abuse they suffered until they become an adult themselves. There are several reasons why they find it difficult to disclose to anyone that they are being abused, whether by an adult or by another child. Some of the reasons are identified below:

- Children may be confused because the lines between right and wrong are blurred. They may lack knowledge about their bodies and personal boundaries. They may be too young to understand that the behavior is inappropriate, harmful or wrong
- Children may become paralyzed with fear because the abuser is threatening the child, threatening to take the life of loved ones, and / or threatening to break up the family
- Children may feel ashamed because sometimes it feels good even though it's wrong
- Children may feel guilty because they will be blamed. Many children are told it was their fault, they asked for it
- Children may feel they won't be believed especially when the child is the only witness to the abuse. It is very difficult for a child to come forward. Children face anger, disagreement, and sometimes rejection within a family and a community which only increases their shame and guilt
- Children may feel embarrassed as a result of public humiliation
- Children feel obligated because they have been enticed by generous gifts and misplaced love and affection from their abuser
- Children may feel dirty and be blamed that it happened. Children are scared that the parent might get mad at them for allowing it to happen



Why do most Child Sexual Abuse cases go un-reported?

88% of abuse is never reported for some of the following reasons:

- Victims and/or their family members do not want a very private matter made public especially in a small community as ours
- Victims and/or their family do not have confidence or trust that the judicial system will serve them
- The victim and/or family have been bullied by the threat and intimidation of physical violence from the perpetrator and/or the perpetrators friends and family members
- The victim's family will not report because of loss of financial support and a significant change in quality of life
- Often times the parent or guardian has been abused themselves and never revealed
- The parent selfishly chooses the abuser over the child

*****A child is more likely to reveal sexual abuse if offended by a non-family member, and if sexually abused by a family member the probability of revealing is slim to none.**

Who abuses children?

Those that molest children look and act just like everyone else. They are drawn to settings where they can gain access to our children such as sport leagues, clubs, schools, and/or faith-based centers. Abusers can be neighbors, friends or family members. According to the Darkness to Light organization:

- 30% of children who are sexually abused are abused by family members (Finkelhor, D 2012), (Julia Whelan, PH.D (2007-05-22))
- 60% of children who are sexually abused are abused by people the family trusts (Such as friends of the family, a babysitter, a neighbor etc.) (Finkelhor, D 2012), (Julia Whelan, PH.D (2007-05-22))
- 10% or less of children who are sexually abused are abused by a stranger (Finkelhor, D 2012)



What are some characteristics of a Child Molester?

- Child molesters groom victims and their families.
- They identify and engage their victim
- Child molesters are manipulative
- Child molesters seduce their victims
- Child Molesters choose to set children up through secrecy, manipulation and fear
- Child molesters look & act like everyone else
- Child molesters can be well liked, well respected pillars in the community, often a person in position of authority and best at what they do
- Child molesters are as sick as their secrets
- Child molesters are controlling, bullies and exert power over others
- Most child molesters deny their actions or minimize it's seriousness
- A determined child molester will take their time to gain trust by breaking down the child's defenses and manipulating the child into performing the desired sex act. This can be done through seduction with back rubs, foot rubs, gift giving etc., which leads to a bond. If necessary, the offender will gain access to the child by using the same techniques with the child's parent or guardian
- A child sex offender may purchase gifts, give rides, play games, offer drugs or alcohol to older children or teenagers. They almost always offer a sympathetic ear.
- If a child says NO sternly to any advances or gestures from a molester, which is typically at the beginning stages of grooming, then it's more likely a child molester will move on (Unfortunately, to another child)
- What types of children are molesters more likely to target? The vulnerable and pleasing child, the child who feels lonely and neglected, the child who lacks confidence, or a child who is angry as a result of emotional issues arising from a death in the family, a divorce, fights with their parents or guardians, etc.
- A child molester, a predator will identify and engage a child victim. He or she will gain the child's trust and break down their defenses. The offender will manipulate the child into performing or permitting the desired sexual act. This is called grooming.
- The most manipulative and effective way to seduce children is through grooming process.
- Child molesters visit places where children are likely to go: schools, playgrounds, parks, camps
- For a child molester it is not always about the act itself; it's about how it makes them feel, which is **powerful**



How can a victim begin the healing process?

- REVEAL THE SECRET
- The child must be told that he or she IS NOT TO BLAME; they did nothing wrong
- Let the child know that you will do everything you can to keep them safe
- Thank the child for the courage it took to reveal the secret
- Seek professional help for the child as soon as possible
- The abused child should see consequence and accountability bestowed on the perpetrator to begin the healing process. Sexually abusing children is against the law – REPORT ABUSE TO THE AUTHORITIES!
- Child victims and their families need time to recover from the trauma
- The healing process is a journey and it's different for everyone
- The way a victim's family responds to sexual abuse plays a crucial role in the victim's recovery. A parent's denial of child sexual abuse can sometimes be more abusive than the abuser. Don't pretend it never happened

Imagine the emotions of a child who has been abused:

"Take a minute and imagine what it would feel like if you were a young child being sexually violated by an older more powerful individual. Imagine you are a young child and one of your parents, step-parent, sibling, aunt, uncle, teacher, babysitter, Sunday school teacher, family friend, or sports coach starts touching your private parts" – Imagine how a child would feel?

If we can't rely on grown-ups to do the right thingwhat is life all about?

YOU MAY FEEL CONFUSED: "Why is he/she doing this? I don't understand, this grown up should be protecting me, caring for me, loving me! Is there something bad in me that is making them do this?" Why are people asking me what's wrong with me instead of what happened to me?

YOU MAY FEEL SCARED: "They are going to hurt me, I want this to stop. I don't want to do this, it doesn't feel right. What if someone finds out? You should be loving me, not hurting me!"

YOU MAY FEEL GUILTY: "Why me? What did I do to deserve this? Why are they saying its my fault?"

YOU MAY FEEL SHAMEFUL: "This doesn't feel right, I feel embarrassed and ashamed, sometimes it feels good and I know its wrong. Why didn't I tell?"

YOU MAY FEEL SAD: "This wont stop I feel hopeless, I told and they don't believe me or.....I TOLD AND THIS PERSON IS STILL IN OUR LIFE HURTING ME!"

YOU MAY FEEL ANGRY: "How dare you do this, you're a fake, liar, imposter, I hate you, I hate my life, I don't care about anything or anyone. Why doesn't anyone see what is happening to me? You didn't protect me, I Give Up! We're related and you should not be doing this to me!" "Why are you asking me what's wrong with me instead of what happened to me?" People are going to have to suffer the way I did!!! No one protected me!"



WHAT PARENTS AND GUARDIANS SHOULD KNOW AND TEACH

- Let our children know that our job as a parent is to love them and protect them
- Teach children what parts of their bodies are private and that others should not touch, take pictures of, or view
- Teach children the proper words for their private body parts; avoid using pet names
- Talk to children about their bodies and about what abuse is (must be age appropriate)
- Teach children the difference between comfortable appropriate touch and uncomfortable / unacceptable touch
- Sibling incest is a serious issue that most of us are unaware of. Use opportunities to have conversation with all siblings regarding appropriate touch and uncomfortable / unacceptable touch
- Tell children that an abuser might be a family member, adult friend (trusted) or older youth
- Teach children that it is NOT OK for adults or older children to act or talk in an uncomfortable or inappropriate way with them and use examples e.g. “Cousin John Doe should not tell you your breasts look pretty” or “your at a friend’s house and an older brother wants to play a game that involves taking your clothes off”
- Help your child to practice healthy boundaries. “It’s OK if your child doesn’t want to kiss or hug a particular relative” and teach them another way to show respect
- The affection a child gives to another person should be their choice. Forcing a child to kiss or hug an adult that they don’t want to touch teaches children at a young age that it’s their job to use their bodies to make others happy
- Model comfortable touch by not forcing hugs, kisses, tickling and wrestling if the child protests
- If your child seems uncomfortable or resistant to being with a particular adult or relative, ask why
- Let your child know that if they are uncomfortable around a particular adult or older child then you or another adult will let that person know this. For example, “The child doesn’t feel comfortable sitting on your lap, he prefers to shake hands”
- Let your child know that no adult with good intentions would ask them to keep personal SECRETS from their parents, family or friends (excluding things like surprise birthday parties, Christmas gifts and the like)



WHAT PARENTS AND GUARDIANS SHOULD KNOW AND TEACH

- Let your child know that child abusers use tricks, bribes and threats to keep them from telling. Use examples “If you tell, I will hurt your family”
- Although we teach our children to respect their elders, let your child know that he / she has the right to say NO and get away when an adult or older child is being inappropriate
- Ask your child on occasion “has anyone ever touched you inappropriately or asked you to touch them inappropriately?” – Keep in mind that “No” doesn’t always mean “No”. You must ask because children typically don’t tell. (This must be done at an appropriate time and place)
- Let your child know you will always love them, believe them and protect them
- If a child knows they will be believed, safe and not be judged or ridiculed by revealing the SECRET it is much more likely they will reveal it
- Parents must be prepared for the answer as the abuser could be a relative, friend, or any other person of trust
- The way a victim’s family responds to the sexual abuse plays a crucial role in the victim’s recovery
- It is important that a child who has been sexually abused sees consequence and accountability bestowed on the perpetrator in order to heal
- A child who has been abused must get their power back
- To reveal the secret is short term pain and long term gain
- The safest child is the child who knows he or she can bring their problems and concerns to parents and adults without a harsh reaction or disgrace
- **Start early and talk often**



SAVING CHILDREN
AND REVEALING SECRETS

WARNING SIGNS WHICH ARE CAUSE FOR CONCERN

Any one sign doesn't necessarily mean your child has been abused, but the presence of several suggests you begin asking questions and stay alert.

Younger children (Preschool Age – 8 years of Age)

- New words for private parts
- Resists on removing clothes when appropriate (bathing, bedtime, toileting, diapering)
- Imitates adult-like sexual behaviors with friends, siblings, toys or stuffed animals
- Asks older children to behave sexually – i.e. play sexual games
- Behaving sexually in a public place (Self stimulation)
- Bullying behavior or being bullied

Older children (8 - 12 years of Age) – looking for a change in behavior

- Nightmares, sleep difficulties with no explanation
- Distracted – distant
- Sudden change in eating habits, refuses to swallow or restricting
- Falling grades
- Sudden mood swings – rage, fear, withdrawal, depression
- Bedwetting, cruelty to animals, fire setting
- Bullying behavior or being bullied
- Chronic stomach aches, back pain, headaches
- Writes or draws of sexual or terrifying images
- Refuses to talk about a SECRET shared with an adult or older child
- Talks about a new older friend
- Suddenly has money, toys or other gifts without reason
- Thinks of their self or body as disgusting, dirty, bad; self-harm
- Displays adult-like sexual behaviors i.e. language & knowledge
- Masturbating in a public place or through the telephone or internet
- Tells you they don't want to be alone with a particular adult
- Wants to bait a discussion about a sexual behavior

Adolescents

- Sexual interest towards younger children
- Alcohol & Drug abuse
- Sexual Promiscuity
- Eating disorders - i.e. anorexia, bulimia and compulsive eating
- Displays self-injurious behaviors (Cutting, sticking themselves with pins)
- Suicidal thoughts
- Seems to be crying out for help – i.e. runaway or criminal behavior



INAPPROPRIATE BEHAVIORS TO WATCH FOR WHEN ADULTS (OR OLDER YOUTH) ARE WITH YOUNG CHILDREN

- Behaviors that routinely disrespect or ignore boundaries and personal space
- Using teasing or belittling language which keeps a child from setting a limit
- Insists on hugging, touching, wrestling, tickling or holding a child when a child clearly doesn't want this physical attention or contact
- Consistently exerts power or control over others
- Frequently walks in on children / teens in the bathroom
- Tells dirty or suggestive jokes with children present
- Adults who are more focused on relationships with children than with other adults. For example – spends most of his/her spare time with children rather than adults
- Allows children to get away with inappropriate behaviors – i.e. tells dirty or suggestive jokes
- Pushing for one-on-one time

It is important to keep in mind that sexual abuse does not only occur by an adult but also involves young perpetrators and some research indicates that 40% of abusers are older children. This could be a result of the child being sexually abused themselves, being physically &/or emotionally abused or sometimes witnessing abuse and copying the behavior.



IF YOU SUSPECT SEXUAL ABUSE WHAT PARENTS AND GUARDIANS SHOULD DO

- Ask your child the question “Has anyone ever touched you inappropriately or asked you to touch them inappropriately” Be prepared for an instant “NO”. Be persistent but not coercive.
- “You seem sad lately/I noticed you’re having a lot of bad dreams/ your grades are falling is there anything making you feel upset that you want to share? You can talk to me about anything or anyone!”

For example: If your child is withdrawn or reacting differently to your touch after returning from a sleep-over, you can ask them “What was your favorite part of your sleep-over?” “Was there a least favorite part”? Allow silence and always ask open ended questions

- Let your child know that whatever they share with you, you will always **love them, believe them** and **protect them**
- Let them know that they can tell you anything about anyone. Let your child know that you will not judge, shame and/or ridicule them if they reveal a secret

Parents must be prepared for the response, as the abuser could be a relative, friend, or any other person they trust – you may have to break up a family or friendship to save your child. (Not every sign will mean your child has been abused but it is important to reach out with sensitivity and patience)

- Let the child know that it was okay to tell because that was the only way the abuse was going to stop. Reinforce how proud of them you are for telling. Affirm they did the right thing by telling
- Immediately remove the child from the situation to ensure sexual abuse does not reoccur
- Let your child know that you are upset, but not with them
- You must let your child know that it wasn’t their fault and that they did nothing to cause it
- Once the child has confirmed that they have been sexually abused, **IT MUST BE REPORTED** (See page 12 for reporting)
- You **MUST** get your child help – Psychological Counseling is critical
- Don’t try to pretend it never happened. A parent’s denial of child sexual abuse can be as painful as the abuse itself

It is recommended that parents and or guardians seek professional and/or spiritual help for themselves.

To learn more about recognizing signs, please sign-up for a Darkness to Light Stewards of Children training session. Web: scarsbermuda.com or Email: info@scars.bm





QUESTIONS TO ASK BEFORE ENROLLING YOUR CHILD IN A PROGRAM

**SCARS cares about your children and takes child protection
seriously!**

Choosing a program for your child involves important research

**Whether it's a summer camp, a sports program, an after-school program or a
sleep-away camp, the experience will have a significant impact on your child's life.
It is vitally important to choose a program wisely.**

Here are a few questions we suggest you ask before enrolling your child in a program:

1. Does your organization have a child sexual abuse prevention policy in place?
2. How do you screen and select your employees and volunteers?
3. Do you conduct criminal background checks on employees?
4. Do you check references on employees?
5. What is your code of conduct or policy with respect to interactions between employees/volunteers and the child? Can I find a copy on your website?
6. How do you monitor interactions between the adults and the children?
7. Does your organization have a travel policy? For example what are your traveling policies and procedures on single gender chaperone trips?
8. Does your organization have a transportation policy?
9. Does your organization have a social media policy?
10. Ask for a copy of each policy and share with your child so they know what to expect from the people who work in the organization.
11. What training does your employees and volunteers receive about preventing child sexual abuse?



PROTECTING YOUR CHILD ON THE INTERNET

Social Media is the new norm, however sexual predators and child molesters also use social networking sites to gain access to children. We MUST keep talking to our children and keep them aware! We MUST provide them with the skills and knowledge to Perhaps even instituting restrictions on our children's usage of such online tools. Most sexual abuse starts with a violation of a boundary.

Parents and guardians must set the boundaries with their children AND they must educate them about the risks and the responsibilities. This requires adults to educate themselves first about the types of apps that their children are using, who they are communicating with, and through what means. Your children's experiences online are truly an individual parental decision, and here are some useful suggestions:

1. Learn about the online tools available to them so you can monitor your children's usage of the Web. Classes and online training are available for parents to become very 'web savvy'.
2. Make sure your child's 'browser and social website privacy settings' are high and that only their friends have access to their pages and information.
3. Make sure your child knows the people they 'friend'. Insist they do not 'friend' anyone they do not know already outside the online world. Many sexual predators pose as children online, even posting false pictures and information.
4. Remind your children to NEVER share personal information online, i.e. address, telephone numbers etc. Even email addresses they set-up, should not contain their full name as part of the address. There are tools online that perform what is called a "reverse lookup" of email addresses. Data is stored about email addresses wherever they are used, and if an email address contains someone's name, it becomes a way of unsavory characters to find data about that person.
5. Remind your child to be careful what they say on the Internet. They should only say what they would be happy to say to a stranger on the street. Discuss the potential long-term consequences of sending sexual messages and pictures. REMIND YOUR CHILD THAT EVERY SINGLE THING THEY POST IS PUBLIC AND PERMANENT! Once they hit that 'send button' there are no 'do overs'.
6. Parents be sure to set up an account yourselves and require that your child adds you as a friend, this will help you keep an eye on the content of their page and who their friends are. If they refuse, then of course that is your opening to restrict usage of any social websites.
7. Tell your child that you must be informed if they would like to start an account on Twitter, Facebook or any similar internet site. If they have an account, ensure you understand what settings they use on these accounts. This determines how "exposed" their Internet site is.
8. Lastly, if you feel that there are situations, websites, online accounts or time spans in your child's usage online, in which you feel helpless or unable to monitor regularly – there are affordable programs that can be installed on your child's PC allowing you to log on and see every action, email and website visit that has occurred. Just search online for '**parents control software**' and you will find many options.



COMMUNITY RESOURCES FOR RESPONDING TO CHILD SEXUAL ABUSE IN BERMUDA

To Report Abuse

Call **911** if in immediate danger

Family Services at 278-9111 or 294-5882

Bermuda Police Service at 211 or 295-0011

www.bermudapolice.bm

To Report a Cybercrime – 800-8477 www.cybertips.bm

Helplines

Family Services Hotline (9:00 am – 5:00 pm)	278-9111
Family Services Hotline (After hours) <i>(This is the Police Service - they will contact a social worker from Family Services)</i>	295-0011
Child & Adolescence Services (MAWI)	239-6344 or 236-3770
Centre Against Abuse Domestic Violence & 24 hour Sexual Assault Hotline (male & female)	297-8278
The Family Centre (9:00 am – 6:00 pm)	232-1116
The Coalition for the Protection of Children	295-1150
Women's Resource Centre	295-3882
Sexual Assault Response Team (SART)	911
MAWI (Mid-Atlantic Wellness Institute)	239-6344 or 236-3770

Additional Resources

Treatment Providers

Cardinal House – Dr. Tina Arorash, Ph.D	296-2903
The Association of Diagnostic and Psychological Services	295-7766
Benedict Associates	295-2070
Solstice	292-3456
Patterns	296-7288
Therapeutic Consulting Services	295-4250

Other Resources

Bermuda Counselor's Association	735-1315
---------------------------------	----------

FOR INFORMATION ABOUT BERMUDA'S CHILD ABUSE LAWS AND REPORTING GO TO

<http://www.scarsbermuda.com/reporting-process/mandatoryreporting>



SCARS LENDING LIBRARY

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**
- **Body Safety Education: A Parents guide to protecting kids from sexual abuse** – by Jayneen Sanders
- **Listening & Talking to Your Sexually Abused Child: By Dr. Lynn Daugherty**

Recommended Reading for Children (Parental Involvement):

- **My Body Belongs To Me:** by Jill Starishevsky
(Recommended for children ages 3-5 years old)
- **Some Secrets Should Never Be Kept:** by Jayneen (Jay) Sanders Visit their website: www.somesecrets.info
(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)
- **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 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)
- **A Secret Safe To Tell:** by Naomi Hunter
(Recommended for children age 3 years and up)
- **U Touch I Tell:** by Chi Hosseinion
(Recommended for children age 4 years and up)
- **Do You Have a Secret:** by Jennifer Moore-Mallinos
(Recommended for children age 4 years and up)
- **When I Was Little Like You:** by Jane Porett
(Recommended for children age 4 years and up)
- **Amazing You:** By Gail Cravath Saltz
(Recommended for children age 3 years and up)
- **Sex Is A Funny Word:** By Cory Silverberg & Fiona Smyth
(Recommended for children age 3 years and up)
- **Miles Is The Boss Of His Own Body:** By Samantha Kurtzman-Counter
(Recommended for children age 3 years and up)
- **Good Pictures Bad Pictures:** By Kristen A. Jenson
(Recommended for children age 5 years and up)
- **NO Means No!:** By Janeen Saunders
(Recommended for children age 3 years and up)
- **God Made All of Me:**
By Justin & Lindsey Malcomb
(Recommended for children age 3 years and up)



- **My Body's Mine:** By Kayla J. W. Marnach
(Recommended for children age 3 years and up)
- **My Body! What I Say Goes!:**
By Jayneen Sanders
(Recommended for children age 4 years and up)
- **The TALK About Abuse Book:** By Kevin McNeil
(Recommended for children age 5 years and up)
- **Body Safety With Mya:** By E. Moore
(Recommended for children age 4 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)
- **Healing Days: A Guide for kids who have experienced trauma:**
by Susan Farber Straus, Phd. *(Recommended for children age 5 years and up)*
- **A Terrible Thing Happened:** By Margaret M. Holmes
(Recommended for children age 3 years and up)
- **Finding Sunshine After The Storm:** A workbook for children healing from sexual abuse: By Sharon A. McGee *(Recommended for children age 5 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 for children age 7 years and up)*
- **A Safe Place:** A guide for Living Beyond Sexual Abuse – by Jan Morrison

