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Abuse Matters Resources

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Resources For Abuse Survivors

Understanding Trauma

Why Are Shame And Trauma Connected?

Kati Morton

<https://www.youtube.com/watch?v=noYwPltBdRU>

Defining shame and trauma, how they affect us, and how to break the cycle. She discusses ways to move through the feeling of shame and heal. Note: Some ideas are more progressive than others. Each viewer needs to consider the path they do chose and get wisdom for their own journey and if these steps are right for them.

The Impact of Trauma

TED

<https://www.youtube.com/watch?v=95ovIJ3dsNk>

Offers insight into the effects of trauma and how early adversity affects a life. Advocates for communities to rally for healing.

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The Three Secrets Of Resilient People

TEDxTalks

<https://www.youtube.com/watch?v=NWH8N-BvhAw>

Lucy Hone discusses three ways to administer self-care in the midst of painful circumstances.

Emotional Abuse

What Is Emotional Abuse?

<https://www.statepress.com/article/2017/02/spopinion-emotional-abuse-is-dangerous-trauma>

Educational insight on the effects of psychologically aggressive behaviors, complete with statistics.

5 Must Know Signs Of Emotional Abuse

Kati Morton

https://youtu.be/A5fw-IT_phU

Kati discusses ways to identify emotional abuse and what to do next.

Tools and Resources

Expressive Writing: Words That Heal

By James W. Pennebaker

<https://www.amazon.com/dp/1611580463>

Offers insight into the benefits of processing trauma by writing—along with specific exercises and prompts on how to find resolution.

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Resources For Teenagers Who Struggle Because Of Abuse

Time To Talk: Talking To Your Parents

<https://www.mhanational.org/time-talk-talking-your-parents>

Includes reactions to thoughts and feelings you might be having about talking with your parents and how you can build courage in order to find support.

Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes a letter template to help you get started with beginning an important conversation.

The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault and Abuse

by Raychelle Cassada Lohmann PhD LPC, & Sheela Raja PhD

<https://www.amazon.com/dp/1626253994>

Provides guidance from survivors, along with short, actionable prompts to build a circle of support, tools, and healing resources.

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Beyond PTSD: Helping and Healing Teens Exposed to Trauma

by Ruth Gerson, Patrick Heppell

<https://www.amazon.com/dp/1615371109>

Collaborative voices join together to address multiple sources of trauma, how it affects teens, and how to offer informed guidance and support—all with student perspectives in mind.

The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma

by Libbi Palmer PsyD

<https://www.amazon.com/dp/1608823210>

Provides insight combined with short, actionable prompts to build a circle of support, tools, and healing resources.

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Resources For Men



Understanding Male Sexual Abuse & Challenges For Healing

<https://www.youtube.com/watch?v=jbYPpxBqOYY>

APA Division 56 - Trauma Psychology

Provides concise factors which affect male survivors, along with what protective factors exist.

Men Need To Talk About Their Sexual Abuse

<https://www.youtube.com/watch?v=r4ClOp1zIVM>

TEDxTalks

Survivor Seth Shelley discusses the value of speaking your story—and finding ways to challenge the narrative of abuse.

Reimagining Masculinity: My Journey

<https://www.youtube.com/watch?v=BWWPZlaq35U>

TEDxTalks

One man shares his story of assault as an adult male—and his journey of recovery.

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Resources For Parents

Parents Anonymous

<http://parentsanonymous.org/programs/parents-anonymous-groups/adult-group/>

Offers a network of in-person support groups. From website: “Groups offer a caring and supportive environment where parents and caregivers support each other and explore new parenting strategies, address underlying emotional issues, and create long lasting positive changes in their families.”

How To Recognize Abuse

<https://ourkidscenter.com/learn/how-to-recognize-abuse/>

Downloadable PDF answers questions, “How do I recognize abuse?” & “What should I do if I suspect abuse?”

Helping Your Teen Through An Unhealthy Relationship

<https://www.womenshealth.gov/blog/unhealthy-teen-relationships>

Article offers guidance for concerned parents to understand what their child is facing, how to discuss difficult subjects and what resources are available.

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ChildWelfare.Gov Tip Sheets

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/tip-sheets/>

Description from website: “Tip sheets are designed for service providers to share with parents and caregivers in the context of a particular concern or question. They are not intended to tell the whole story; they merely provide a starting point for a discussion between parent and provider that is grounded in the protective factors.” Tip Sheets can be found in English and Spanish. Sample Subjects (direct from website) include:

- How to Develop Supportive Communities
- Keeping Your Family Strong
- Connecting With Your Teen
- Building Resilience in Children and Teens
- Preventing Child Sexual Abuse
- Parenting After Domestic Violence
- Helping Your Child Heal From Trauma

Parenting Children and Youth Who Have Experienced Abuse or Neglect

https://www.childwelfare.gov/pubPDFs/parenting_CAN.pdf

Printable PDF guide to understanding preventative measures parents can take to safeguard their families, along with tools and resources for youth who have experienced trauma and need strong family support through their healing journey.

Helping Your Child Heal From Trauma (tip sheet):

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/tip-sheets/>

Parenting a Child Who Has Experienced Trauma (factsheet):

<https://www.childwelfare.gov/pubs/factsheets/child-trauma/>

Healing The Harm Done: A Parent’s Guide to Helping Your Child Overcome the Effects of Sexual Abuse

<https://www.amazon.com/dp/097436262X>

Guides parents through a child’s perspective—along with offering support for parents own grief or pain.

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Resources For Teachers

What Should You Do When You Suspect Child Abuse?

<https://www.scholastic.com/teachers/articles/teaching-content/what-should-you-do-when-you-suspect-child-abuse/>

Scholastic provides an in-depth analysis of what to do, as a teacher, when you suspect a child you know is being abused.

Supporting Brain Development in Traumatized Children and Youth

<https://www.childwelfare.gov/pubs/braindevtrauma/>

Provides education on the impact of trauma and brain development, screening guidelines and treatment options for affected youth.

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The Role of Educators in Preventing and Responding to Child Abuse and Neglect

<https://www.childwelfare.gov/pubs/usermanuals/educator/>

The Office on Child Abuse and Neglect, Children’s Bureau has provided tip sheets and resource sheets for educators and community leaders. Complete with resources, educational insight, and informed guidance.

To read more, visit: <https://www.washingtonpost.com/news/innovations/wp/2017/09/25/teenage-suicide-is-extremely-difficult-to-predict-thats-why-some-experts-are-turning-to-machines-for-help/>

Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

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Resources For Ministry Leaders

Becoming A Church That Cares Well For The Abused

<https://churchcares.com>

A video-based curriculum series from professionals who are equipped to train churches and the communities they represent on how to offer the right type of support and care for those who have faced a variety of forms of abuse.

How Your Church Can Support Sexual Abuse Survivors

<https://www.rca.org/we-are-speaking/resources-pastors-and-congregations>

Keys for how to create an environment of support for women who are domestic violence victims.

Ministry Safe Prevention & Awareness Training

<https://ministrysafe.com/the-safety-system/awareness-training/>

How to put a system of prevention in place in your community. Includes prevention plans for churches, camps and conference centers, schools, youth sports, foster and adoption, child services, daycares and preschools.

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We Too: How the Church Can Respond Redemptively to the Sexual Abuse Crisis

By Mary DeMuth

<https://www.amazon.com/dp/0736979182>

From Amazon's description, "We like to think the church is a haven for the hurting. But what happens when it's not?" Title is a firsthand account of one woman's journey to find support within the church—and a call for the church to be there as a place of safety for others like her.

Understanding Sexual Abuse: A Guide For Ministry Leaders And Survivors

by [Tim Hein](#), [Debra Hirsch](#)

<https://www.amazon.com/dp/0830841350>

Provides firsthand insight of someone experiences abuse, how it shapes their views of life and themselves, along with what needs they have. Combined with both theological and psychological insights.

What To Do When A Young Person Talks About Abuse

<https://fulleryouthinstitute.org/blog/when-a-young-person-discloses-abuse>

Provides insight and practical tools for leaders to support students who talk about abuse, along with how to guide them towards healing.

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