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Sexual Violence Resource Center

Dedicated to helping all survivors of sexual violence

Resource Packet



Resource Packet
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Packets and Brochures

All packets and brochures are available online at www.co.blue-earth.mn.us/svrc, for pick up at the Government Center, or by mail. If you'd like to pick up a packet, or have one mailed to you, please contact 507-304-4433 or send an email to svrc@co.blue-earth.mn.us.

Brochures

- Women's Packet
- Men's Packet
- Concerned Other Packet
- Parents & Concerned Other of Youth (0-12) Packet
- Parents & Concerned Other of Teens (13-19) Packet
- GLBT Packet
- Adults Abused as Children Packet
- Drug Facilitated Sexual Assault Packet
- STD/STI Packet
- Resource Packet

Brochures—provided by the Office of Justice Programs (OJP)

- *Additional Benefits for Survivors (OJP)*
- *Benefits Quick Reference Chart*
- *Collecting Court-Ordered Restitution (OJP)*
- *Coping with Victimization (OJP)*
- *Crime Victim Justice Unit (OJP)*
- *Crime Victim Rights (OJP)*
- *Financial Help for Victims of Violent Crimes (OJP)*
- *How to get a Copy of My Police Report (OJP)*
- *Post Conviction Issues (OJP)*
- *Recovering Stolen Property (OJP)*
- *Restitution (OJP)*
- *Restorative Justice (OJP)*
- *Tips on Testifying (OJP)*
- *Victim Impact Statements (OJP)*
- *VINE – Victim Information Notification Everyday (OJP)*
- *Your Appeal Rights*

Selected Websites

Abusers often monitor computer usage. Even if you don't think it's possible, there are many advances in technology that makes it very easy for your computer activity to be monitored. Please remember this when accessing websites.

- **Stop It Now!**: www.stopitnow.org/resourceguide/index.html
- **RAINN (Rape, Abuse, Incest National Network)**: www.rainn.org
- **National SVRC**: www.nsvrc.org
- **National Org. for Victim Assistance**: www.trynova.org/victiminfo/victimizationhelp
- **Rape Treatment Center**: www.911rape.org
- **Parenting Tips**: www.webmd.com/parenting/guide/10-parenting-tips-for-raising-teenagers
- **Helping Teens Cope After Trauma**: www.hr.upenn.edu/emergency/dealing_trauma_teen.pdf



There's Help Out There: The Resource Center for Adolescent Girls

This resource section is here to educate and enlighten. I want girls -- and all those in contact with girls -- to get help and become smarter about sexual abuse, so I have included educators and parents in this audience. I have read most of the books out there on this subject; and in this resource section, I give you the best of the best, including both classics and cutting-edge books, websites, and hotlines for you to explore. There is a world out there for girls to tap into, and with each exploration comes visibility.

Teen Counseling Books for Parents and Adolescent Girls

Dating Violence: Young Women in Danger

by Barrie Levy. Seattle, WA: Seal Press, 1991.
Features twenty brief but powerful first-person accounts from abused teens or their mothers.

How Long Does It Hurt? A Guidebook to Recovering From Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families

by Cynthia Mather and Kristina Debye. San Francisco, CA: Josse-Bass, 2004.

This is a step-by-step recovery guide for teenagers who are faced with sexual abuse. Lots of practical advice on knowing who to tell, getting safe, feeling comfortable with your sexuality, going to court, and interacting with your family and friends as you recover.

In Loving & in Danger: A Teen's Guide to Breaking Free of Abusive Relationships

by Barrie Levy. Seattle, WA: Seal Press, 1997.
This book, directed at teenagers, includes teens' stories and advice from Levy. Helpful topics include sex abuse and relationship abuse.

Kids Helping Kids Break the Silence of Sexual Abuse

by Linda Lee Foltz. Pittsburgh, PA; Lighthouse Point Press, 2003.

Each chapter of this book shares the true story of a child victim of sexual abuse. These stories are about breaking the bonds of silence and getting help and will be of interest to survivors, parents, and counselors.

The Me Nobody Knows: A Guide for Teen Survivors

by Barbara Bean and Shari Bennett. New York, NY: Lexington Books, 1993.

This book is geared toward recovering teens and talks about the conflicting emotions that often result from an experience with sexual abuse.

Saving Beauty from the Beast: How to Protect Your Daughter from an Unhealthy Relationship

by Vicki Crompton and Ellen Zelda Kessner. Boston, MA: Little, Brown & Co., 2003.

This is aimed at parents of teenage daughters.

Who to Turn to Helping Resources

These organizations can give you guidance and advice, direct you to counseling and resources in your area, and, in many cases, provide you with concrete services.

Childhelp USA

(800) 4-A-CHILD (1-800-422-4453)
National Child Abuse Hotline
www.childhelpusa.org

National Domestic Violence Hotline

(800) 799-SAFE (799-7233)
www.ndvh.org

National Hopeline Network

(800) SUICIDE (784-2433)
www.hopeline.com

National Office of Victim Assistance

(800) TRY-NOVA



National Runaway Switchboard

(800) 621-4000

National STD/HIV Hotline

(800) 227-8922

The National Women's Health Information Center

www.4woman.gov/faq/sexualassault.htm

National Youth Crisis Hotline

National Youth Development

(800) HIT-HOME (448-4663)

Referral hotline for youths 17 and under

Rape, Abuse, and Incest National Network (RAINN)

National Sexual Assault Hotline

(800) 656-4673

www.rainn.org

Professional Advocacy Organizations

American Professional Society on the Abuse of Children (APSAC)

www.apsac.org

An interdisciplinary society for professionals working in the field of child abuse and neglect.

Child Abuse Prevention Network

www.childabuse.com

The internet nerve center for professionals in the field of child abuse and neglect.

Children's Bureau Express

<http://cbexpress.acf.hhs.gov>

Designed for professionals concerned with child abuse and neglect, child welfare, and adoption. It is rich with publications, abstracts, primary research, news, and more.

Generation Five

www.generationfive.org

Generation Five is a nonprofit organization that brings together diverse community leaders working to end child sexual abuse within five generations.

International Society for Prevention of Child Abuse and Neglect

www.ispcan.org

ISPCAN's mission is to prevent cruelty to children in every nation, in every form: physical abuse, sexual abuse, neglect, street children, child fatalities, child prostitution, children of war, emotional abuse, and child labor.

NYC Alliance Against Sexual Assault

www.nycagainstrape.org

The mission of the New York City Alliance Against Sexual Assault is to advocate that survivors receive appropriate support and intervention by uniting organizations, influencing policy, and promoting advocacy, education, and research.

Pennsylvania Coalition Against Rape

www.teenpcar.com

A great source for teens. On the website, you'll find tips for boys and girls, plus references for getting help and getting involved in the fight against sexual violence.

Prevent Child Abuse New York

www.preventchildabuseny.org

PCANY helps families, professionals, and community members to improve parenting practices and to prevent and intervene in child abuse and neglect. The first line of defense against child abuse is good parenting, so PCANY focuses heavily on serving parents, as well as professionals who work with parents and children. The website has useful resources for kids, parents, professionals, and advocates. New Yorkers can call the parent hotline at (800) 342-7472.

Promote Truth

www.promotetruth.org

The mission of Promote Truth is to provide support and information about sexual violence issues for teens and their communities. Promote Truth was created by the Rape Recovery Team at the Women's Center of Jacksonville in Florida.

SIECUS

www.siecus.org

SIECUS (Sexuality Information and Education Council of the United States) is a clearinghouse of



sexuality information, giving girls access to medically accurate, comprehensive information about sexuality and reproductive health issues.

STAAR

<http://dolphin.upenn.edu/~staar/>

STAAR (Students Together Against Acquaintance Rape) is a university site set up by students and a peer-health education program dedicated to educating the Penn campus about the problem of acquaintance rape and sexual violence in general.

Therapistfinder Child Abuse Information

www.therapistfinder.net/Child-Abuse

These pages provide thorough and helpful information on child abuse, including federal definitions of child abuse, signs of child abuse, statistics, effects, treatments, and resources.

Legal Resources

To Report Suspected Child Abuse

Each state designates specific agencies to receive and investigate reports of suspected child abuse and neglect. Typically, this responsibility is carried out by child protective services (CPS) within a Department of Social Services, Department of Human Resources, or Division of Family and Children Services. In some states, police departments may also receive reports of child abuse or neglect. For more information or assistance with reporting, please call Childhelp USA (800) 4-A-CHILD (422-4453), or your local CPS agency. The National Clearinghouse on Child Abuse and Neglect Information has compiled a state-by-state list of child-abuse reporting contact information (see listing below).

Association of Child Abuse Lawyers (ACAL)

www.childabuselawyers.com

Practical support for survivors and professionals working in the field of abuse.

Child Abuse Legislation Study Project

www.childabuselegislation.org

Information about state legislation and enforcement of sexual-abuse laws.

National Center for Prosecution of Child Abuse

www.ndaa-apri.org/apri/programs/ncpca/

Aimed at responding to an increase in reported child abuse, the National Center serves as a central resource for training, expert legal assistance, court reform, and state-of-the-art information on criminal child abuse investigations and prosecutions. They provide training and technical assistance, a clearinghouse on child abuse case law, statutory initiatives, court reforms and trial strategies, authoritative publications, and primary research on state and federal developments, best practices, and prosecutorial innovations.

National Center for Victims of Crime

www.ncvc.org/ncvc/

The National Center for Victims of Crime is dedicated to forging a national commitment to help victims of crime rebuild their lives. The National Center's toll-free helpline, (800) FYI-CALL (394-2255), offers supportive counseling, practical information about crime and victimization, referrals to local community resources, and skilled advocacy in the criminal justice and social service systems.

National Clearinghouse on Child Abuse and Neglect Information (NCCAN)

<http://nccanch.acf.hhs.gov/>

NCCAN provides access to the most extensive, up-to-date collection of information on child abuse and neglect in the world. An extraordinarily thorough resource.

Empowerment: Surviving and Thriving Reclaiming Our Sexuality

Advocates for Youth

www.advocatesforyouth.org

Online resources for teens, parents, and professionals on adolescent sexual and reproductive health.

The Body

www.thebody.com/safesex/safer.html

Comprehensive website on safe sex -- lots of great information.



Scarleteen

www.scarleteen.com/

A comprehensive sex education site for teens, covering everything from STDs to sexual abuse. Scarleteen is owned by Scarlet Letters, an adult women's sexuality journal.

Sex, Etc.

www.sexetc.org

Launched in 1994 with the help of two health educators and a professional journalist, Sex, Etc. is a sexuality and health newsletter written by teens for teens, covering issues from dating to STDs.

Our Bodies, Ourselves for the New Century by the Boston Women's Health Book Collective. New York, NY: Simon & Schuster, 1998. Probably the most complete book on teen sexuality. This is the teen version of the revolutionary feminist classic *Our Bodies, Ourselves*, and includes invaluable information on bodies and sexuality, with plenty of diagrams.

Body Outlaws: Rewriting the Rules of Beauty and Body Image edited by Ophira Edut. Emeryville, CA: Seal Press, 2003. This book offers many vignettes from young women who write about their body image, some from a feminist perspective. This book offers girls an alternative to the standard measurements of beauty.

A Girl's Guide to Taking Over the World: Writings from the Girl Zine Revolution edited by Karen Green and Tristan Taormino. New York, NY: St. Martin's Griffin, 1997. This collection, like the zines themselves, gives voice to real opinions that young women's magazines like *YM*, *Seventeen*, and *Jane* only hope to emulate.

Ophelia Speaks: Adolescent Girls Write About Their Search for Self by Sara Shandler. New York, NY: HarperPerennial, 1999. Sara Shandler edited this when she was eighteen years old. It includes short vignettes written by teen girls on topics like sexuality, eating disorders, depression, and sexual abuse.

Websites and Magazines

Bitch: Feminist Response to Pop Culture

www.bitchmagazine.com

Bitch is a print magazine that critiques TV, movies, magazines, and ads from a feminist perspective.

Bust

www.bust.com

Bust is a print magazine that offers an "uncensored view on the female experience." Visit the site for articles, links to the girl wide web, shopping, discussions, chats, and more.

By Girls for Girls

www.bygirlsfor girls.org

By Girls for Girls is a lovely site set up for girls written by the teens themselves. This site talks about teen dating violence and provides advice and resources.

Communities Against Rape and Abuse

www.cara-seattle.org/youth.html

CARA is a resource for young people who want to create support for young survivors of rape and abuse, as well as young people who want to work to end all forms of violence and oppression through activism and community organizing.

Feminist.com

www.feminist.com

Loads of resources for girls, including sections on activism and anti-violence resources.

Feminist Majority

www.feminist.org

This website for the Feminist Majority Foundation gives information on feminist news and events, opportunities for activism, a feminist career center, and great links and products.

Girlthrive

www.girlthrive.com

This website is designed for teen girls and young women who have survived sexual abuse, with information, stories, and expert interviews.



Hardy Girls Healthy Women

www.hardygirlshealthywomen.org

Hardy Girls Healthy Women is a site started by Lyn Mikel Brown and her partners to help young girls begin to find positive ways to grow and learn in “hardiness zones” located in Maine.

Ms.

www.msmagazine.com

Ms. magazine was “the first national magazine to make feminist voices audible, feminist journalism tenable, and a feminist worldview available to the public.” Visit the website for a wealth of resources, stories, and links.

National Organization for Women (NOW)

www.now.org

The National Organization of Women (NOW) is the largest organization of feminist activists in the United States.

TeenWire

www.teenwire.com/index.asp

A website for teens needing information about sexual health. Information on sexual health, self-esteem, body image, drugs and alcohol, communication, and relationship advice, sponsored by Planned Parenthood. Also available in Spanish through the *en español* section of the site.

Teen Voices

<http://teenvoices.com>

A magazine for, by, and about teenage and young adult women. Includes features on arts, the media, politics, and teen issues, plus an advice column, personal essays, poetry, and fiction.

Youth Connections

www.youthcomm.org

New Youth Connections (or NYC) is a general-interest teen magazine written by and for New York City youth, covering topics from sex abuse and rape to adoption and family issues.

Novels/Memoirs of Survivors

Many novels and autobiographical memoirs about survivors are available. Many of them are about severe and brutal abuse. The books I have listed are

more about the after-effects and inner-experience of the survivors, rather than the brutal abuse. These books are powerful for young women. Many of them are written in the voice of an adolescent or young woman.

After Silence: Rape and My Journey Back by Nancy Venable Raine. New York, NY: Crown, 1998. This is a book about stranger rape and the author’s account of her rape ten years later. It is written almost as a journal and explores the after-effects of this rape.

Bastard Out of Carolina by Dorothy Allison. New York, NY: Plume, 1993. Beautifully told story of Bone, a young girl growing up in the rural South amidst violence and sexual abuse, with a heartbreaking mother/daughter relationship. Made into a 1996 movie, directed by Anjelica Huston and starring Jennifer Jason Leigh and Jena Malone.

Childhood’s Thief: One Woman’s Journey of Healing from Sexual Abuse by Rose Mary Evans. New York, NY: Bantam Books, 1995. A wonderful book about severe childhood sexual, verbal, physical, emotional abuse in the 1940s, told years later in the voice of the heroine’s therapist. A wonderful, uplifting love takes place in this book.

Fifth Born by Zelda Lockhart. New York, NY: Atria Books, 2003. Novel about a young African American girl dealing with family violence and abuse in 1970s Missouri and Mississippi.

I Know Why the Caged Bird Sings by Maya Angelou. New York, NY: Random House, 2002. This is a beautiful novel about growing up, and part of its focus (not all) is on incest with the heroine’s uncle.

Katie.com: My Story by Katherine Tarbox. New York, NY: Plume, 2001. True story of a girl assaulted by a man she met in an Internet chat room.

The Lovely Bones by Alice Sebold. Boston, MA: Little, Brown & Co., 2002. The story of Susie Salmon at age fourteen after her death. Susie tells her story from heaven and watches her family deal with her



death. There is some recounting of brutal sex abuse and murder. Haunting yet hopeful.

Lucky by Alice Sebold. New York, NY: Little, Brown & Co., 2002. Gritty and gripping story of the author's rape during her freshman year of college and the process of bringing her rapist to justice.

My Father's House: A Memoir of Incest and Healing by Sylvia Fraser. New York, NY: Perennial Library, 1989. A powerful, harrowing memoir of an incestuous relationship between a father and a daughter, beginning in the mid-1930s. The writing is very graphic and extremely disturbing, but the book is written in a way that engages and ends with healing.

Spread Your Wings and Fly: A Teenager's Journey of Suspense, Romance and Terror (in Overcoming Sexual Abuse) by Rebecca Engle Smith. Salt Lake City, UT: Agreka Books, 2000. Fact-based fictional account of a teenage girl dealing with sexual abuse and the ups and downs of adolescence.

Stella Landry by Robin McCorquodale. New York, NY: Morrow, 1992. A beautiful fiction book about a young mid-century Texas woman who endured abuse and came out on the other side.

Where I Stopped: Remembering an Adolescent Rape by Martha Ramsey. San Diego, CA: Harcourt Brace, 1997. An autobiographical novel that tells the story of a thirteen-year-old girl and her stranger-rape experience. The book documents the aftermath and recovery and is very readable.

Films

Bastard Out of Carolina (1996) directed by Anjelica Huston. Based on the autobiographical novel written by Dorothy Allison, this is a heart-wrenching film in which a mother rejects her daughter for her abusive husband.

Lipstick (1976) directed by Lamont Johnson. A movie about teacher abuse and sisterly loyalties and protectiveness.

Loyalties (1999) directed by Lesley Ann Patten. A Canadian film made by a woman filmmaker. Very supportive to women, with extraordinary scenes of a mother and her fifteen-year-old daughter.

Monsoon Wedding (2001) directed by Mira Nair. An all-around beautiful film that includes one of the most wonderful examples of family support surrounding incest. Also directed by a woman.

Nuts (1987) directed by Martin Ritt. Barbara Streisand stars in this amazing film about incest. One of the most realistic caricatures of the incest mother.

Clinical and Educational Books on Rape, Incest, and Sexual Abuse

Against Our Will: Men, Women, and Rape by Susan Brownmiller. New York, NY: Fawcett Columbine, 1993. This is one of the most important books around on rape and injustice to women.

Allies in Healing: When the Person You Love Was Sexually Abused as a Child by Laura Davis. New York, NY: HarperPerennial, 1991. This is a classic, filled with information, support, and guidance for partners of survivors.

Breaking Down the Wall of Silence: The Liberating Experience of Facing Painful Truth by Alice Miller. New York, NY: Meridian, 1997. Alice Miller, a German psychoanalyst and child advocate, tries to reveal truths about abuse and injustice to all children.

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse by Ellen Bass and Laura Davis. New York, NY: HarperPerennial, 1994. This seminal book breaks down the taboo of sex abuse for women.

Father-Daughter Incest by Judith Lewis Herman. Cambridge, MA: Harvard University Press, 2000. This is an important and groundbreaking book on father-daughter incest from a feminist perspective.



I Will Survive: The African American Guide to Healing from Sexual Assault and Abuse by Lori Robinson. New York, NY: Seal Press, 2002. This resource for survivors and their supporters discusses various levels of healing, with particular attention to the recovery process of African American women.

Secret Survivors: Uncovering Incest and Its Aftereffects in Women by E. Sue Blume. New York, NY: Wiley, 1990. This book provides an aftereffects checklist and covers the many emotions that can occur post-incest.

The Secret Trauma: Incest in the Lives of Girls and Women by Diana E. H. Russell. New York, NY: Basic Books, 1986. This is an excellent book, with some of the first statistics on incest. Filled with history and useful information.

Trauma and Recovery: The Aftermath of Violence -- From Domestic Abuse to Political Terror by Judith Lewis Herman. New York, NY: Basic Books, 1997. A psychology classic about how violence in all forms affects its survivors. Herman compares the effects of trauma on war prisoners to sex-abuse survivors, again from a feminist perspective.

For Male Survivors: Recommended Books for Male Survivors and Their Allies

Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse by Mike Lew, Foreword by Ellen Bass. (1990). Harper Collins. For millions of men who are survivors of childhood sexual abuse, the ground-breaking work offers hope, understanding and essential advice/experience advice for healing. Written by a nationally recognized expert on recovery for male survivors.

Wounded Boys, Heroic Men: A Man's Guide to Recovering from Child Abuse by Danial Jay Sonkin and Lenore E.A. Walker. (1998). Adams Media Corporations; ISBN 1580620108

Leaping Upon the Mountain: Men proclaiming victory over sexual child abuse by Mike Lew and Richard Hoffman

We Are Not Alone: A teenage boy's personal account of child sexual abuse from disclosure through prosecution and treatment by Jade Chrstine, Christine Angelica, and Renee Brandt

Insiders: A man's recovery from traumatic childhood abuse by Robert Blackburn Knight

Male Survivors: A 12-step recovery program for survivors of childhood sexual assault by Timothy L. Sanders

Broken Boys--Men: Recovery from childhood sexual abuse by Stephen D. Grubman-Black

Recovery for Male Victims of Child Sexual Abuse by Hank Estrada

Abused Boys: The Neglected Victims of Sexual Abuse by Mic Hunter. A long overdue book by a psychologist who has extensive clinical experience treating male victims of child sexual abuse, it explodes the myth that sexual abuse of male children is rare, or that the consequences are less serious than for girls. Hunter examines the physical and emotional impact of abuse on its victims and the factors affecting recovery. With personal case histories of victims and their families, this is a powerfully written and meticulously researched book that is a landmark in the field of child sexual abuse literature.

Male on Male Rape: The Hidden Toll of Stigma and Shame by Michael Saurce. False assumptions and popular stereotypes help us to ignore one of society's most troubling problems - the rape of men by other men. A subject rarely discussed, let alone



explored beyond tasteless jokes, same-sex sexual violence can burden survivors with an overwhelming sense of misery and confusion. Male on Male Rape examines a form of violence that, despite worldwide prevalence, remains vastly underreported and unrecognized. Michael Scarce, coordinator of a rape education and prevention program and a survivor of adult male rape, investigates the substantial effects of male-on-male sexual violence on individuals and society, dispelling popular myths and questioning why most communities cannot or will not confront the problem of same-sex sexual violence. This groundbreaking book is the culmination of years of research that includes numerous interviews with straight and gay male rape survivors, and analysis of popular media, case studies, and the author's own personal and professional experience.

Berendzen, R. & Palmer, L. (1993). *Come here: A man overcomes the tragic aftermath of childhood sexual abuse.* New York: Villard Books.

Black, C.A. & DeBlassie, R.R. (1993). Sexual abuse in male children and adolescents: Indicators, effects, and treatments. *Adolescence*, 28, 123-133.

Bolton. F. G. (1989). *Males at Risk: The other side of sexual abuse.* Newbury Park, CA: Sage.

Bruckner, D. F. & Johnson, P.E. (1987). Treatment for adult male victims of childhood sexual abuse. *Social Casework*, 68, 81-87.

de Milly, W. (2000). *In my father's arms: A true story of incest.* Madison, Wisconsin: University of Wisconsin Press.

Estrada, H. (1994). *Recovery for male victims of child sexual abuse.* Santa Fe: Red Rabbit Press.

Freeman-Longo, R.E. (1986). The impact of sexual victimization on males. *Child Abuse and Neglect*, 10, 411-414.

Gartner, R. B. (2005). *Beyond betrayal: Taking charge of your life after boyhood sexual abuse.* New York: John Wiley & Sons.

Gilgun, J. & Reiser, E. (1990). The development of sexual identity among men sexually abused as children. *Families in Society*, 71, 515-521.

Harrison, D. & Sheffer, S. (2005). *In a dark time: A prisoner's struggle for healing and change.* Amherst, MA: Stone Lion Press.

Holmes, G.R., Offen, L., Waller, G. (1997). See no evil, hear no evil, speak no evil: Why do relatively few male victims of childhood sexual abuse receive help for abuse-related issues in adulthood? *Clinical Psychology Review*, 17, 69-88.

Hunter, M. (1990). *Abused boys; The neglected victims of sexual abuse.* New York: Fawcett Columbine.

King, N. (1995). *Speaking our truth: Voices of courage and healing for male survivors of childhood sexual abuse.* San Francisco: Harpercollins.

Lew, M. (1988). *Victims no longer: Men recovering from incest and other child sexual abuse.* New York: Nevraumont.

Lew, M., & Hoffman, R. (2000). *Leaping upon the mountains: Men proclaiming victory over sexual child abuse.* Jamaica Plain, Massachusetts: Small Wonder Books.

Mendel, M.P. (1990). *The male survivor: The impact of sexual abuse.* London: Sage.

Mezey, G. C. & King, M. B. (Eds.) (1992). *Male victims of sexual assault.* New York: Oxford University Press.

Nasjleti, M. (1980). Suffering in silence: The male incest victim. *Child Welfare*, 59, 269-275.

Internet Site: Male Sexual Abuse Recovery: Early Sexualization Experiences of Male
<http://www.olbers.kent.edu/godrey/Public/Sar/sar.html>



Rape & Sexual Abuse Center

2431 Hennepin Ave. So., Minneapolis, MN 55405

Office: 612-374-9077, Email: jb@visi.com

In addition to the crisis line, they provide individual, group, and couples psychotherapy to male/female, gay/lesbian/straight/bi adults and adolescents. They are in the process of starting a support group specifically for adult male sexual assault survivors.

Articles

Men and Sexual Trauma by Julie Whealin, Ph.D.

Fact sheet from the National Center for PTSD

http://www.ncptsd.va.gov/facts/specific/fs_male_sexual_assault.html

Male-to-Male Child Sexual Abuse in the Context of Homophobia by Kali Munro. M.Ed.,

Psychotherapist

<http://open-mind.org/News/Abuse/17.htm>

Sexual Abuse of Males: Prevalence, Possible Lasting Effects, and Resources by Jim Hopper, Ph.D.

<http://www.jimhopper.com/male-ab/>

What You Should Know About Men Who Have Been Sexually Assaulted from the New York

Alliance Against Sexual Assault

www.nycagainstrape.org/faq_category_singlepage_101.html

Female Sexual Abusers: Theory of Loss by

Hollida Wakesfield, Martha Rogers, and Ralph Underwager for the Institute for Psychological Therapies

[www.ipt-](http://www.ipt-forensics.com/journal/volume2/j2_4_1.htm)

[forensics.com/journal/volume2/j2_4_1.htm](http://www.ipt-forensics.com/journal/volume2/j2_4_1.htm)

Why Real Guys Don't Tell from ekkleisia.com

Books Available Throughout the Traverse des Sioux Library System

Non-Fiction Picture Books

- Do You Have a Secret? by Jennifer Moore-Mallinos
- The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse by Sandy Kleven
- Your Body Belongs to You by Cornelia Spelman
- Sometimes It's Ok to Tell Secrets: A Book for Parents and Children to Read Together by Amy C. Bahr
- What Should You Do When...?: A Book for Parents and Children to Read Together by Amy C. Bahr
- It's OK to Say No: A Book for Parents and Children to Read Together by Amy C. Bahr
- You Can Say "No": A Book About Protecting Yourself by Betty Virginia Doyle Boegehold
- My Body Is Private by Linda Walvoord Girard
- It's My Body by Lory Freeman

Adult Non-Fiction -- Subject "Rape"

- Honor Killing: How the Infamous "Massie Affair" Transformed Hawaii by David E. Stannard
- Out of Bounds: Inside the NBA's Culture of Rape, Violence, and Crime by Jeff Benedict
- Miranda: The Story of America's Right to Remain Silent by Gary L. Stuart
- The Rape Recovery Handbook: Step-by-Step Help for Survivors of Sexual Assault by Aphrodite Matsakis
- I am the Central Park Jogger: A Story of Hope and Possibility by Trisha Meili
- Violence Against Women
- Lucky by Alice Sebold
- Sexual Violence: Opposing Viewpoints
- Whispers of Romance, Threats of Death: One Woman's Treacherous Ordeal With a Savage, Seductive, Unstoppable Serial Criminal--A True Story by Carol Cook
- Beauty Restored by Me Ra Koh
- The Date Rape Prevention Book: The Essential Guide for Girls and Women by Scott Lindquist



- Telling: A Memoir of Rape and Recovery by Patricia Weaver Francisco
- Working With Available Light: A Family's World After Violence by Jamie Kalven
- Little Girl Lost: One Woman's Journey Beyond Rape by Leisha Joseph
- Dating Violence: Young Women in Danger
- The Feminine Warrior: A Woman's Guide to Verbal, Psychological, and Physical Empowerment by Al Marrewa
- A Woman's Guide to Personal Safety by Janeé Harteau
- Sexual Violence: Opposing Viewpoints
- Date Rape

Adult Non-Fiction -- Subject "Sexual Abuse"

- The Church That Forgot Christ by Jimmy Breslin
- Sexual Violence: Opposing Viewpoints
- Betrayal: The Crisis in the Catholic Church
- Don't Take My Child: A Parent's Guide to Keeping Ours Kids Safe by Don Richard
- The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse by Wendy Maltz
- Recovering From Sexual Abuse, Addictions, and Compulsive Behaviors: "Numb" Survivors by Sandy Knauer
- Sexual Violence: Opposing Viewpoints
- Child Sexual Abuse
- Missing! Stranger Abduction: Smart Strategies to Keep Your Child Safe by Robert Stuber
- The Safe Child Book: A Common Sense Approach to Protecting Children and Teaching Children to Protect Themselves by Sherrill Kerns Kraizer
- Pedophiles and Priests: Anatomy of a Contemporary Crisis by Philip Jenkins
- Safe at Last: A Handbook for Recovery From Abuse by David J. Schopick
- Childhood's Thief: One Woman's Journey of Healing from Sexual Abuse by Rose Mary Evans
- Victims of Memory: Incest Accusations and Shattered Lives by Mark Pendergrast
- Rocking the Cradle of Sexual Politics: What Happened When Women Said Incest by Louise Armstrong
- Suggestions of Abuse: True and False Memories of Childhood Sexual Trauma by Michael D. Yapko

- The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse: Featuring "Honoring the Truth, A Response to the Backlash" by Ellen Bass
- Lead Us Not Into Temptation: Catholic Priests and the Sexual Abuse of Children by Jason Berry
- Remembering Satan by Lawrence Wright

Junior Non-Fiction -- Subject "Sexual Abuse"

- Learning to Swim: A Memoir by Ann Warren Turner
- Staying Safe by Saying No by Cynthia MacGregor
- Stranger Danger by Cynthia MacGregor
- Stranger Smart (video-recording): New Personal Safety System
- Everything You Need to Know About Sexual Abuse by Evan Stark
- Coping With Sexual Abuse by Judith Cooney
- Saying No to Strangers (video-recording)
- Feeling Safe by Pete Sanders
- Sometimes It's Okay to Tell Secrets!: A Parent/Child Manual for the Protection of Children by Robin Lenett
- Your Body Is Your Own: A Book for Parents and Children to Read Together by Amy C. Bahr
- It's Not Your Fault by Judith A. Jance
- Too Smart for Strangers (video-recording): With Winnie the Pooh
- It's O.K. to Say No!: A Parent/Child Manual for the Protection of Children by Robin Lenett
- You Can Say "No": A Book About Protecting Yourself by Betty Virginia Doyle Boegehold
- My Body is Private by Linda Walvoord Girard
- Annie; Once I Was a Little Bit Frightened by Becky Montgomery
- Feeling Safe, Feeling Strong: How To Avoid Sexual Abuse And What to Do If It Happens To You by Susan Neiburg Terkel
- It's My Body by Lory Freeman
- Private Zone: A Book Teaching Children Sexual Assault Prevention Tools by Frances S. Dayee
- Sexual Abuse -- Let's Talk About It by Margaret Oldroyd Hyde



Referral Resources List for Survivors and Their Concerned Others

June 2005

Mankato Area

Addiction Recovery Technologies

12 Civic Center Plaza, Ste. 2116, Mankato, MN 56001
(507) 345-4670

Chemical dependency, co-dependency, men/women abuse issues. Fee schedule: Call for information

Alcoholics Anonymous - Mankato

www.mankatoaa.com

(507) 387-2772 or (507) 388-8989

Le Center (507) 357-4778

Le Sueur (507) 665-6169

*24-hour help and referral network for alcohol and drugs
(800) 996-3784 or (800) 964-7435*

ASC Psychological Clinic

12 Civic Center Plaza, Ste. 2090, Mankato, MN 56001
(507) 345-4679

Counseling services. Fee schedule: Call for information

Bethany Lutheran College

700 Luther Drive, Mankato, MN 56001

Nurse/counselor: (507) 344-7385

Security: (507) 344-7889/(507) 344-7888

Student Affairs: (507) 344-7330

Birthright

105 N. 5th Street, Mankato, MN 56001
(507) 387-7818 or (800) 550-4900

Pregnancy counseling/anti-abortion.

Blue Earth County Government Center

410 South 5th Street, Mankato, MN 56001

Area Code 507:

- Child Protection: 304-4319
- Child Protection Intake: 304-4444
- Community Health: 304-4319
- County Attorney: 304-4352
- Financial Assistance: 304-4335
- Mental Health Services: 304-4319
- Social Services: 304-4319
- Sexual Violence Resource Center (SVRC): 304-4295 or 24-hour Crisis Line (800) 630-1425

Blue Earth County Law Enforcement Center

710 South Front St., Mankato, MN 56001

- Blue Earth County Sheriff's Office:

www.co.blue-earth.mn.us/svrc

(507) 387-8710

- Mankato Department of Public Safety: (507) 389-8770
- Emergency: 911

Bonnie Lyn II Mental Health Clinic

430 Patterson Avenue, Mankato, MN 56001
(507) 388-5801

*Counseling services for outpatient sexual offenders, sexual abuse victims, and developmentally disabled.
Fee schedule: Call for information*

Catholic Charities

816 S. Hubbell, Mankato, MN 56001
(507) 387-5586

Pregnancy counseling and counseling services for children, adolescents, and adults. Fee schedule: Sliding scale

Children's Advocate Programs, Inc.

500 S. Front Street, Mankato, MN 56001
(507) 345-5235

Child care food program, referral services.

Committee Against Domestic Abuse (CADA)

Battered Women's Shelter

PO Box 466, Mankato, MN 56002-0466

Business (507) 625-8688, Crisis Line (800) 477-0466

Services to survivors of domestic violence in the following counties: Blue Earth, Nicollet, Waseca, Watonwan, Sibley, Le Sueur, and Faribault. No fee.

Community Assistance for Refugees

220 Hickory St., PO Box 495, Mankato, MN 56002
(507) 345-8585

Provides a variety of services to refugees.

Fee schedule: Call for information

Emotions Anonymous

325 Belgrade Avenue, North Mankato, MN 56003

Hot Meals on Wheels

501 S. 2nd Street, Mankato, MN 56001
(507) 387-4076

Provides meals at home for those not able to cook or provide their own meals.

Fee schedule: Call for information



Immanuel-St. Joseph's Hospital

Mayo Health System

1025 Marsh Street, PO Box 8673

Mankato, MN 56002-8673

- Emergency Room (507) 345-2610
- Behavioral Health Center Mental Health Services (507) 385-2983 (8:00 a.m. - 8:00 p.m.)
- Family Recovery Center-Chemical Dependency Services (507) 345-2650
- Sexual Assault Resource Team (SART) - evidentiary exams (507) 389-4720

ISJ Clinic-NorthRidge

1695 Lor Ray Drive, North Mankato, MN 56003

(507) 389-8231

Medical clinic. Fee schedule: Call for information

LA-MANO, Inc.

1400 Madison Avenue, Ste. 218, PO Box 37

Mankato, MN 56002-3373

(507) 344-8361, 24-hour Crisis Line (800) 519-8983

Advocacy services for Latina victims of crime. No fee.

Leisure Education for Exceptional People (LEEP)

929 N. 4th Street, Mankato, MN 56001

(507) 387-5122

Leisure opportunities for people with disabilities. Fee schedule: Call for information

Lifework Planning Center

Union Square Business Center

201 N. Broad Street, Ste. 100, Mankato, MN 56001

(507) 345-1577, (800) 369-5166

Workforce development program for women. Fee schedule: Free/sliding scale

Lutheran Social Service

710 S. 2nd Street, Mankato, MN 56001

(507) 625-7660

Counseling services for children, adolescents, and adults.

Fee schedule: Sliding scale

Mankato Clinic

1230 E. Main Street, Mankato, MN 56001

(507) 625-1811

Satellite Locations:

- **Blue Earth**
520 S. Gailbraith, Blue Earth, MN 56013
(507) 526-7371
- **Lake Crystal**

221 S. Murphy, Lake Crystal, MN 56055

(507) 726-2136

▪ **Mapleton**

305 Main N.E., Mapleton, MN 56065

(507) 524-3835

▪ **North Mankato**

1575 Lookout Drove, N. Mankato, MN 56003

(507) 625-5027

Medical clinics. Fee schedule: Call for information

Mankato Medical Health Associates

209 S. Broad Street, Mankato, MN 56001

(507) 345-4448

Counseling services for a variety of age groups and issues. Fee schedule: Call for information

Mankato Psychology Clinic

209 S. 2nd Street, Ste. 306, Mankato, MN 56001

(507) 387-1350

Counseling services. Fee schedule: Call for information

Minnesota Relay Service

(800) 627-3529

Minnesota State University, Mankato

Mankato, MN 56002-8400

- Counseling Center, CSU 245, MSU-M: (507) 389-1455
Short-term counseling for students. No fee
- Health Services, CC BSMT, MSU-M (507) 389-6276
Health services/medical clinic for students.
- LGBT Center, CSU 242, MSU-M (507) 389-5131
Short-term supportive services to gay, lesbian, bisexual, and transgender students.
- Security, WI222, MSU-M: (507) 389-2111
- Personal safety hotline: (507) 389-2594
- Student Affairs, AB 336, MSU-M: (507) 389-2121
- Women's Center, CSU 218, MSU-M: (507) 389-6146
- Women's Studies Department, MH 109, MSU-M: (507) 389-2077

Minnesota Valley Action Council (MVAC)

464 Raintree Road, Mankato, MN 56001

(800) 767-7139



Various services including emergency and energy assistance, employment assistance, Section 8, senior assistance, Head Start, and Youth Employment Program. Available to residents of Blue Earth County and other counties in surrounding areas. Fee schedule: Call for information

Now Care Medical Center, Inc.

1809 Adams Street, Mankato, MN 56001
(507) 625-7684

Open: Monday through Friday, 8:00 a.m. to 9:00 p.m.; Saturday and Sunday, 9:00 a.m. to 5:00 p.m. Family health care. No appointment necessary. Most insurance accepted.

Open Door Health Care

309 Holly Lane, Mankato, MN 56001
(507) 388-2120

Open Monday and Tuesday from 1:00- 5:00 p.m. Community-based, nurse-managed health center. Fee schedule: Call for information

Outfront Minnesota

310 38th Street, E., #204, Minneapolis, MN 5540
(612) 822-0127, (800) 800-0350

Advocacy for gay, lesbian, bisexual, transgender individuals and allied communities. No fee.

PACT Ministries

1700 3rd Avenue, Mankato, MN 56001
(507) 625-7228

Nonprofit Christian cooperation offering support and opportunities for individuals with financial or personal difficulties. Food drive every second Saturday of month, free bread daily, written referral for free clothes, etc. Fee schedule: Free/low cost

Planned Parenthood

310 Belle Avenue, Mankato, MN 56001
(507) 387-5581

Open: Mondays 10:00 a.m. to 7:00 p.m., Tuesdays and Fridays 9:00 a.m. to 4:00 p.m., Wednesdays 12:00 p.m. to 7:00 p.m., one Saturday per month from 9:00 a.m. to 12:00 p.m. Low-cost family planning clinic for women. Fee schedule: Call for information

Psychiatric Clinic of Mankato

1400 Madison Avenue, Mankato, MN 56001
(507) 387-3195

Counseling services. Fee schedule: Call for information

Riverview Clinic

600 Reed Street, Ste. 115, Mankato, MN 56001
(507) 625-4060

Counseling services for children, adolescents, and adults. Fee schedule: Insurance, MA

Rural AIDS Action Network

1618 3rd Avenue, Mankato, MN 56001
(507) 340-0442 or (800) 966-9735

Salvation Army

700 S. Riverfront Drive, Mankato, MN 56001
(507) 345-7840

*Emergency after hours, (507) 345-7843
Various services available to those in need. Fee schedule: Free/low cost*

Section 8 Housing

City of Mankato
PO Box 3368, Mankato, MN 56002
(507) 387-8636
Housing needs.

South Central College

1920 Lee Boulevard, North Mankato, MN 56003

- General information: (507) 389-7200
- Counseling: (507) 389-7218
- Public Safety: (507) 389-7217

Southern Minnesota Regional Legal Services (

12 Civic Center Plaza, Ste. 3000, Mankato, MN 56001
(507) 387-5588
New clients, new problems hotline: (888) 575-2954
Legal services. Fee schedule: sliding scale/meet income guidelines.

Theresa House

512 Mulberry Street, E., Mankato, MN 56001
(507) 388-1664
Temporary shelter.

YMCA

1401 S. Riverfront Drive, Mankato, MN 56001
(507) 387-8255
Brother/Sister Program, match children with adult volunteers. Fee schedule: Call for information

Welcome Inn

419 S. Broad Street, Mankato, MN 56001
(507) 387-4061



Homeless shelter.

YWCA

603 S. 2nd Street, Mankato, MN 56001
(507) 345-4629

Child care, lunches, after-school programs and summer programs for children. Fee schedule: Call for information

**Sioux Trails Mental Health Center
(for Nicollet and Brown County residents)**

- North Mankato Office
360 Pierce Avenue
North Mankato, MN 56003
(507) 388-3181
- St. Peter Office
320 Sunrise Drive, Ste. B,
St. Peter, MN 56082
(507) 934-2652
- New Ulm Office
1407 S. State Street
New Ulm, MN 56073
(507) 354-3181
- Toll-Free (800) 247-2809

Counseling services. Fee schedule: Sliding scale

United Migrant Opportunity Services (UMOS)

HS Equivalency Program for migrant workers provided in English and Spanish

Old Towne Center
515 N. Riverfront Drive, Mankato, MN 56001
(507) 388-7001, (866) 515-0177

Should have agriculture background. Fee schedule: free

Life-Work Planning Center

201 N. Broad Street, Ste. 100, Mankato, MN 56001
(507) 345-1577

Workshop for women in transition, pre-employment, and personal growth. Fee schedule: Call for information

St. Peter

Counseling Associates of Southern Minnesota

116 S. 3rd Street, St. Peter, MN 56082
(507) 931-8040

Counseling services.

Fee schedule: Call for information

Crime Victim Services Incorporated

305 S. Minnesota Avenue, St. Peter, MN 56082
Business: (507) 934-2222
24-Hour Crisis Line: (800) 630-1425

Advocacy and counseling for residents of Nicollet and Sibley Counties. Services for survivors and concerned others regarding sexual violence issues. No fee

New Ulm

Crime Victim Services Inc.

1 S. State Street, PO Box 251

New Ulm, MN 56073

Business: (507) 233-6664

24-Hour Safety/Crisis Line: (800) 630-1425

Services to survivors of domestic, sexual, and general crime. No fee

Waseca

Waseca Crisis Center

105 S. State Street, Waseca, MN 56093

Business: (507) 835-7828

24-Hour Crisis Line: (800) 477-0466

Advocacy and services for survivors of sexual abuse and assault and survivors of domestic violence. No fee

Gaylord

Esperanza Peramujeres

Gaylord Lakeview Home

640 3rd Street, Gaylord, MN 55334

(507) 237-2826

24-Hour Safeline: (800) 519-8983

Services to survivors and concerned others regarding sexual abuse/assault issues.

St. James

Mujeres Unidas

55 8th Street, S., PO Box 254

St. James, MN 56081

Business: (507) 375-3040, Crisis: (800) 753-3040

Advocacy and supportive services for Latina women fleeing domestic violence issues. No fee

First Call for Help - United Way 211

404 S. 8th Street, Minneapolis, MN 55404

(800) 543-7709

Serves southeastern region of Minnesota. Provides community resources.

Le Center

Le Sueur County Victim/Witness Program

88 S. Park Avenue, Le Center, MN 56067

(507) 357-8512



Twin Cities Area

Office of Justice Programs - Minnesota Center (MCCVCS) - Reparations, Restitutions and Crime Victim's Ombudsman Office

445 Minnesota Street, Ste. 2300, St. Paul, MN 55101
(651) 296-5787, TTY (651) 205-4827
Serves as a statewide advocate for all crime victims and witnesses by providing resources for the delivery of services. Also compensates victim and/or families for losses due to violent crime. Investigates complaints regarding violations. Also listing of law enforcement, city/county attorney's office, and victim/witness programs. No fee

Asian Women United of Minnesota

1954 University Avenue, Ste. 4, St. Paul, MN 55104
Business: (651) 646-2118, Fax: (651) 646-2284
Crisis Line: (612) 724-8823
www.awum.org

Minnesota Coalition Against Sexual Assault (MCASA)

420 N. 5th Street, Ste. 690, Minneapolis, MN 55401
(800) 964-8847, Fax: (612) 313-2799
Information regarding sexual abuse/assault including listing of sexual assault programs throughout the state. No fee

Outfront Minnesota

310 38th Street, E., 204, Minneapolis, MN 55409
(612) 822-0127, (800) 800-0350
Advocacy for gay, lesbian, bisexual, transgender individuals and allied communities. No fee

Survivor's Network Minnesota

www.survivorsnetworkmn.org

National Services

Yellow Ribbon Suicide Prevention

24-Hour Crisis Line: (800) 865-0606

GLBT-Kids

414 S. 8th Street, Minneapolis, MN 55404
1-877-452-8543
Helping abused gay, lesbian, bisexual, and transgender youth.

National Center for Victims of Crime (NCVC)

800-FYI-CALL
TTY: (800) 211-7996
www.ncvc.org
Email: gethelp@ncvc.org
Nationwide. Will connect you to local services, civil attorneys. If new client, will connect you to all basic services possible.

Child Help USA National Hotline

(800) 4-A-CHILD
www.childhelpusa.org
Provides information, referrals, crisis counseling all over the phone.

Stop It Now! Minnesota

(888) PREVENT
Monday-Friday 8:00 a.m. to 4:00 p.m.
www.stopitnow.org/mn
Email: stopitnow.mn@projectpathfinder.org
Campaign to prevent child sexual assault. You can call and have a confidential conversation with a professional about what you are seeing, learning, and what options are available to you.