

# MCMAHON/RYAN CHILD ADVOCACY CENTER

## Book and Website Resources for children, teens, parents and educators

**It is important to build children's self-esteem to combat child sexual abuse.**

I Am A Lovable Me! by Sharon Penching and Dr. Stuart Hoffman

Marvelous Me by Linda Schwartz (5&up)

I Like Myself by Karen Beaumont (PreK – 2)

I'm Gonna Like Me by Jamie Lee Curtis (4&up)

I Like Me by Nancy Carlson (2-6)

Incredible Me by Kathy Appett (PreK -2)

Just Because I Am by Lauren Murphy Payne (3&up)

When I Feel Good About Myself by Cornelia Maude Spelman (3&up)

The Invisible String by Patrice Kast

Love You Forever by Robert Munsch

The Twelve Gifts of Birth by Charlene Costanzo

Have You Filled a Bucket Today by Carol McCloud

**Books on feelings help build trust and communication.**

Alexander and the Terrible, Horrible, No Good Very Bad Day by Judith Viorst

The Way I Feel by Janan Cain (4&up)

When I Feel Angry by Cornelia Maude Spelman (3&up)

The Mad Family Gets Their Mads Out by Lynne Namka

I Love You All Day Long by Francesca Rusackas

Ready for the Day!/Ready to Play!/Ready for Bed by Stacey Kaye (3-8)

Today I Feel Silly and Other Moods That Make My Day by Jamie Lee Curtis

On Monday When It Rained by Cheryl Kachenmeister

My Mouth is a Volcano by Julia Cook

Will You Fill My Bucket? By Carol McCloud and Karen Wells

## **Books on personal boundaries teach children that “their body is their body”.**

My Body Belongs to Me by Jill Starishevsky (3-8)

I Said No! by Zack and Kimberly King (5&up)

Your Body Belongs to You by Cornelia Maude Spelman (3-6)

My Body is Private by Linda Walvoord (6-11)

Do You Have a Secret by Jennifer Moore-Mallinos

The Swimsuit Lesson by Jon Holsten

The Right Touch by Sandy Kleven, LCSW

## **Talking to children about their whole body is important so they feel comfortable talking to you and asking questions as they grow and mature.**

What’s the Big Secret? Talking about Sex with Girls and Boys by Laurie Krasny Brown, E.D. and Marc Brown

Amazing You: Getting Smart about Private Parts by Gail Saltz and Lynne Avril Cravath

Who Has What? All about Girls’ Bodies and Boys’ Bodies by Robie H. Harris and Nadine Bernard Westcott

## **Grief after a loss, a divorce or a traumatic event is important to deal with at any age.**

Sad Isn’t Bad, A Good-Grief Guidebook for Kids Dealing with Loss by Michaelene Mundy and R.W. Alley

Lifetimes, The beautiful way to explain death to children by Bryan Mellonie and Robert Ingpen

Samantha Jane’s Missing Smile, A Story About Coping with the Loss of a Parent by Julie Kaplow and Donna Pincus

When Dinosaurs Die, A Guide to Understanding Death by Laurie Krasny Brown and Marc Brown

A Terrible Thing Happened, A Story for Children who have Witnessed Violence or Trauma by Margaret M. Holmes and Cary Pillo

Tear Soup, A Recipe for Healing After Loss by Pat Schwiebert and Chuck DeKlyen

Two Homes by Claire Masurel

## **Books on criminal justice issues help children understand difficult family situations in an age appropriate way.**

To Tell The Truth by Brian Ogawa by Debbie Gollehon and Alexandra Rejzer

What Is Jail Mommy? by Jackie Stanglin

Margaret's Story by Deborah Anderson and Martha Finne (6-11)

What Will Happen To Me? by Howard Zehr and Lorraine Stutzman Amstutz

The Night Daddy Went to Jail by Melissa Higgins

My Daddy Is In Jail by Janet M. Bender, M.Ed.

Let's Talk About When Your Parent Is in Jail by Maureen K. Wittbold

## **RESOURCES FOR TEENS**

The Courage to Heal by Ellen Bass

Don't Tell: The Sexual Abuse of Boys by Michel Dorais

Invisible Girls: The Truth About Sexual Abuse by Patti Feuereisen

How Long Does It Hurt: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Families by Cynthia Mather

I Never Called It Rape: The Ms. Report on Recognizing, Fighting and Surviving Date and Acquaintance Rape by Robin Warshaw

Kids Helping Kids by Linda Lee Foltz

What Will Happen To Me? by Howard Zehr and Lorraine Stutzman Amstutz

## **RESOURCES FOR PARENTS**

### **Keeping Children Safe/Communication**

Off Limits: A Parent's Guide to Keeping Kids Safe from Sexual Abuse by Sandy K. Wurtele and Feather Berkower - go to [www.parentingsafechildren.com](http://www.parentingsafechildren.com)

The Five Love Languages of Children by Gary Chapman

Ready for the Day!//Ready to Play!//Ready for Bed! by Stacey Kaye

## **Dealing with the Aftermath of Sexual Abuse**

Helping Your Child Recover from Sexual Abuse by Caren Adams and Jennifer Fay

Adults Molested as Children: A Survivor's Manual for Women and Men by Bear and Dimock

The Mother's Book by Carolyn Byerly

When Your Child Has Been Molested: A Parent's Guide to Healing and Recovery by Kathryn Brohl and Joyce Case Potter

Kids Helping Kids by Linda Lee Foltz

Victims No Longer: Classic Guide for Men Recovering from Child Sexual Abuse by Mike Lew

The 5 Love Languages of Teenagers by Gary Chapman

What Will Happen To Me? by Howard Zehr and Lorraine Stutzman Amstutz

## **WEBSITE RESOURCES**

### **Child abuse prevention and safety education**

McMahon/Ryan Child Advocacy Center

[www.mcmahonryan.org](http://www.mcmahonryan.org)

Prevent Child Abuse, NY Chapter

[www.preventchildabuseny.org](http://www.preventchildabuseny.org)

Vera House

[www.verahouse.org](http://www.verahouse.org)

NYS Office of Children and Family Services

[www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)

Mandated Reporter Training website

[www.nysmandatedreporter.org](http://www.nysmandatedreporter.org)

National Center for Missing and Exploited Children

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

Free Spirit Publishing (books and resources for children and parents)

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

Parenting Safe Children (parenting website)

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

### **Bullying Prevention**

[www.stopbullyingnow.gov](http://www.stopbullyingnow.gov)

[www.childrenssafetynetwork.org](http://www.childrenssafetynetwork.org)

[www.p12.nysed.gov/dignityact](http://www.p12.nysed.gov/dignityact)

## **Internet Safety**

[www.netismartz.org](http://www.netismartz.org)

[www.getnetwise.org](http://www.getnetwise.org)

[www.stopitnow.org](http://www.stopitnow.org)

***\*Also, your school counselor, social worker, nurse and librarian are great resources!***