

Book & Video Recommendations

FOR PARENTS,
CAREGIVERS, LOVED
ONES, AND ALLIES

These books and videos have all been read, reviewed, and discussed by advocates on our team. We hope they can provide helpful perspectives on surviving sexual violence, its impact on families and communities, the healing process and how to be the best support we can be to those we love and care for.



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If you have ideas for this list or recommendations you would like us to consider, please email advocate@wichitasac.com

Books

Transforming a Rape Culture edited by **Emilie Buchwald, Pamela Fletcher & Martha Roth (multiple authors)**

"Transforming a Rape Culture" is an anthology that uses the help of diverse contributors ranging from activists, opinion leaders, theologians, policy makers, educators and authors of multiple genders to provide an understanding of sexual violence and its origins. Collectively it calls for cultural change and transformation of attitudes and beliefs about power, gender, race and sexuality.

We Believe You: Survivors of Campus Sexual Assault Speak Out by **Annie E. Clark**

"We Believe You" is a great compilation of campus sexual assault survivor stories. It allows the reader to tap into the personal experiences of survivors from all gender identities, races, religious backgrounds and sexual orientations. One focal point of this book are the responses from the colleges or universities if/when survivors chose to report and the consequences for the perpetrator or lack thereof. This book also provides ideas for how some activists, survivors and allies are working to bring more awareness to just how prevalent sexual assaults really are on college campuses and universities.

Allies in Healing by **Laura Davis**

By the same author who wrote "The Courage to Heal" and "Beginning to Heal", "Allies in Healing" is based on in-depth interviews and workshops with partners of sexual assault survivors. The book offers practical advice for those partners (girlfriends, boyfriends, spouses) trying to support the survivor they love while being attentive to their own needs along the way. Topics include basic knowledge on sexual abuse, communication, intimacy, sex, family issues, dealing with crisis, and attending to your own needs and feelings.

Not that Bad: Dispatches from Rape Culture by **Roxane Gay**

While it is likely that most of us have experienced some part of rape culture, some may not yet recognize it. If someone you love has experienced sexual violence, this book can help you start to identify rape culture and how it impacts all of us.

The Little Me-Too Book for Men by **Mark Greene**

This small, yet powerful 75-page book is a call to action inviting men to step out of silence and challenge toxic masculinity.

The Body Keeps the Score by Dr. Bessel van der Kolk

This book teaches us about trauma - how it shapes the brain and how that comes out in the lives of survivors of trauma. Although it is not a short book, the way in which the information is presented is interesting and keeps the reader engaged.

The Whole Brain Child by Daniel Siegel

In his book, Siegel discusses strategies to help foster healthy brain development in children so that they can lead a more balanced, meaningful, and connected life. He also provides age-appropriate strategies that deal with day-to-day struggles and illustrations that help to explain the neuroscience to your child.

You Can Help: A Guide for Family & Friends of Survivors of Sexual Abuse and Assault by Rebecca Street

"You Can Help" is a perfect asset to survivors and their allies. It is written in a way that is theoretically intact and evidence-based, without being overtly dense. The first section consists of simple small chapters with brief helpful bullet points at the end. The second section contains trauma narratives from various perspectives.

Videos & Podcasts

Brene Brown on Empathy <https://www.youtube.com/watch?v=1Ervwgu369Jw>

In this short video, Brown illustrates the difference between empathy and sympathy in a charming and engaging way. The information presented further explains there is no perfect or "right" thing to say when someone shares something painful. Simply allowing the pain to exist and creating a safe space to share is all that we can do.

How Childhood Trauma Affects Health Across a Lifetime TED Talk by Nadine Burke Harris

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

A short introduction into ACES (Adverse Childhood Experiences Study) and the importance of understanding how traumatic experiences and toxic stress directly affect the health of many people over the course of lifetime. When supporting people who have experienced trauma, it is important to understand that trauma is not something that you just "get over." This video illustrates the long-term effect of trauma to encourage persons who support others to provide an empathetic response and understanding.

How do you help a grieving friend? <https://www.youtube.com/watch?v=lzzLCCRT-nE>

This quick video is a must watch for anyone who finds themselves in the situation of not knowing what to do or say to help a loved one through a hard time. The message of this video goes beyond grief and loss and speaks to the importance of allowing people to feel their feelings and validating them. We don't have to make things better or find silver linings. We can simply be present.

How to support a friend or loved one who has been sexually abused published in The New York Times <https://www.nytimes.com/2019/02/27/smarter-living/sexual-abuse-assault-support-mental-health.html>

A wonderful guide for those who want to begin to understand the common impacts of sexual abuse, find resources for their loved one, and help the survivor take control over their own healing by centering their needs every step of the way. This article is helpful for readers who aren't sure how to support their loved one and who worry about saying or doing the wrong thing.

Unbelievable

Unbelievable is a fictionalized series based upon the true story of a teen who was sexually assaulted in her apartment by a serial rapist. She reported the horrific crime only to later recant her statement because of the way she was treated by the detectives who investigated the case and the disbelief from her own support system. Parallel to her experience, another young victim is assaulted by the same rapist, only her outcome differed because of the response she received from law enforcement and the community she had surrounding her. This story is a powerful representation of how a survivor's healing after a traumatic experience is heavily influenced by the support they receive afterwards and how this moves to impact community safety. A must-see for people who want to better understand how to provide a kind, more compassionate response. Available on Netflix

