



# Norfolk Advocates for Children

## RECOMMENDED READING

### FOR PARENTS, TEENS & CHILDREN

The following is a list of books that you may find helpful to answer some of your questions during your family's journey to recovery. We recommend that these books be used in conjunction with therapy and not in place of.

Norfolk Advocates for Children staff are also available to answer any questions you may have throughout this process.

#### FOR PARENTS

- **Helping Your Child Recover from Sexual Abuse.**

Author: Caren Adams & Jennifer Fay

- **When your child has been molested: A parents' guide to healing and recovery**

Author: Brohl & Potter

- **What's Happening in Our Family? Understanding Sexual Abuse through Metaphors.**

Author: Constance M. Ostis, MSW

- **No Secrets, No Lies: How Black Families Can Heal from Sexual Abuse.**

Author: Robin D. Stone

- **Straying Towards Truth.**

Author: Karen E. Fennell

#### FOR TEENS

- **Back On Track. Author: Leslie Bailey Wright & Mindy B. Loisel** | (Specifically for boys ages 10 and up)

- **Laurie tells** | Author: L. Lowery | (age 11 and up)

- **How Long Does it Hurt?**

A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families.

Author: C. Mather

- **Teen to Teen: Personal Safety and Sexual Abuse Prevention**

Author: C. Herrerias

#### FOR CHILDREN

- **Please Tell! A child's story about sexual abuse.**

Author: Jessie

- **No More Secrets for Me.**

Author: Oralee Wachter

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[www.norfolkadvocatesforchildren.com](http://www.norfolkadvocatesforchildren.com)



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### FOR CHILDREN

- **It Happened to Me: A Creative Healing Book**

Author: Debra Whiting Alexander

- **It's MY body: A book to teach young children how to resist uncomfortable touch**

Author: L. Freeman \*also available in Spanish

- **Let's talk about taking care of you: An educational book about body safety**

Author: Stauffer & Deblinger \*version for preschool children also available

- **Those are MY private parts**

Author: Diane Hansen