

women's support project

RESOURCE LIST: INCEST, CHILD SEXUAL ABUSE AND SEXUAL EXPLOITATION



**WOMEN'S
SUPPORT
PROJECT**

WORKING AGAINST VIOLENCE AGAINST WOMEN AND CHILDREN

The Women's Support Project provides a telephone information service, which aims to help those affected by violence to find an appropriate source of ongoing support. We can provide information on specialist or local support services, and make referrals as appropriate.

The Project can offer ongoing telephone or face-to-face support in the following areas:

- Support and advocacy for parents whose children have been sexually abused or sexually exploited, or where there is risk of abuse or exploitation. This is a flexible service, ranging from provision of information, intensive crisis support, ongoing telephone or face-to-face support, and long-term support. We may be able to put women in touch with another woman who has gone through a similar experience, for mutual support. This service is aimed at women, but we have on occasion offered support to fathers of abused children.
- Short-term support for adult survivors of child sexual abuse and incest, for example for women who wish to report historical abuse to the police.
- Short-term for women who have been abused through prostitution, pornography or other forms of commercial sexual exploitation.

Further information on resources available can be found on our website www.womenssupportproject.co.uk

Front Cover: The Purple Ribbon – The Purple Ribbon symbolises September as Month of Action to Raise Awareness of Child Sexual Abuse. The initial idea came from survivors in England to raise funds, raise awareness and take action in local areas.

Library and Information Service

We have a library of resources, books, DVDs and videos relating to violence against women and children. This resource list highlights some of the resources we have in relation to incest, child sexual abuse and exploitation.

The library also includes information on

- Support for women whose children have been sexually abused
- Domestic abuse
- Rape and sexual assault
- Prostitution, pornography and other forms of commercial sexual exploitation
- Self harm
- Overcoming the effects of violence and abuse
- Women's studies

There is no membership fee for the resource library. The usual loan period is four weeks for books and one week for a video or DVD, although this may be extended on request.

We are not able to offer a drop-in service, so please contact us to arrange to visit. We can also post out materials, although we may have to make a charge for postage, depending on the circumstances.

We are happy to provide information on helpful materials, and on suppliers, for those wishing to purchase materials.

Please contact us for further information, or to arrange to visit. See back page for our contact details.

Child Sexual Abuse and Incest

The resources listed here are recommended resources that include books for survivors and their family and friends, for children to read or hear and books for those working with children and families where sexual abuse is an issue. Also included are books on theory, practice and research that may be useful to students and researchers.

Most of the resources listed are available to borrow from the Women's Support Project and some titles may also be available from the local library.

Included at the end of this resource list are contact details for useful national helplines and websites of organisations that offer support and information on issues relating to incest and child sexual abuse.

Self Help and Support

For Survivors

Beginning to heal: a first guide for female survivors of child sexual abuse

By Ellen Bass & Laura Davis

Pub. Cedar, London, 1993

By the authors of the 'Courage to Heal', this is a summary of the main points addressed in the earlier book, with five survivors' stories. Clearly presented, this guide to the healing process has chapters on remembering, breaking silence, grieving etc. Concise and easy to read and use.

Breaking free: help for survivors of child sexual abuse

By Carolyn Ainscough & Kay Toon

Pub. Insight, 1993

This book is primarily a self-help book for adult survivors it contains information about sexual abuse, the kinds of problems it can cause and ways in which survivors can begin to deal with these problems. The authors draw on their experiences, working mainly with women, as psychologists in Wakefield. The information is also useful for family, relatives and helpers.

The courage to heal

A guide for women survivors of child sexual abuse

By Ellen Bass and Laura Davis

Pub. Harper & Row, USA, 1988

A very comprehensive book which is suitable for using on your own, with a counsellor or friend, or in a group.

The courage to heal workbook

For women and men survivors of child sexual abuse

By Laura Davis

Pub. Harper & Row, USA, 1990

Intended as a companion to "The courage to heal", this includes checklists, writing exercises, arts projects and activities.

Repressed memories

A journey

By Renee Fredrickson, PhD

Pub. Fireside Books, USA, 1992

A useful, stimulating read. A good self-help book, but only if used in conjunction with good support and an understanding friend, partner, survivor or counsellor. Gives methods in recovering memories such as dream work and imagistic work. Each chapter ends with a set of exercises, which are intended to empower the reader.

She who is lost is remembered

Healing from incest through creativity

By Louise M. Wischild

Pub. The Seal Press, USA, 1991

An anthology of creative work by survivors: poetry, short stories, painting, sketches, photography, sculpture, and songs by women contributors.

Accompanied by personal essays that describe how women have used the creative powers as part of a healing experience.

Healing the trauma of abuse

A woman's workbook

By Mary Ellen Copeland M.A M.S and Maxine Harris PhD

Pub. New Harbinger Publications Inc., USA, 2000

This workbook aims to guide survivors step by step through the healing process.

Ordinary wonders

Living recovery from sexual abuse

By Lilian Green

Pub. Women's Press, Canada, 1992

The author traces her recovery from childhood and adult physical, emotional and sexual abuse.

Victims no longer

Men recovering from incest and other sexual abuse

By Mike Lew,

Pub. Harper & Row, USA, 1990

A comprehensive handbook, which includes chapters on survival, after effects, and Recovery.

Leaping upon the mountains

Men proclaiming victory over child sexual abuse

By Mike Lew

Pub. Small Wonder Books, USA, 1999

Continuing from 'Victims no longer' and with contributions from male survivors a very helpful book.

For family, friends and supporters

Allies in healing: when the person you love was sexually abused as a child

By Laura Davis

Pub. Harper Perennial, USA, 1991

Written for partners of survivors of child sexual abuse. The areas covered range from basic explanations of child sexual abuse and its effects on the adult, to a wide variety of issues arising in relationships with survivors.

Family fallout

A handbook for families of adult sexual abuse survivors

By Dorothy Beaulieu Landry

Pub. Safer Society Press, USA, 1991

For those close to an adult who has disclosed or is dealing with childhood sexual abuse. Helps families to understand the healing process and look at their own feelings about the abuse.

Outgrowing the pain together

A book for spouses and partners of adults abused as children

By Eliana Gil, PhD

Pub. Dell, USA, 1992

Helps to understand the effects of childhood sexual abuse. Includes information on anger management, intimacy, decision-making, commitment etc.

Partners in recovery

By Beverly Engel, M.F.C.C.

Pub. Fawcett Columbine, 1991

Aimed at friends, partners etc. of adult survivors of childhood sexual abuse. Intended to help these 'pro survivors' to learn how to support and cope with survivors as they go through the recovery process.

For counsellors

Counselling adult survivors of child sexual abuse.

By Christiane Sanderson

Pub. Jessica Kingsley, London, 1995

Helpful overview for counsellors/supporters.

Good practice in counselling people who have been abused

Ed By Zetta Bear,

Pub. Jessica Kingsley, London, 1998

By addressing the issues of physical, emotional, sexual and financial abuse and neglect experienced in childhood or adulthood, this book aims to provide the reader with a theoretical understanding of people who have been abused, and a range of practical approaches to counselling them.

Lifting the lid: A practical guide to working with people abused in childhood

By Lois Arnold & Anne Magill

Pub. The Basement Project, Bristol, 1999

Brief introduction to issues involved in working with survivors of abuse.

Surviving child sexual abuse: a handbook for helping women challenge their past

By Liz Hall and Siobhan Lloyd

Pub. Farmer Press, London, 1989

Useful for anyone who is supporting survivors of child sexual abuse. Outlines the long-term effects of child sexual abuse and incest, stages of recovery, working with incest survivors groups, therapeutic techniques and issues for helpers.

Surviving secrets

By Moira Walker

Pub. Open University Press, 1992

Makes extensive use of adult survivors' first hand accounts of child abuse (sexual, physical, and psychological). Includes accounts of their attempts to tell and explores the effects of abuse on their adult lives. Includes experience of both men and women, and abuse by both sexes. Ends with outline of key stages in the counselling process and looks briefly at issues for workers.

Yes you can

Working with survivors of childhood sexual abuse

By Sarah Nelson & Sue Hampson

Pub. The Scottish Government, 2008

For people working with, or likely to be working with, survivors of childhood sexual abuse, with a particular focus on the impact that childhood sexual abuse can have on mental health and wellbeing.

Survivors' accounts and novels

Broken

By Shy Keenan

Pub. Hodder & Stoughton, London, 2008

Badly beaten and sexually abused from an early age she survived a horrific childhood, Shy Keenan went on to become the cofounder of Phoenix Survivors.

Colour purple, the

By Alice Walker

Pub. Women's Press, London, 1983

This novel is about sisters from the deep south of America. One of which Celie was raped by her father which resulted in the birth of her two children. The book follows her life and eventual happiness.

Courage to tell

Christian Survivors of sexual abuse tell their stories of pain and hope

Produced by CTBI, 1999

A good resource for christian survivors.

Cry hard and swim

By Jacqueline Spring

Pub. Virago, London, 1987

This is the true story of a woman who was abused by her father. The book describes her childhood, how as an adult she became involved in therapy, and how through talking to other women in incest survivors' groups she began to learn how common her feelings and conflicts were.

Don't: a woman's word

By Elly Danica

Pub. The Women's Press, London, 1988

This book describes the author's memories of abuse by her father and his 'friends'. Also explains how her mother was afraid and powerless to help. This is a very painful book to read clearly showing how children can be tricked, bullied and threatened into silence.

Handstands in the dark

A true story of growing up and survival

By Janey Godley

Pub. Edbury Press, UK, 2006

Janey's account of life with her family in the east end of Glasgow and dealing with abuse from her uncle.

I choose to live

By Sabine Dardebbe with Marie Theresa Cuny

Pub. Virago, London, 2005

A harrowing account of a young girl, who was abducted, sexually abused, raped and locked in a tiny room in a cellar in Belgium by the serial killer and child molester Marc Detroux.

I never told anyone

Writings by women survivors of child sexual abuse

Edit by Ellen Bass and Louise Thornton

Pub. Harper & Row, USA, 1983

A collection of stories and poetry written by survivors of incest and child sexual abuse. Distressing to read.

Sexualisation and Sexual Exploitation of Children and Young people

Advice to parents who are concerned that their child is in an exploitative relationship

Prepared by Adele L. Weir

Produced by Crop, England, 2004

This booklet gives information on what is an exploitative relationship and who is in danger. Includes information on warning signs and what parents can do.

A guide to parent support work

By CROP, Leeds

A workers guide to supporting parents affected by the sexual exploitation of their children.

Anchors in floating lives

Interventions with young people sexually abused through prostitution

Edit by Margaret Melrose with David Barrett

Pub. Russell House Publishing, 2004

Taking account of the commercial sexual exploitation of children and young people some of the issues this book addresses are: How these commercial practices have come about, how young people become involve, what needs to be done in practice in order to respond effectively to young people's needs.

Can't buy my love

How advertising changes the way we think and feel

By Jean Kilbourne

Pub. Touchstone, New York, 1999

The average American is exposed to over 3,000 advertisements a day and watches three years' worth of television ads over the course of a lifetime. Kilbourne paints a gripping portrait of how this barrage of advertising

drastically affects young people, especially girls, by offering false promises of rebellion, connection, and control. She also offers a surprising analysis of the way advertising creates and then feeds an addictive mentality that often continues throughout adulthood.

Getting real

Challenging the sexualisation of girls

Edit by Melinda Tankard Reist

Pub. Spinifex, Australia, 2009

This book brings together writers, advocates and academics including some of the most vocal critics of the widespread pornification of culture. They call corporations, the media and the sex industry to account for creating this toxic environment.

Living dolls

The return of sexism

By Natasha Walter

Pub. Virago Press, London, 2010

Empowerment, liberation and choice. Once the watchwords of feminism, these terms have now been co-opted by a society that sells women an airbrushed, highly sexualised and increasingly narrow vision of femininity. While the opportunities available to women may have expanded, the ambitions of many young girls are in reality limited by a culture that sees women's sexual allure as their only passport to success.

Parents, children and pimps

Families speak about sexual exploitation

A research report By CROP

Pub. CROP, Leeds, 2005

A research report.

The seduction of children

Empowering parents and teachers to protect children from child sexual abuse

By Christiane Sanderson

Pub. Jessica Kingsley, London, 2005

Addressing parents and teachers, this book aims to provide accurate information so that they can more easily identify children who are being abused and protect them from it.

Sexy.inc.

<http://films.nfb.ca/sexy-inc/>

Film clips and information on a documentary by Sophie Bissonnette which analyses the targeting of children through marketing and advertising, bombarding them with sexual and sexist images.

Stop she's my daughter

By Christine Miles

Pub. CROP, Leeds, 2007

Mothers of abuse victims share their stories of grooming and child sexual exploitation in the UK.

Your skirt's too short

Sex, power and choice

By Emily Maguire

Pub. The Text Publishing Company, Melbourne, Australia, 2010

Discusses sex, power and choice in the context of young women's lives, providing readers with the courage and the knowledge to tackle those issues head on.

Reading for Children and Young people

For younger children

Got to be me

By Merrill Harmin

Pub. Argus Communications, 1976

A colouring book for children, which gives children a chance to write about their feelings and thoughts.

I told my secret

A book for kids who were abused

By Eliana Gill

Pub. Launch Press, USA, 1986

This book will help parents/carers answer possible questions from children who have been abused.

Mousie

By Khadj Rouf

Pub. The Children's Society, London, 1989

Illustrated storybook for children 4–9 years, written by a survivor of abuse. Good.

My book my body

Pub. The Children's Society, London, 1989

A colouring book for children aged 4–11, which aims to help children talk about their feelings.

Rabbit's golden rulebook

By Pam Adams

Pub. Child's Play (International) Ltd, 1988

This story poses lots of relevant questions for children, the answers to which are the golden rules for keeping safe. (Particularly for very young children.)

Secrets

By Khadj Rouf

Pub. The Children's Society, London, 1989

An account of sexual abuse within a family told in illustrations. The author, who was abused, is of mixed race and has produced two versions of the story, one featuring a black family and the other white.

Something happened to me

By Phyllis E. Sweet

Pub. Mother Courage Press, USA, 1986

A story about children who feel bad, different and scared because something has happened, The story tells how children felt better after they told someone and were able to talk. This book is good in that it does not give any details of what happened so children can use the story to fit in with their own experiences.

Willow Street kids, the

By Michele Elliot

Pub. Bedford Square Press/NCVO, London, 1986

A collection of stories designed to help children deal safely with potentially dangerous situations.

For young people

Hear! We are!

By Young Survivors of Child Sexual Abuse

Pub. Dundee Rape Crisis Centre Young Women's Group, 1995

Poetry collection written by young survivors.

Hurting inside: a book for young people

By Lois Arnold & Anne Magill

Pub. The Basement Project, Abergavenny, 1998

This book is for young people who have experienced distress due to sexual, physical or emotional abuse. Covering feelings, problems with family, relationships, sexuality, self-esteem and self-harm. Also has a chapter on making a better life for yourself.

Out in the open: a guide for young people who have been sexually abused

By Ouaine Bain & Maureen Sanders

Pub. Virago Press, London, 1988

Very useful book whether for teenagers or adults. Positive and helpful and covers the main issues.

Shining through pulling it together after sexual abuse

For girls aged 10 and up

By Mindy B. Loisel & Leslie Bailey Wright

Pub. Safer Society Press, USA, 1997

This guide will help young girls explore their feelings. Could also help women understand the feelings they had as children. The book covers: feelings, coping, relationships, therapy, self-esteem, and body image.

Novels

Cherie

By Ann Bailey

Pub. Faber & Faber, 1994

Suzy and her father return home one night to discover that their house has been burgled and Cherie – Suzy's younger sister has been raped. Struggling with their own guilt at having left Cherie in the house alone, they attempt to resume their lives as if nothing has changed.

Happy endings are all alike

By Sandra Scopperttone

Pub. Pan, London, 1987

Follows the story of two young women who fall in love, and the effect of a rape attack on one, by a teenage boy they know. Touches on the difficulties of telling and being believed when you are raped by an acquaintance.

Pinballs, The

By Besty Byers

Pub. Puffin Books, London, 1988

Callie, Harvey and Thomas J. are foster children from different homes, but all have one thing in common, like pinballs with no control where they bounce. A story of young people's confusion on finding themselves uprooted from familiar, if problematic situations.

Push me pull me

By Sandra Chick

Pub. The Women's Press, London, 1987

The story of a young girl who is raped by her stepfather. Describes how this abusive behaviour makes it almost impossible for the girl to feel close to her mother.

Working with Children and Young People

Advice on talking with children

Keeping safe: a practical guide to talking with children

By Michele Elliot

Pub. Coronet Books, London, 1994

Gives practical suggestions and examples of how and when to discuss sexual abuse with children.

No more secrets for me

Helping safeguard your child against sexual abuse.

By Orlee Wachter

Pub. Penguin, UK, 1985

No more secrets: protecting your child from sexual assault

By Caren Adams & Jennifer Fay

Pub. Impact USA, 1981

Topics covered include what is child sexual assault, where to begin talking to children, hints on what to say, games to help in protection. Also a chapter on how children may tell or show they have been abused.

No is not enough: helping teenagers avoid sexual assault

Pub. Impact, USA, 1984

Offers advice for parents on how to raise the issues of abuse, and possible ways of answering common questions.

Where do I start: a parents guide to talking to teenagers about acquaintance rape

By Py Bateman & Gail Stringer

Pub. Kendall Hunt, USA, 1984

This booklet looks at acquaintance rape, different gender perceptions, peer pressure, what do teenagers need to know etc. Gives suggestions on how to raise such issues with teenagers and brief section on what to do if your child is abused.

Awareness programmes

Feel Think Do

Sexual abuse prevention programme

Produced by NHS Forth Valley Health Promotion Department, 2006

An awareness programme developed for working in primary schools to address personal safety and sexual abuse prevention. The pack includes a DVD and information on running a parents/carers section. This pack cannot be used unless you have attended training with Forth Valley Health Promotion. For further details please email: maryscottwatson@nhs.net pamela.vannan@nhs.net

Feeling Yes Feeling No

Running Time 43 minutes

Produced by Viewtech Educational Media, 1984

This DVD promotes a Canadian sexual assault awareness programme in schools. There is a 20-minute adult version, very useful in work with children and/or parents to prompt discussion on risk of sexual assault. Also can be used for work with non-abusing parents. Is accompanied by notes.

Taking care

Preventing child sexual abuse

By Clodagh Corcoran

Pub. Poolbeg Press, 1987

For parents and all adults who care about the wellbeing of children. The author believes 'an informed child is a safe child' and gives guidelines and prevention tactics for children of all ages. A useful practical book, which has plenty of general advice.

The Stay Safe Project

By Moira Anderson Foundation, Airdrie, Scotland, 2010

This resource pack for teachers and trainers is part of the Stay Safe Project to help prevent child sexual abuse and to empower young people to protect themselves by using protective Behaviour strategies. Please contact Moira Anderson Foundation for further information on this pack www.moiraanderson.org

Wee VIP Project, The

Abuse prevention programme for pre-school children and their parents.

Produced by Eighteen and Under, Dundee, 1999

This pack aims to increase the confidence and skills of parents in speaking with their children about keeping safe, and to increase the ability of young children to deal with potentially abusive situations.

Working with Abused children

Anti-colouring book, The

By Susan Striker & Edward Kimmel

Pub. Scholastic, 1989

Play book for children with drawings and word exercises. Can be used to ascertain what is good and bad in children's lives. It could therefore be used to find the impact of abuse on the child and what their worries and concerns are.

Be aware

Supporting young survivors of abuse

By Laurie Matthew

Pub. Wee VIP Publication, Dundee, 2001

Written in layman's terms and aimed at parents, carers, workers, friends and family. This book is intended to raise awareness and assist people who come into contact with young survivors to be better equipped to understand the many issues involved in providing support.

Cartwheels

A workbook for children who have been sexually abused

Ages 10–13

By Phyllis Spinal-Robinson, L.C.S.W. and Randi Easton Wickham, L.C.S.W.

Pub. Jalice Publishers, USA 1993

Helps children and their therapists to talk about the sexual abuse that they have experienced, and also helps them to understand their feelings.

Cartwheels

Therapists guide

By Phyllis Spinal-Robinson, L.C.S.W. and Randi Easton Wickham, L.C.S.W.

Pub. Jalice Publishers, USA, 1993

Provides an explanation of the purpose of each exercise in the workbook for children (above), plus suggestions of how to use them to supplement therapy.

Feeling good again

A workbook for children who have been sexually abused

By Burt Wasserman

Pub. The Safer Society Press, USA, 1998

A good resource for working with abused children that has sections on: dealing with your feelings, from victim to survivor, feeling good again. The last section 'More questions' deals with such issues as: anger, sexuality, telling friends etc. Also includes a guide for parents and therapists.

Jimmy and the Island of Magic

Pub. The Wider Circle Publication, Belfast, 2009

A book, which aims to help children deal with sensitive issues.

Molly mop and the little wizard

By Michael A Westland & Eamon McGreave

Pub. Workforce Training Services, Belfast, 2009

A book to help children deal with their feelings which includes notes for adults working with children.

My feeling better workbook

Help for kids who are sad or depressed

By Sara Hamil, LCSW

Pub. Instant Help Books, A Division of New Harbinger Publications Inc. USA, 2008

The activities in this book help children to explore their feelings.

Helping abused children

A book for those who work with sexually abused children

By Patricia Kehoe

Pub. Parenting Press, USA, 1988

Provides basic background information on child sexual abuse, child development, and the ways in which young children respond to sexual abuse and its aftermath. Includes guidelines for using the storybook 'Something happened and I'm scared to tell' – see reading for children & young people – books for younger children.

Helping strategies for child sexual abuse

By Celia Doyle

Pub. Whiting & Birch, London, 1997

Aimed both at those who work with abused children and those who may come across the problem occasionally. It provides an introduction to the different types and settings of abuse and the difficulties faced by children. The importance of 'believing children' is emphasised.

My own thoughts and feelings (for boys)

By Wendy Deaton M.A.

Pub. Hunter House Inc., USA, 1993

A workbook about exploring feelings also included is a guide for therapists.

My own thoughts and feelings (for girls)

By Wendy Deaton M.A.

Pub. Hunter House Inc., USA, 1993

A workbook about exploring feelings also included is a guide for therapists.

Play therapy with abused children

By Ann Cattanach

Pub. Jessica Kingsley, London, 1992

Clear and easy to use, which balances factual information and case material. Covers emotional, physical and sexual abuse.

Poppies on the rubbish heap: sexual abuse the child's voice

By Madge Bray

Pub. Cannongate Press

Madge Bray expresses openly and honestly her own personal development as a practitioner and provides an interesting account of the difficulties she faced in developing a strategy of working with abused and disturbed children.

Windows to our children

By Violet Oaklander

Pub. Gestalt Journal Press, USA, 1989

Outlines techniques for art therapy with children and adults. It covers drawings and work with clay, puppets, and music relaxation drama therapy, play therapy. It also looks at problems such as aggression, hyperactivity, withdrawn behaviour etc.

Working with abused children

By Celia Doyle

Pub. BASW, 1990

A large part of this book is devoted to giving practical suggestions for therapy with abused children through individual, family and group work. The last chapter is devoted to long-term effects of abuse and the help that can be given to adults who have abused children.

Children and young people who sexually abuse others

Challenges and Responses

Edit by Marcus Erooga & Helen Masson

Pub. Routledge, Oxon, 1999

Presents key research findings about incidence, prevalence and characteristics of young sexual abusers. The text includes issues such as policy and service development, sexually aggressive children (those under 10 years) and female adolescent sexual abusers; evaluating treatment of outcomes in relation to young abusers, and issues around empowered and empowering practice in this area of work.

Facing the future

A guide for parents of young people who have sexually abused

By Simon Hackett

Pub. Russell House Publishing, UK, 2001

This guide can be used as: a stand-alone source of practical advice and support for parents or as a resource to be used flexibly and selectively by practitioners. Each chapter includes a mixture of description of key issues, practical information and advice, case examples and summary points.

Stop!

Just for kids

For kids with sexual touching problems – by kids with sexual touching problems

Adapted from the original writings by Terri Alfred M.T.S and Gary Burns M.S.

Pub. Safer Society Press, USA, 1997

Based on a book written voluntarily by a group of 10 to 13 year old boys in a residential treatment programme for young sex offenders.

For carers of sexually abused children

Children and trauma

A parents guide to helping children heal

By Cynthia Monahan

Pub. Lexington Books, New York, 1993

This book explains the effects of trauma on children and offers parents help in restoring their child's sense of safety. Also discusses when professional help is needed.

Helping your child recover from sexual abuse

By Caren Adams & Jennifer Fay

Pub. University of Washington Press, Seattle, 1987

Covers: believing your child; legal system family and friend responses; children's reactions; rebuilding self esteem; sexuality self possession; and moving on.

Includes lists of any difficulties, which may arise, and practical suggestion on how you could respond. Helpful for parents of abused children.

Spiders and flies: help for parents and teachers of sexually abused children

By Donald Hillman & Janice Solek-Tefft

Pub. Lexington Books, USA, 1988

Aims to provide parents and teachers of sexually abused children with specific strategies they can use to help alleviate stress and improve coping skills, for themselves and the children. Contains some useful advice.

When your child has been molested: a parent's guide to healing & recovery

By Katherine B. Hagans & Joyce Case

Pub. Lexington Books, USA, 1990

Designed to help adults cope with the sexual abuse of their child. Deals with incest and child sexual abuse, the effects and procedures if reported (from an American viewpoint). It does not consider gender issues; there is however, some very useful material in the book that would help non-abusing parents work with their children.

Ritual Abuse

Out of darkness

Exploring Satanism & ritual abuse

By David K. Sakheim & Susan E. Devine

Pub. Lexington Books, New York, 1992

This text looks at extent of satanic cults and asks if there is a correlation between satanism and child abuse. The authors bring together researchers in forensic psychiatry, multiple personality and dissociative disorders, traumatic stress, and religious studies, as well as an FBI agent and two ritual abuse survivors, to offer a balanced view.

The politics and experience of ritual abuse

Beyond disbelief

By Sara Scott

Pub. Open University Press, UK, 2001

The Politics and Experience of Ritual Abuse has been written for anyone interested in the specific controversy over ritual abuse, including students and researchers in criminology, social work, sociology and women's studies.

Treating survivors of Satanist abuse

Edits Valerie Sinason

Pub. Routledge, London, 1994

Disclosing satanist abuse often meets with disbelief and denial. Professionals, working with the problem, join together in providing essential information and practical advice for others working in this disturbing field.

Practice, Research and Theory

Overview

Best kept secret, the

By Florence Rush

Pub. McGraw-Hill, USA, 1991

This book is very comprehensive, looks at the roots of child sexual abuse e.g. through fairy tales. Looks at the Freudian cover up, sex education and the child molester, child prostitution, sexual abuse of boys etc. Contains many stories from survivors of abuse.

Incest, fact and myth

By Sarah Nelson

Pub. Stramullion, Edinburgh, 1987

This book gives an excellent introduction to the realities of incest and sexual abuse. Covers facts and figures on incidence, age of the victims, offenders and consequences. Deals with 'myths' of incest such as seductive children, collusive mothers, and uses examples to expose how misleading and damaging such myths are. This is a good book for anyone wanting a general 'overview' of this area.

Sexual abuse of children, the

By Miriam Saphira

Pub. Papers Inc., USA, 1985

This book gives a general 'overview' of the realities of child sexual abuse. It looks at myths indicators, the offenders, incest, effects, major issues in counselling and prevention.

Research

Adult male survivors of childhood sexual abuse

By Kim Etherington

Pub. Pitman Publishing, London, 1995

Presents recent research findings from in-depth interviews with adult men who were abused in childhood. Addresses current controversies such as 'false memory syndrome', and discusses therapeutic issues for working with and providing care and help for male survivors.

An exploratory study of the prevalence of sexual abuse in a sample of 16–21 year olds

By Liz Kelly, Linda Regan and Sheila Burton

Pub. Child Abuse Studies Unit, University Of North London, 1991

Report of a research project, which interviewed 1244 young adults. Details of the main findings, and conclusions drawn from the research.

A source book on child sexual abuse

By David Finklehor

Pub. Sage, USA, 1987

Review of research on different aspects of child sexual abuse. Very useful, both for giving an overview of current ideas and a source of references for further reading.

Child sexual abuse: New Theory and Research

By David Finklehor,

Pub. The Free Press, USA, 1984

A very important book based on work with survivors, and on recent research. This book looks at victims, abusers, how the public defines sexual abuse, boys as victims' women as perpetrators, long-term effects and professional responses. Also includes a chapter on "preconditions for abuse".

Hearing the truth: The importance of listening to children who disclose sexual abuse

By NCH Action for Children

Pub. NCH, London, 1996

Research carried out by NCH Action for Children into the experiences of adult survivors of child sexual abuse. Includes discussion of research findings and appropriate policy response.

Home truths about child sexual abuse: A reader

Edit by Catherine Itzin

Pub. Routledge, London, 2000

This book brings together the findings and research and clinical work by leading figures in the UK and USA. It makes visible the prevalence of sexual abuse and exploitation of children by heterosexual men, both within and outside the family. Aimed at professionals, researchers and policy makers.

Is there a correlation between child sexual abuse and domestic violence? An exploratory study of the links between child sexual abuse and domestic violence in a sample of interfamilial child sexual abuse cases

By Janette Forman

Pub. Women's Support Project, 1994

The report of a study of 20 women from Glasgow and the surrounding area, whose children had been sexually abused by their partner. This report will help to gain further understanding of the links between domestic violence and child sexual abuse. This report is available to download online from www.womenssupportproject.co.uk

Remodelling life in the aftermath of child sexual abuse A study exploring the support needs of sexually abused children, young people and non-abusing parents

By Dr Wendy Guthrie on behalf of the Women's Support Project, 2004

This research is based on the experiences of those who have had to deal with the issues. Highlights the dilemmas for those involved in knowing what actions to take.

Splintered lives: Sexual exploitation of children in the context of children's rights and child protection

By Liz Kelly, Rachel Wingfield, Sheila Burton & Linda Regan

Pub. Barnardos, London, 1995

An excellent overview and background information. Especially recommended for policy makers.

The ethics of survivor research

Guidelines for the ethical conduct of research carried out by mental health service users and survivors

By Alison Faulkner

Pub. The Policy Press, Bristol, 2004

Guidelines to assist researchers, trainers in research skills and interviewers working from the perspective of mental health users and survivors.

The male survivor: the impact of sexual abuse

By Matthew Parynik Mendel

Pub. Sage, USA, 1995

This book includes an original study of male survivors of child sexual abuse, based on questionnaire responses of 124 men. Includes a brief history of the topic of child sexual abuse, literature on the prevalence, and descriptive characteristics of male sexual abuse and understanding the impact of sexual abuse on males.

The secret trauma

Incest in the lives of girls and women

By Diana E. H. Russell

Pub: Basic Books, (Revised Edition), New York, 1987

Describes her study in five parts: study, problem, victims, perpetrators, and families, which involve all the relevant aspects. Includes case examples in each section.

Theory

Child Sexual Abuse

By Danya Glaser & Stephen Frosh

Pub. MacMillan Education, London, 1993

An extremely practical book written for all professionals involved with the care, protection and treatment of children. For this second edition, the authors have included new developments in theory and research and taken account of legal changes that have substantially altered the practice of all professionals working with sexually abused children.

Child sexual abuse: feminist perspectives

Eds Emily Driver & Audrey Droisen

Pub. MacMillan. 1989

This book looks at theories and practice in respect of child sexual abuse. As well as providing a realistic analysis as a basis for action, the book provides practical

advice on detecting child abuse, a checklist of offenders' behaviour ideas for organising in adult groups, and guidelines for working with children and young people particularly from black and ethnic minorities.

Creative Responses to Child Sexual Abuse: challenges and dilemmas

Edited by Sue Richardson and Heather Bacon

Jessica Kingsley Publishers, 2001

Using case studies and testimonies from children this book challenges attitudes of child blame and promotes a child centred approach. In addition, Richardson and Bacon have highlighted the dilemmas experienced by workers and the effect this has on support for children. Drawing on their experience in Cleveland, they liken the experience of workers, who are sidelined for believing children to the pressure experienced by children, who have no voice, a recurring theme throughout the book.

Lasting Effects of Child Sexual Abuse

Ed Wyatt and Powell

Pub. Sage USA, 1988

This is a book for professionals. It is largely made up of psychological studies and for the most part will not be accessible to the lay reader. Having said that, there are one or two excellent contributions which deserve to be read in the post-Cleveland atmosphere, notably Roland C. Summit's paper entitled "Hidden victims, Hidden Pain Societal Avoidance of Child Sexual Abuse". Which goes into the reasons why abusers are protected at the expense of children and the adults who believe them.

Framing abuse

Media influence and public understanding of sexual violence against children

By Jenny Kitzinger

Pub. Pluto Books, London, 2004

Shows how the media influences the ways we perceive and deal with child sexual abuse.

Unofficial secrets: the Cleveland case

By Beatrix Campbell

Pub. Virago, London, 1988

An important book which looks at ways in which the police, social workers, doctors and other health workers reacted to the problem of child sexual abuse during the "Cleveland Crisis". Also looks at the role of the press, how individual

workers were blamed for the problem and at the lack of discussion on why such child sexual abuse happens. Well worth reading.

DVDs

Mysterious skin

101 minutes

A teenage hustler and a young man obsessed with alien abductions cross paths, together discovering a horrible, liberating truth. Harrowing film, but excellent portrayal of how young men survivors of child sexual abuse deal with this experience in different ways.

The Woodsman

84 minutes

A child sex abuser returns to his hometown after 12 years in prison and attempts to start a new life. Given the limited material looking at child sex abusers and the context in which they abuse, this film deals with the issue in a measured way. Good to show to prompt discussion and raising awareness.

Deliver us from evil

99 minutes

A documentary about Father Oliver O'Grady, a Catholic priest who was relocated to various parishes around the United States during the 1970s in an attempt by the Catholic Church to cover up his rape of dozens of children.

Useful national help lines and contacts

Childline

Freephone 0800 11 11

www.childline.org.uk

Telephone help line for children and young people in the UK to talk about any problem.

CEOP

0870 000 3344

www.ceop.police.uk

The Child Exploitation and Online Protection (CEOP) Centre is dedicated to eradicating the sexual abuse of children. That means we are part of UK policing and very much about tracking and bringing offenders to account either directly or in partnership with local and international forces.

CROP

www.cropuk.org.uk

CROP's (Coalition for the Removal of Pimping) prime aim is to support those who suffer from sexual exploitation. It works with parents, carers and those victimised by pimps to enable them to resist and break free, to repair the damage and recover the possibilities of a secure life.

In Care Survivors Scotland

Freephone 0800 121 6027

www.incaresurvivors.org.uk

The In Care Survivors Service Scotland, a partnership led by Open Secret, is a new support service for adults who suffered childhood abuse in care and their families.

Moira Anderson Foundation

Telephone: 01236 602890

www.moiraanderson.org

Provides help and support to children and adults who have been affected by childhood sexual abuse.

MOSAC

(Supporting non-abusing parents and carers of sexually abused children)

Freephone 0800 980 1958

www.mosac.org.uk

National helpline supporting all non-abusing parents and carers whose children have been sexually abused.

NAPAC (National Association for People Abused in Childhood)

Freephone 0800 085 3330

www.napac.org.uk

Provides a national support line.

NSPCC

Freephone 0808 800 5000

www.NSPCC.org.uk/Helpline

The NSPCC Helpline is a service for anyone concerned about the safety or welfare of a child. You can contact the helpline 24 hours a day, seven days a week by phone, email or online.

NSPCC National Child Trafficking Advice And Information Line (CTAIL)

Freephone 0800 107 7057

www.nspcc.org.uk/Inform/resourcesforprofessionals/ctail/child_trafficking_advice_and_information_wda77600.html

CTAIL is a specialist service for anyone working with children who may have been trafficked.

Parentline Scotland

Freephone 0808 800 2222

www.children1st.org.uk

Helpline for parents and carers of children and young people which provides an opportunity to talk over issues relating to bullying, behaviour problems, effects of physical or sexual abuse.

Rape Crisis Scotland

National Helpline Freephone 08088 01 03 02

www.rapecrisisscotland.org.uk

Information and support to anyone aged 13 and over who has experienced sexual violence. Also provides support to family, friends and workers of survivors to help them in their supportive role.

Ritual Abuse Network Scotland

www.rans.org.uk

Useful resource for anyone connected with ritual abuse, be they survivors, counsellors, or concerned friend.

SAY Women

Telephone: 0141 552 5803

www.say-women.co.uk/enquiries@say-women.co.uk

Offers safe, supported accommodation and related services for single young women, aged 16-25 years, who are homeless or threatened with homelessness and have disclosed childhood sexual abuse, rape/sexual assault. Also offers crisis support for young women and men survivors, aged 16-25 years, who are living in wider homelessness network and support to staff working with survivors.

Scottish Child Law Centre

Freephone for under 18s 0800 328 8970

www.sclc.org.uk

Free legal advice for under 18s about any aspect of the law relating to children and young people.

Stop It Now

Freephone 0808 1000 900

www.stopitnow.org.uk

If you suspect that someone you know is sexually abusing a child, or if you are worried about your own thoughts or behaviour towards children you can call for confidential advice.

SurvivorScotland

A national strategy for survivors of childhood sexual abuse

www.survivorscotland.org.uk

Provides helpful information to those affected by child abuse.

Survivors UK National Helpline

Telephone 0845 122 1201

www.survivorsuk.org

Information, support and counselling for men who have been raped or sexually abused.

How to contact the Women's Support Project

Our telephone line (0141 552 2221) is normally open from 10.00am–4.00pm, on Monday, Tuesday, Thursday and Friday, and from 2.00pm–4.00pm on Wednesday.

We are not able to offer a drop in service. If you would like to visit the Project, whether for support or to access the Resource Library, please write, email or phone to ask for an appointment. Our office at 31 Stockwell Street is wheelchair accessible by lift. If you require an interpreter and would like us to arrange this, please let us know when you ask for an appointment.

Copies of the Project's policies, including confidentiality, complaints, child protection and equal opportunities, are available on request. If you would like to be added to our mailing list for information on events and training, then please get in touch.

For further information on the resource library, or to arrange a visit, please ask for Isabell Robertson.

Women's Support Project
31 Stockwell Street, Glasgow G1 4RZ
tel: (0141) 552 2221
fax: (0141) 552 1876
email: wproject@btconnect.com
www.womenssupportproject.co.uk

Women's Support Project 2010

Thanks to NHS Highland and Soroptimist International Glasgow
for financial support for this publication.

