

women's support project

RESOURCE LIST: VIOLENCE AGAINST WOMEN AND CHILDREN



Don't get heartbroken by Amy Blatchford

WORKING AGAINST VIOLENCE AGAINST WOMEN AND CHILDREN

The Women's Support Project provides a telephone support and information service on violence against women. We also offer direct support to women who have experienced male violence, or whose children have been sexually abused. We have a resource library that is available to those affected by violence, as well as to members of community groups, professionals, students and researchers.

The resource library includes information on:

- Child sexual abuse and incest
- Support for women whose children have been sexually abused
- Sexual abuse of boys/information for male survivors of childhood abuse
- Domestic abuse
- The impact of domestic abuse on children
- Rape/sexual violence
- Sexual harassment
- Prostitution, pornography and other forms of commercial sexual exploitation
- Self-confidence and self-esteem
- Self-injury
- Overcoming the effects of violence and abuse.

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

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 a 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 contact details.

Violence Against Women and Children

The resources listed here are intended to give a 'flavour' of the range of materials available on men's violence against women and children. This includes child sexual abuse, incest, rape and sexual violence, domestic abuse and commercial sexual exploitation. If you do not see the information you are looking for, you are welcome to contact us for further information. All these resources are available on loan from the Women's Support Project. You can also request books through your local library.

Violence Against Women - General

Defining Violence

Understanding the causes and effects of violence

Edited By Hannah Bradby

Pub. Ashgate Publishing Ltd England, 1996

These papers explore the ways that different forms of violence might be interconnected in their effects as well as in their causes.

Feminist Frameworks

Building theory on violence against women

By Lisa S. Price

Pub. Basics from Fernwood Publishing, Canada, 2005

A comprehensive analysis of the nature and meanings of men's violence against women and children.

From Homebreakers to Jailbreakers: Southall Black Sisters

Edit By Rabila Gupta

Pub. Zed Books, England, 2003

Makes the connections between race, gender and class and ensures that a neglected area of current feminist debate is not lost to history.

Surviving Sexual Violence

By Liz Kelly

Pub. University of Minnesota Press, USA 1988

An excellent book based on in-depth interviews with 60 women, which covers women's experience of sexual violence

Violence And Abuse In The Lives Of People with Disabilities. The end of silent acceptance?

By Dick Sobsey

Pub. Brookes Publishing, 1994

What are the measures that can be taken to prevent, or at least limit, the risk of abuse? This book is aimed at two groups, first information on prevention for parents and people involved with services. Second for the use of police, child protection workers and others involved in abuse prevention and intervention.

Child Sexual Abuse – for adults

Allies In Healing

When the person you love was sexually abused as a child

By Laura Davis

Pub. Harpercollins, 1991

Offers practical advice and encouragement to all partners – girlfriends, boyfriends, spouses and lovers to support the survivors in their lives while tending to their own needs along the way.

Beginning To Heal

A first guide for female survivors of child sexual abuse

By Ellen Bass & Laura Davis

Pub. Cedar, London, 1993

A helpful easy-to-read guide through the key stages of the healing process.

Breaking Free

Help for survivors of child sexual abuse

By Caroline Ainscough and Kay Toon

Pub. Sheldon Press, London, 2000

This manual is designed to help survivors of child sexual abuse. Explores effects of child sexual abuse, which often persist into adult life – guilt and shame, depression and anxiety, eating disorders, fear of relationships and sexual problems.

Breaking Free Workbook

Practical help for survivors of child sexual abuse

By Caroline Ainscough and Kay Toon

Pub. Sheldon Press, London, 2000

With more emphasis on practical exercises than “Breaking Free”, the workbook offers survivors and supporters help to explore the impact of child sexual abuse.

Surviving Child Sexual Abuse

A handbook for helping women challenge their past

By Liz Hall and Siobhan Lloyd

Pub. The Falmer Press, London, 1993

Examines what sexual abuse entails for a child and why it happens. Personal and professional issues for helpers are addressed as are the long-term effects of sexual abuse. Useful for setting context in work with child or adult survivors.

Strong Mothers

A resource for mothers and carers of children who have been sexually abused

By Ann Peake & Marion Fletcher

Pub. Russell House Publishing, Dorset, 1997

Aims to give support and information to women whose children have been sexually abused. Includes quotes from mothers of sexually abused children.

Victims No Longer

Men recovering from incest and other sexual child abuse

By Mike Lew

Pub. Harper & Row, USA, 1990

A handbook for recovery for men who experienced childhood sexual abuse, and for the people who care for them.

Child Sexual Abuse – Children And Young People

Back On Track

Boys dealing with sexual abuse, for boys aged 10 and up

By Leslie Bailey Wright, Mindy B. Loiselle, David Calof

Pub. Atlantic Books, 1999

Written for victims and their families, it addresses male victims' major concerns sensitively and supportively while offering practical and helpful advice on the recovery process

Helping Your Child Recover From Sexual Abuse

By Caren Adams & Jennifer Fay

Pub. University of Washington Press, Seattle, 1987

Explains what actions to take when child abuse is discovered, and discusses common behaviour changes, such as grief and lack of self-esteem.

Hurting Inside

A book for young people

By Lois Arnold & Anne Magill

Pub. The Basement Project, Abergavenny, 1998

Information and advice for young people who have been abused or neglected in any way.

No More Secrets

Protecting your child from sexual assault

By Caren Adams & Jennifer Fay

Pub. Impact USA, 1983

Advises parents how to recognise the behavioural symptoms of an abused child, and recommends practical ways to talk to children about sexual abuse and what they can do to avoid it.

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 2nd Edition, 1997

A superb guide for young girls that can also help women understand the feelings they had as children. Includes material on body image and self-esteem.

Commercial Sexual Exploitation

Fiona's Story

A tragedy of our times

By Irene Ivison

Pub. Virago, London, 1997

Fiona, the author's daughter had fallen through the social net and ended up in the hands of a pimp. Details the failure of the care and justice systems to challenge the abuse of children and young women in prostitution.

The Idea of Prostitution

By Sheila Jeffreys

Pub. Spinifex, 1997

This work explores the idea of men's entitlement to abuse and profit from the abuse of women in prostitution.

Prostitution, Trafficking and Traumatic Stress

By Melissa Farley (Ed)

Pub. The Haworth Press, USA, 2003

The book presents clinical examples, analysis and original research which sets out to counteract the commonly held myth about the harmlessness of prostitution. It explores the connections between prostitution, incest, sexual harassment, rape and assault.

Getting Off

By Robert Jensen

Pub. South End Press, USA, 2007

Robert Jensen launches a powerful critique of mainstream pornography.

Pornography. The production and consumption of inequality

By Gail Dines, Robert Jensen and Anne Russon

Pub. Routledge, New York, 1998

An empirical investigation of the pornography industry itself. The authors engage in a systematic examination of the politics, production, content and consumption of contemporary mass-market heterosexual pornography.

Domestic Abuse

Breaking Through

Women surviving male violence

Pub. Women's Aid Federation, UK, 1991

The thoughts of a group of women with personal experience of male violence, during a year when they met to share their experiences and responses.

Domestic Violence And Child Protection. Directions for good practice

Edited By, Catherine Humphreys and Nicky Stanley

Pub. Jessica Kingsley, London, 2006

Leading practitioners and researchers outline the essential safety considerations for children, adult victims and child protection workers, and stress the importance of listening to children's experiences.

Getting Free

You can end abuse and take back your life

By Ginny Nicarity

Pub. Seal Press, USA, 1997

A guide for women who experience domestic abuse.

Dragon Slippers

This is what an abusive relationship looks like

By Rosalind Penfold

Pub. Grove Press, Black Cat, UK 2006

A very good book in comic strip style that will help the reader to understand the complexities of domestic violence, based on one woman's experience.

Coercive Control

By Evan Stark

Pub. Oxford University Press, New York, 2007

Evan Stark argues that interventions have failed to improve women's long-term safety in relationships or to hold perpetrators accountable. Stark identifies a form of subjugation that men use in abusive relationships that closely resembles kidnapping or indentured servitude. He calls this pattern "coercive control".

Childhood Experiences Of Domestic Violence

By Caroline McGee

Pub. Jessica Kingsley, London, 2000

Focuses on first-hand accounts from children and young people regarding their experiences of both domestic violence and support services.

Mothering Through Domestic Violence

By Lorraine Radford and Marianne Hester

Pub. Jessica Kingsley, London, 2006

Case studies are used to explore key issues that should be considered during assessment and planning, such as the psychological impact on children of living in an abusive household; mother and child protection from an abusive partner during court proceedings; and child contact with an abusive parent.

Rape and Sexual Assault

Free Of The Shadows

Recovering from sexual violence

By Caren Adams & Jennifer Fay

Pub. New Harbinger Publications Inc. USA, 1993

Describes the emotional problems faced by rape victims, tells how to handle the reactions of friends and family, and suggests a path to recovery.

I Never Called It Rape

By Robin Warshaw

Pub. Harper & Row, USA, 1988

Explores 'date' rape, including what it is, why it happens, and its impact on victims.

Recovering From Rape

Linda A. Ledray

Pub. Holt (Henry) & Co, U.S, 1994

Provides psychological and practical guidance to women coping with the aftermath of rape.

Overcoming the Effects of Violence and Abuse

The Woman's Comfort Book

A self-nurturing guide for restoring balance in your life

By Jennifer Loudon

Pub. Harper One, 2005

Every woman will find something in here to do which will make her feel better. This for example could mean 'hiding under the covers' for a day; the message in this book gives you permission to do this.

Making Sense Of Self Harm

By Lois Arnold and Anne Magill

Pub. The Basement Project, Abergavenny, 2000

A very useful book that helps us to understand why people self-harm and makes suggestions on how to respond and support someone who self-harms.

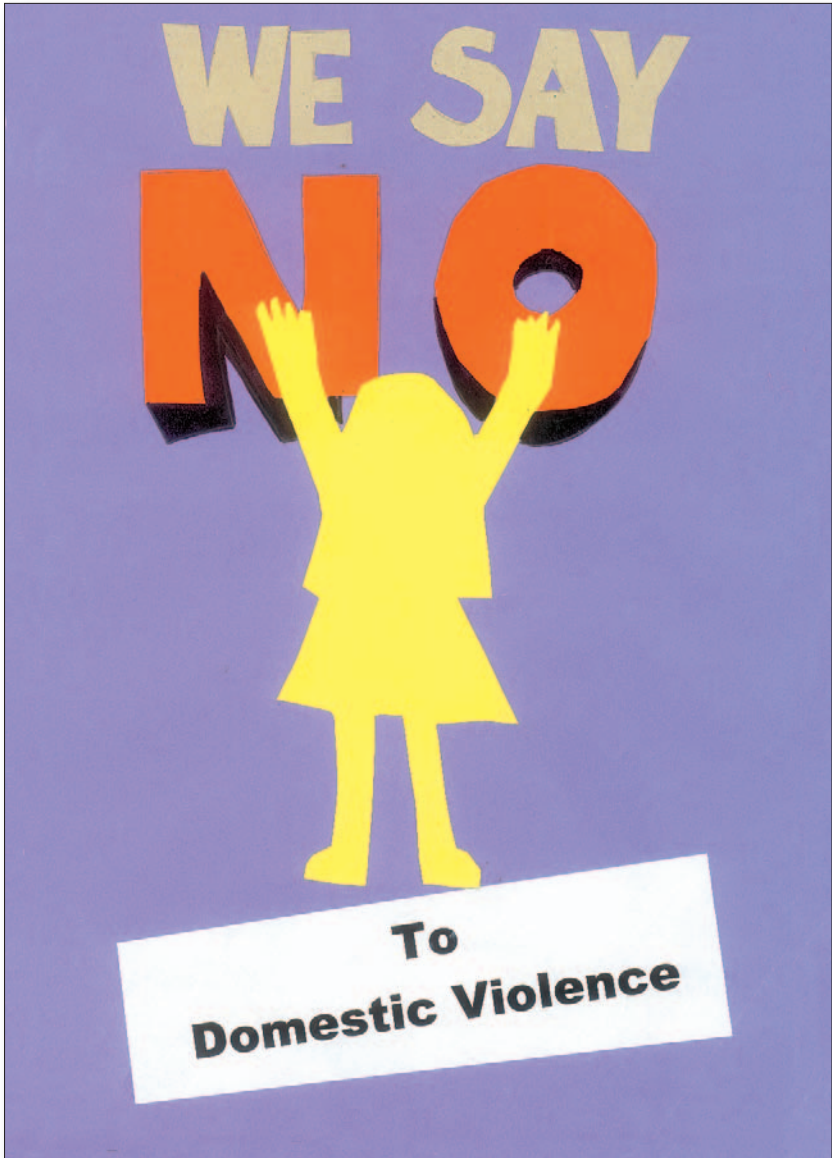
Managing Anger

Positive strategies for dealing with difficult emotions

By Gael Lindenfield

Pub. HarperCollins, 1996

Explains the effects of anger on bodies and minds and suggests strategies for preventing the build-up of frustration, and how to keep calm when faced with violent outbursts.



Communities working together can stop violence against women and children
by Rachel McIndoe

DVDs

Feeling Yes Feeling No

Produced by Viewtech Educational Media, 1984

Running Time 43 mins

The purpose of this DVD is to give children the skills necessary to protect themselves from sexual assault, whether from strangers and trusted adults.

Consent

Produced By Century Films, 2006

Running Time 60 mins

A film about rape. The first 40 minutes is a scripted drama followed by a 'trial', in front of a real judge and jury.

Let Me Tell You

Produced by Scottish Women's Aid, 2006

Running Time 17 minutes

Raises awareness of the issues that women and children experiencing domestic abuse face when trying to access support from agencies.

Love, Honour and Disobey

Produced by Faction Films, 2005

Running Time 61 mins

Tells the story of domestic violence in Britain's black and minority communities.

Hardcore

Produced By Principal Films, 2001

Running Time 60 mins

A documentary film about an English woman, Felicity, who went to Los Angeles with hopes of becoming a porn star. The reality was very different.

Not For Sale

Produced By European Women's Lobby and Coalition Against Trafficking In Women, 2006

Running Time 23 mins

Women who have been involved in prostitution challenge traditional views and myths on prostitution and sexual exploitation.



Don't suffer in silence – it won't stop the violence
by Shibra Abro (slogan by Paul Welch)

Helpful National Contacts

Scottish Domestic Abuse Helpline

Freephone 0800 027 1234

Information and support to those affected by domestic 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.

National Association for People Abused in Childhood

Freephone 0800 085 3330

www.napac.org.uk

Support for adult survivors of any kind of childhood abuse.

Survivors UK

0845 122 1201 (Local Rate)

www.survivorsuk.org

Support for male survivors of childhood sexual abuse

TARA

Glasgow Community and Safety Services

0141 276 8307

Trafficking Awareness Raising Alliance, and support for trafficked women.

Poppy Project

020 7840 7129 Referrals and outreach

020 7840 7148 Information and enquiries

www.eaves4women.co.uk

Support, information and accommodation for women who have been trafficked into prostitution.

Childline

Freephone 0800 11 11

www.childline.org.uk

For children and young people in the UK – to talk about any problem.

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.

Victim Support Scotland

Scottish Helpline

0845 6039 213 (*Local Rate*)

www.victimsupportsco.org.uk

Provides victims with free and confidential emotional and practical assistance and information about the criminal justice system.

Breathing Space

Freephone 0800 83 85 87

www.breathingspacescotland.co.uk

Free confidential advice phone line for anyone suffering low mood or depression.

Bristol Crisis Service For Women

National Helpline

0117 925 1119

www.users.zetnet.co.uk/bcsw

Confidential national helpline for women experiencing emotional distress, with a particular focus on self-injury.

How to contact the Women's Support Project

Our telephone line (0141 552 2221) is normally open from 10.00am–4.30pm, on Monday, Tuesday, Thursday and Friday, and from 2.00pm–4.30pm on Wednesday. Our minicom (0141 552 9979) allows deaf people to access our information service. See below for email and website details.

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.

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