Sexual Harassment, Abuse, and Exploitation:

A Bibliography of Resources

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*Annotations have been excerpted and/or adapted from descriptions provided by the publishers.

004.692 B365
Young, John G. (Ed.)
**B careful when u txt : the dangers of texting and sexting [DVD]**
*Subjects*: Cell phones—Social aspects. Social interaction in adolescence. Text messages (Telephone systems)—Social aspects.
*Summary*: This book gives tips for keeping yourself safe when texting, showing what dangerous consequences might result from not following what might be considered common sense practices when sending messages. It includes dramatizations of situations with negative consequences, including someone who is in a car with a driver who is texting, someone who sends a nude picture (sexting), someone who texts a rumour, someone who texts to make plans with a friend without confirming the plans by voice, and other scenarios.

152.46 C933
Crist, James J.
**What to do when you’re scared and worried : a guide for kids**
*Notes*: Health education grade 4 (2010).

155.418 M825
Moore-Maillinos, Jennifer
**Do you have a secret?**
*Subjects*: Children’s secrets—Juvenile literature.
*Summary*: This book introduces the concept of keeping a secret, in simple text with illustrations, as a number of children describe different types of secrets, good and bad.

155.518 R663
Robinson, Matthew
**Making smart choices about relationships**
*Summary*: This book discusses various types of relationships; offers suggestions for making positive relationship choices at school, in organized activities, and in social life; and addresses the consequences and benefits of people’s choices.

302.34 F171
Mader, Kristina Fairholm
Beyond the hurt: peer harassment and bullying for adults who work with youth
Ottawa, ON: Canadian Red Cross, 2006.
Summary: This book clearly defines various types of bullying including verbal, physical, relational, cyber, and sexual. It also explores abuse of power and criminal harassment. Readers learn about the rights and responsibilities of self and others and about intervention and prevention issues, including law and policies.

302.434 S912
Strauss, Susan
Sexual harassment and bullying: a guide to keeping kids safe and holding schools accountable
Summary: Despite headlines that label all harassment among youth as bullying, there is in fact a difference between sexual harassment and bullying. This book discusses the similarities and important differences between the two, offering firsthand accounts from victims and others involved in combating the activities that victimize students. It provides parents, youth advocates, scout leaders, and other concerned adults with practical steps to partner with schools to prevent and intervene on the behaviors to help keep kids safe. The book clearly identifies the steps to take to hold schools accountable when a student has been harassed or bullied, even when the school is not stopping the behavior. Providing examples throughout the work, the author helps readers become better acquainted with the various activities that constitute sexual harassment and bullying and what they can do to combat the problem.

305.3071 M612
Meyer, Elizabeth J.
Gender and sexual diversity in schools: an introduction
Summary: This book addresses issues such as working with same-sex parented families in elementary schools; integrating gender and sexual diversity topics into the curriculum; addressing homophobic bullying and sexual harassment; advising gay-straight alliances; and supporting a transgender or gender non-conforming student are addressed. The suggestions offered in this book are based on recent research evidence and legal decisions to help educators handle the various situations professionally and from an ethical and legally defensible perspective.

306.70835 S518
Sexting. Grades 7-12, sex plus text equals trouble [DVD]
Summary: Sexting is a combination of sex and text messaging. Junior high and high school students demonstrate the threat of 'sexted' sexually explicit or suggestive photographs, messages, and videos. Real-life scenarios are presented along with the resulting consequences affecting a teenager's personal, social, and future life. Follow students through a variety of sexting situations stemming from careless fun to cyberbullying along with their painful effects.

306.76 G285
Gay, straight and accepted [DVD]
Summary: Life can get confusing for adolescents when they begin to develop sexual attractions. Through the perspective of straight teenagers, we meet students coming to terms with how they feel and dealing with the anxiety of 'coming out'. We meet Noel, who became extremely depressed because she did not know how to deal with being a lesbian, and Sam, who is a victim of homophobic harassment. In the end students will realize that sexual orientation should not be isolating.

362.76 P171
Fairholm, Judi
Prevention in motion: preventing abuse, bullying and harassment of children and youth
Ottawa, ON: Canadian Red Cross, 2009.
Summary: Tailored for adults, this resource clearly defines various types of abuse, neglect, and harassment. It outlines indications of problems and their effects on children and youth. Readers will learn of the barriers and benefits to preventing violence and methods for proactively building safer relationships within schools and communities.

362.76 S689
Bell, Ellyn Roberts; Bell, Stacey Ault
Singing with the sirens: overcoming the long-term effects of childhood sexual exploitation
Summary: This book provides an exploration of the complex trauma that results from early abuses in women's lives, how women fall prey to many challenging circumstances as a result, and how to reclaim the power within.

362.76 Y67
You are in charge of your body [DVD]
Summary: This DVD provides an age-appropriate, comprehensive curriculum developed by elementary school educators and sexual abuse experts. The goal is to protect young children from abuse by helping them to understand what sexual abuse is, how they can recognize it, how and whom to tell, and empowering kids to take charge of their bodies.

362.88 C545
Chaplin, Charlie
Choice is yours: breaking the cycle of teen dating violence [DVD]
Subjects: Dating violence. Family violence.
Summary: This educational documentary helps viewers see how they can unwittingly be transformed from “victim of abuse” into “abuser.” Teen dating violence is an essential link that is both cause and effect for deeper cycles of domestic violence. The video offers several successful ways to break the cycle of domestic violence by recognizing the behavior for where it leads, ending the relationships, having an escape plan, and changing the predictable outcomes.

362.88083 C783
Coping with dating violence and abuse [DVD]
Summary: Includes: 20-minute video with 30-page PDF. Grades 7 - Post Secondary.

362.88083 T258
Teen dating abuse [DVD]
Falls Church, VA: Cerebellum Corporation, 2016.
Summary: An effective program to combat teen dating abuse is an essential part of any high school and guidance curriculum. This program brings the causes and consequences of teen dating abuse to life through a series of dramatic vignettes, and viewers learn how any young person can be affected. Accompanying CD-ROM contains digital workbook/teacher’s guide.

362.883 D313
Defining sexual assault [DVD]
Summary: Three post-college survivors of sexual assault tell their stories while giving definitions of sexual assault and consent, discussing options for the victim after the assault, and providing ways to empower survivors. Social workers also offer input, particularly in describing what friends, roommates, and relatives can do to help victims. In the final part, risk reduction and bystander intervention are discussed. Throughout, there is emphasis on the assault not being the survivor’s fault. It is also stressed that while there are precautions that can be made to limit chances of sexual assault, risk cannot be completely eliminated. Additionally, the promotion of bystander intervention encourages men and women to develop skills in diffusing situations so
that they don't escalate into sexual violence. The survivors here are personable and will relate well with the audience.

362.883 G411
Ghafoerkhan, Olivia
**Sexual assault: the ultimate teen guide**
*Summary:* This book provides strategies, tools and resources to help readers cope with sexual violence, outlining ways they can get the help they need.

364.1532 G411
**Bystander intervention. Putting a stop to sexual assault [DVD]**
*Summary:* Grades: 7 - Post Secondary.

364.1536 S559
Shoop, Robert J.
**Sexual exploitation in schools: how to spot it and stop it**
*Subjects:* Child sexual abuse by teachers—Prevention.

371.58 B938
**Bullying: experiences and discourses of sexuality and gender**
*Summary:* This book provides a valuable insight into the experiences of young people and how bullying can impact upon them in the school environment. It offers an introduction to the key issues associated with bullying on the grounds of sex and sexual orientation, pointing to key policies and guidance on these difficult issues.

371.58 H615
**Hey, Shorty!: a guide to combating sexual harassment and violence in schools and on the street**
*Summary:* Girls for Gender Equity, a nonprofit organization based in New York City, has developed a model for teens to teach one another about sexual harassment, what it is and how to prevent it.

371.58 N739
Botlon, Jos
No room for bullies: from the classroom to cyberspace
Subjects: Bullying in schools. Bullying—Prevention.
Summary: This book shatters popular myths about bullying. Readers learn who's playing the intimidation game, and how they play it – from social exclusion and emotional backstabbing to physical violence, sexual harassment, and cyberspace cruelty. But this book takes readers beyond problem recognition to proven solutions.

371.78 S518
Sexual harassment in education and work settings: current research and best practices for prevention
Summary: This book addresses current legal and psychological issues involved in campus and workplace violence, specifically sexual misconduct, and offers best practices for organizations seeking to prevent and respond to sexual misconduct.

371.786 F443
Fibkins, William L.
Sexual misconduct in the schoolhouse: prevention strategies for principals, teachers, coaches, and students
Subjects: Child sexual abuse by teachers—Prevention—Handbooks, manuals, etc. Coaches (Athletics)—Professional ethics—Handbooks, manuals, etc. Teachers—Professional ethics—Handbooks, manuals, etc.
Summary: This book seeks to educate principals, counselors, teachers, coaches, and support staff about sexual misconduct, while providing a training model to prepare school staff to avoid sexual misconduct, to encourage school leaders to upgrade their supervision efforts, and to provide needed outreach and intervention before sexual misconduct occurs.

371.8266 M473
Mayo, Cris
LGBTQ youth and education: policies and practices
Subjects: Gay youth—Education. Homosexuality and education.
Summary: Based on the diverse experiences of LGBTQ students and their allies, this essential volume brings together in one resource the major issues that schools must address to improve the educational outcomes for gender and sexual minority students, as well as all students. Many of these issues involve negative school-based experiences that teachers and administrators need to be aware of as they interact with students on a daily basis, including those that encourage dropping out, substance abuse, and disproportionate thoughts of suicide. This insightful work not
only examines the challenges of discrimination, harassment, and alienation that LGBTQ youth face, but it also captures students' resilience and creativity in organizing against those challenges.

371.8266 S559
Short, Donn
**Am I safe here? : LGBTQ teens and bullying in schools**
*Summary*: This book shines a light on the marginalization and bullying faced by LGBTQ youth, offering a new conceptualization of school safety. The author treats students as the experts on what happens in their schools, giving them a chance to speak for themselves. They identify what it would take to make a school truly safe—in insightfully explaining that safety doesn't come merely from security cameras, ID tags, and dress codes, but from a culture that values equity and social justice. Revealing the reality of going to school in an environment that implicitly (and sometimes explicitly) endorses homophobia, heterosexism, and heteronormativity, the students share their ideas about how to change school culture.

372.37 F297
Feigh, Alison
**I can play it safe**
*Summary*: This book engages young children in the conversation about their safety and helps them practice the rules of personal safety.

372.37 J67
Johnson, Jinny
**Being safe**
*Summary*: This easy-to-read book from the Now We Know About Series addresses ways to stay safe in various situations. The book highlights behaviours that jeopardize people's safety. Colourful photographs add appeal to the book.

372.37 S817
Steffy, Lynne
**Shelly’s shell**
Summary: This book was designed to help children who have been sexually abused. Shelly, the main character, is ashamed to tell her mother that she has been sexually abused. Shelly withdraws from her favourite activities, and her shell begins to grow thicker and thicker. Finally, a wise swan helps Shelly to nurture and protect herself and to reclaim her life.


372.372 K47 OVERSIZE

Kids in the know. Personal safety program [kit]


613.6071 S897

Stranger danger awareness. Grades 3-6 : the five traps [DVD]
Falls Church, VA: Cerebellum Corporation, 2016.


Summary: This DVD is a comprehensive stranger danger program showing young viewers how to avoid five common traps bad strangers use (the pet trap, the car trap, the authority trap, the playmate trap, and the technology trap) through a series of dramatic vignettes. It also shows them how the strangers they encounter everyday on their way to and from school, in stores, and online can be dangerous, regardless of their appearance.

613.95 B573

Beyond the basics: a resource for educators on sexuality and sexual health


Summary: This book offers the tools to teach your people about sexuality and sexual health from a sex positive, human rights perspective. Covering topics that range from anatomy to consent and healthy relationships, this book approaches sexuality education across all gender identities and sexual orientations with activities that help move students from receiving information to making decisions based on critical thinking skills and empowerment.


616.8582239 E57

Engel, Beverly

It wasn’t your fault : freeing yourself from the shame of childhood abuse with the power of self-compassion


Summary: Shame is one of the most destructive of human emotions. If you suffered childhood physical or sexual abuse, you may experience such intense feelings of shame that it almost seems
to define you as a person. In order to begin healing, it's important for you to know that it wasn't your fault. In this gentle guide, the author presents a mindfulness and compassion-based therapeutic approach to help you overcome the debilitating shame that keeps you tied to the past. By following the step-by-step exercises in this book, you'll gain a greater understanding of the root cause of your shame. By cultivating compassion toward yourself, you will begin to heal and move past your painful experiences.

616.85836 L833
Lohmann, Raycelle Cassada; Raja, Sheela
The sexual trauma workbook for teen girls : a guide to recovery from sexual assault and abuse
Summary: This book offers healing, real-life stories from survivors and powerful, evidence-based tools to help you reclaim your life after sexual abuse or trauma.

616.85882 W957
Wrobel, Mary J.
Taking care of myself2 : for teenagers and young adults with ASD
Summary: Written specifically for teenagers and young adults with Autism Spectrum Disorders (ASD), this instructional book is meant to be used by parents, instructors, therapists, and individuals on the Autism spectrum. Teenagers and young adults with ASD typically want what everyone in their age group does. Being able to fit in, being as independent as possible, and developing relationships, including friendships, as well as loving, intimate relationships, are important to individuals with ASD. Topics such as dressing for different events; feeling anxious in social situations; and public versus private behaviors are included in this book. Being independent means understanding and managing their health and personal safety, to the best of their ability. This includes important topics such as: staying healthy, anxiety, depression, feeling suicidal, social media, sexual harassment and even rape. Forming relationships, especially intimate relationships, are of special interest to teens and young adults on the Autism spectrum. Several topics such as developing a variety of relationships; as well as sex and sexual relationships are covered in this book. Other topics include: finding and keeping friends, finding a boyfriend or girlfriend, how do we define sex, safe and responsible sex, deciding to have sex with a partner, and sex as a choice.

618.200835 F674
Fonda, Jane
Being a teen : everything teen girls & boys should know about relationships, sex, love, health, identity & more
Summary: The author discusses sex and sexuality for boys and girls, covering how teens should take care of their bodies, embrace their experiences, and strengthen self-esteem. This book includes information on bullying, sexual abuse, eating disorders, pregnancy, and more.

646.77 H434
Unhealthy dating relationships: Are you blinded by the bright light of love? [DVD]
Southington, CT: Mazzarella Media, 2011.
Summary: Unfortunately jealousy, possessiveness, and emotional and physical abuse are accepted behaviors in far too many young relationships. This program challenges teens to take time for a relationship check up. Each scenario presents true-to-life relationship challenges just about every young person faces as some point. The program helps viewers identify characteristics and behaviors that are not conducive to healthy relationships. Students are encouraged to assess their relationship honestly as to fairness, respect, trust and communication. Grades 7-12.

813.6 D475
Dessen, Sarah
Just listen
Summary: Some of the language used in this novel may be considered offensive. With the theme of honesty, this gripping novel focuses on Annabel, a 16-year-old girl who appears to have everything: popular friends, close family relationships, good marks and a part-time modelling career. In reality, however, Annabel's world is not so "perfect." After being the victim of an attempted rape by her best friend's boyfriend, Annabel loses her best friend and is forced to face her fears of confrontation. Annabel's problem-solving process is hindered by her family's refusal to accept its problems, including her sister's anorexia. Annabel, however, finds solace in a friendship with Owen who helps her to realize the dangers of hiding her emotions.
Notes: Health education grade 9 (2009).

813.6 F939
Frost, Helen
Keesha’s house
Summary: This engaging resource focuses on seven teenagers who leave their parents' homes due to overwhelming challenges and gravitate to where Keesha is living. These adolescents support each other in dealing with their various challenges including homophobia, unplanned pregnancy and abuse. In traditional poetic forms (i.e., sestina, sonnet), the youth explain why they left home and how they are beginning to face and to overcome their challenges.
813.6 K48
Kilbourne, Christina
**Dear Jo: the story of losing Leah—and searching for hope**
*Summary*: Through her journal entries (i.e., Jo), 13-year-old Max reveals how her friend Leah went missing after she and Max had been chatting online with strangers. Max describes her guilt, her anger, her sadness, and her efforts to help the police find Leah and capture an Internet predator. The book offers a section with valuable Internet safety tips for children and their parents.
*Notes*: Health education grade 5 (2010).

813.6 L833
Lohans, Alison
**No place for kids**
Victoria, BC: Wandering Fox, 2014.
*Summary*: In this book, contemporary subjects such as death, abandonment, child abuse and homelessness are dealt with in a way that helps youth explore these issues and think of their own ability to deal with adversity and survive. Sisters Sarah and Jennifer leave their alcoholic father in search of an aunt in Vancouver after being faced with possible sexual abuse from one of their father's friends. Along the way, they enter the dangerous world of the homeless. The plot and characters are well developed and the author makes good use of Canadian settings. Discussions could be lively when talking about the issues arising from this novel.
*Notes*: Health education grade 9 (2009).

813.6 O58
O’Neill, Louise
**Asking for it**
*Summary*: Emma O'Donovan is a beautiful, popular, 18-year-old. When she attends a local party, she drinks too much and most of the night becomes a blur. She is found by her parents the next morning, passed out in front of their home. In the days following the party, Emma finds out through social media that she was sexually assaulted at the party while she was under the influence of alcohol and drugs. As Emma begins to recover from the trauma, she finds her self-image is shaken, along with her relationships with her family, friends and the local community.
*Note*: English language arts 30 (2013). This novel centres around an incident of sexual assault. Educators are advised to consult their local learning resources evaluation policy before using this resource.
Riggs, Shannon
**Not in room 204: breaking the silence of abuse**
*Summary*: A teacher tells the children in her class to talk to an adult if they are being sexually abused.

843.6 H446
Hebert, Marie-Francine
**This side of the sky**
*Summary*: Translation of: *Le ciel tombe à côté*. Written in the first person by 12-year-old Mona, this novel begins with Mona receiving a grade of zero on a poem she has written about her dismal family life. Mona and her sister Angélique, who has a mental disability, are neglected by their parents and they spend much time in their secret hideaway by a lake. It is from this hideaway where the sisters witness a terrible act of sexual abuse. Jon, Mona's Afro-Canadian friend, is mistakenly blamed for this act. This poignant story explores several themes including racism, sexual and physical abuse, support for others and low self-esteem.
*Notes*: Health education grade 8 (2009).