

# Book & Video Recommendations

FOR CHILDREN & TEENS

*These books and videos have all been read, reviewed, and discussed by advocates on our team. We hope they can provide helpful perspectives on the healing process and education on sexual violence for children and teens.*



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*If you have ideas for this list or recommendations you would like us to consider, please email [advocate@wichitasac.com](mailto:advocate@wichitasac.com)*



# Books for young children

## **Double Dip Feelings by Barbara S Cain - Illustrated by Anne Patterson**

"Double Dip Feelings" is about emotional recognition but simplifies the overly complicated process in experiencing multiple emotions at once. It is considerably helpful with child survivors who may have emotional attachments to their perpetrators.

## **A Terrible Thing Happened by Margaret M Holmes & Sasha J Mudlaff - Illustrated by Cary Pillo**

"A Terrible Thing Happened" is a wonderfully comfortable way to begin trauma-sensitive conversations with children. The main character is a personified raccoon experiencing trauma responses after an unnamed event.

## **The Swimsuit Lesson by Jon Holsten**

WASAC uses this book with young children in our Personal Safety Awareness Program. It is a great way for parents to start talking to their kids about body safety and has an excellent parent guide in the back as well!

## **I Said No by Kimberly King & Zack King - Illustrated by Sue Rama**

"I Said No" can be utilized in therapy or in the home as an active measure for prevention. It focuses on nurturing assertive behavior after education on various anatomy and appropriate/inappropriate touching.

## **Finding Sunshine After the Storm by Sharon A. McGee**

This workbook is an asset for children and parents who are processing child sexual abuse and surrounding responses and emotions. Sections focus on personal safety/awareness, self-esteem, boundaries and emotional recognition.

## **Let's Talk about Body Boundaries, Consent and Respect by Jayneen Sanders - Illustrated by Sarah Jennings**

An excellent book to read with preschool and elementary aged children that helps introduce the concepts of consent and respect. It also has a detailed parent's guide that helps parents talk to each scenario in the book.

## **Some Secrets Should Never Be Kept by Jayneen Sanders - Illustrated by Craig Smith**

Perpetrators often try to convince their victims to keep the abuse a secret or make them feel like it is their fault. Some Secrets Should Never Be Kept is a great way for parents and caregivers to start a discussion about safe touch and unsafe touch with their young children, or to reinforce these concepts with older children.



# Books for teens

## **The Sexual Trauma Workbook for Teen Girls by Raychelle Cassada Lohmann, PhD LPC & Sheela Raja, PhD**

This workbook addresses many areas in adolescent abuse healing. Focuses include: coping skills, PTSD, trauma responses, strengths-based learning and environmental support evaluation.

## **Speak by Laurie Halse Anderson**

"Speak" is a powerful story about a high-school teen named Melinda, who after a traumatic sexual assault and the ensuing aftermath, forcibly becomes silent. Through her journey, Melinda rediscovers her voice and discovers herself. *\*If you like "Speak", check out "Shout" by the same author.*

## **Moxie by Jennifer Mathieu**

A teen from a small Texas town, where football reigns supreme, ignites a feminist revolution in her school. Vivian would never have imagined that she would be the one to turn her school culture upside-down, but when she sees her female classmates and friends being put down, she finds the moxie to speak up and do something.

## **I Have the Right To... by Chessy Prout & Jenn Ableson**

After having her whole family displaced by a devastating earthquake in Japan, Chessy Prout is trying to start again in a new community. She thinks she has found a new community only to have her short-lived peace shattered by a sexual assault at the hands of an upperclassman. Chessy shares her journey from survivor to advocate and warrior in this autobiographical memoir.

## **The Way I Used to Be by Amber Smith**

A fictional story narrating a young woman's struggle with healing after sexual assault perpetrated by a close and trusted family friend. The dialogue is real and natural, supplying a voice that youth can comfortably relate to.



# Videos

## **An Experiment in Gratitude** <https://www.youtube.com/watch?v=oHv6vTKD6lg&feature=youtu.be&list=PLGZUEzTRsw67fZX7NVHS83HzO7-DuGgJC>

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This is an invigorating and very short visit on the power of gratitude related to personal happiness. The study engages folks in writing a letter to a person who most positively affected them and then instructed them to call these persons of personal impact. The results are quickly stated and evidence-based.

## **Miss Representation**

*Miss Representation* looks at how media portrayals of women relate to their under representation in positions of power. Popular media and our culture value women's worth based on their age, beauty, and sexuality rather than her abilities. Available on Amazon Prime, Netflix, or may be available for rental at your local library.

## **The Mask You Live In**

"Boys will be boys!" "Man up! Don't be a p\*\*\*\*!" "Boys don't cry!" These are messages that boys and young men hear throughout their lives. *The Mask You Live In* is a thought-provoking documentary that explores the ways our narrow definition of masculinity teaches boys and men that they have to "fit in" or face the consequences, rather than living authentically. Available on Amazon Prime, Netflix, or may be available for rental at your local library.

## **Tea & Consent** <https://www.youtube.com/watch?v=oQbei5JGiT8>

A short video that explains sexual consent using the serving of tea as a metaphor. This is a simple and fun way to understand and teach others about consent.