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Public Awareness Materials for Adults  
and Children:  
A Selected Annotated Bibliography

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Office of Human Development Services  
Administration for Children, Youth and Families  
Children's Bureau  
National Center on Child Abuse and Neglect  
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Public Awareness Materials for Adults and Children:  
A Selected Annotated Bibliography

This annotated bibliography includes materials on child maltreatment that are designed for general audiences. The publications, for both children and adults, are arranged according to the following subject areas:

- o Adults Abused as Children
- o Child Neglect
- o Child Safety
- o Child Witnesses
- o Emotional Abuse
- o Encouraging Children to Talk About/Report Abuse
- o Ethnic and Cultural Issues
- o Family Violence
- o Identifying and Reporting Abuse
- o Parenting/Families
- o Physical Abuse
- o Sexual Abuse/Assault
- o Substance Abuse

Each entry lists the title, author, publisher, and date of publication (if available), as well as a description of the material and the target audience.

## ADULTS ABUSED AS CHILDREN

About Adults Abused as Children. Channing L. Bete Co., Inc., 200 State Road, South Deerfield, MA 01373. 15 pp. 1988 Edition.

Survival skills learned by abused children and how these patterns may be carried into adult life are described. Possible problems that may arise years after the abuse, as well as sources of help for the survivor, are included in this discussion.

About Incest: A Book for Survivors by Marty Bishop-Milbradt. Pierce County Rape Relief, Allen Moore Medical Center, Bldg. B, Suite B2002, 19th & Union, Tacoma, WA 98405. 9 pp. 1984.

This booklet is intended to help adults better understand their own victimization by exploring the common dynamics of incestuous relationships. Resources available in Pierce County, as well as a selected bibliography on incest are listed.

Adults Molested as Children: A Survivor's Manual for Women and Men by Euan Bear and Peter T. Dimock. Safer Society Press, Shoreham Depot Road, RR #1, Box 24-B, Orwell, VT 05760. 66 pp. 1988.

This manual explores the experience of childhood sexual abuse and the process of coming to terms with that experience in everyday life. It helps survivors explain various issues to the important people in their lives.

The Obsidian Mirror: An Adult Healing from Incest by Louise M. Wischild. Seal Press, P.O. Box 13, Seattle, WA 98111. 278 pp. 1988.

This is a story of a woman healing from incest. It begins when she first started therapy and began to explore her feelings and continues through her memories of sexual abuse. Empowerment, confrontation with her family, and reclamation of self are described.

Speaking Out, Fighting Back: Personal Experiences of Women Who Survived Childhood Sexual Abuse in the Home by Sister Vera Gallagher and William F. Dodds. Madrona Publishers, Inc., P.O. Box 22667, Seattle, WA 98122. 223 pp. 1985.

This book relates stories of women who were sexually abused as children. It also examines how these women came to grips with their feelings of anger, shame, guilt, and fear.

Step On A Crack (You Break Your Father's Back) by Pamela Camille. Freedom Lights Press, P.O. Box 87, Chimney Rock, CO 81127. 264 pp. 1987.

This is a true story of Vanessa Morelli Ferris' sexual abuse by her father and physical abuse by her mother. She tells other abuse victims where they can go for help and that they can get on with their own lives and find happiness.

Survivors of Childhood Abuse Program: Survivors' Guide. Childhelp USA, National Headquarters, 6463 Independence Avenue, Woodland Hills, CA 91367. 32 pp. Undated.

Adults abused as children all suffered forms of interpersonal violence. Dynamics of survivors are discussed as are the differences between various groups of survivors (e.g., adult children of alcoholics, males versus females, ethnic minorities). National agencies and books are listed for additional information.

When You're Ready: A Woman's Healing from Childhood Physical and Sexual Abuse by Her Mother by Kathy Evert and Inie Bijkerk. Launch Press, P.O. Box 31491, Walnut Creek, CA 94598. 194 pp. 1987.

This book tells the story of a woman's childhood experience of sexual abuse by her mother. It is divided into two sections: coping with memories of abuse and occurrences after a number of major crises.

#### CHILD NEGLECT

Can Adults Unknowingly Harm Children? A Lifetime of Health for Your Child. Systems DC, 275 West Abriendo Avenue, Pueblo, CO 81004. 6 pp. 1983.

Children are extremely impressionable at a young age. Areas in which parents and adults can influence and unknowingly harm children include: dietary habits; drugs and medications; mental attitude patterns; walking; structural strain; and attitudes about a doctor's examination and treatment.

Liza's Story: Neglect and the Police written by Deborah Anderson and Martha Finne and illustrated by Jeanette Swofford. Dillon Press, Inc., 242 Portland Avenue South,

Minneapolis, MN 55415. 45 pp. 1986.

This book tells the story of a young girl who, neglected by her widowed father, becomes a troublemaker. A policeman talks to Liza and her father, and they begin to receive support from a psychologist. The book includes definitions of neglect, where to go for help, and a glossary.

Physical Neglect written by Hendrika Cantwell and illustrated by Tom Novak. National Committee for Prevention of Child Abuse, 332 S. Michigan Avenue, Suite 950, Chicago, IL 60604-4357. 15 pp. 1987.

This illustrated booklet defines and provides guidelines on the basic needs of children: proper food; a clean, safe environment; sleep; and attention. It emphasizes the needs of infants and young children.

What Everyone Should Know About Child Neglect. Channing L. Bete Co., Inc., 200 State Road, South Deerfield, MA 01373. 15 pp. 1984.

This booklet defines and describes the various forms of child neglect. It lists common signs of neglect and explains how to report suspected cases. It also lists national organizations.

#### CHILD SAFETY

Child Protection. National Center for Missing and Exploited Children, 1835 K Street, N.W., Suite 700, Washington DC 20006. 6 pp. Undated.

Parents are provided with information on child protection to pass on to their children. Themes include: exploiters/abductors may not be strangers; prevention of abduction/exploitation; basic safety rules; and detection of sexual exploitation.

Crime Prevention for Children: A Basic Guide for Parents in Developing a Personal Safety Program for Children by Randolph A. Gonzalez. Eurich, Gonzales and Associates, Inc. 33 pp. 1986.

This publication focuses on certain aspects of planning personal security for children, including sexual assault prevention education. Selected references are included.

The Fun and Facts Book with Penelope the Clown. Oak Hill Hospital, Joplin, MO. Available from Economic Security Corp. of Southwest Area, P.O. Box 66, Anderson, MO 64831. 15 pp. 1987.

This coloring book contains activities designed to help children learn to protect themselves from danger and to tell someone if they have been victims of abuse or neglect.

Growing Up Safely Dictionary to Color written by Walt Oleksy and illustrated by Eva Clift. Modern Publishing, 155 East 55th Street, Room 203, New York, NY 10022. 47 pp. 1985.

This coloring book defines and illustrates words relating to child safety. A safety poster on strangers is included. It is part of the Be Aware Books Series.

Help Yourself to Safety: A Guide to Avoiding Dangerous Situations with Strangers and Friends written by Kate Hubbard and Evelyn Berlin and illustrated by Marina Megale. Chas. Franklin Press, 18409 90th Avenue W., Edmonds, WA 98020. 41 pp. 1985.

This book teaches children to protect themselves from molestation and abduction by being aware that these things can happen; recognizing dangerous situations with strangers and people he/she knows; and knowing how to handle these situations. Safety tips, hypothetical situations, and resources are included in the back. This book is number three of the Children's Safety Series.

My "Kid-Ability!" Journal written by Mary Mitchel and illustrated by Kate Jobe. Girl's Club of Omaha, Abuse Prevention Unit, 3706 Lake Street, Omaha, NE 68111. 39 pp. 1985.

This is a child's personal journal and workbook that accompanies the "Kid-Ability!" self-protection program. Themes include strengths and powers, making safe decisions, touching, and learning how to ask for help. Two sheets of stickers with hypothetical situations, responses, and feelings are included for use in the workbook.

Parent's Guide. Adam Walsh Child Resource Center, 770 City Drive South, Suite 3100, Orange, CA 92668. 11 pp. Undated.

This Safe'n Sound kit is designed to help children learn rules for personal safety. It offers parents guidelines for minimizing the risk of child abduction and exploitation. It includes a list of indicators of sexual abuse and a form for keeping child identification information.

A Parent's Guide to "Kid-Ability!" written by Joedy Clare Burton, Colleen Croudy, and Jeanne M. Trachta, and illustrated by Kate Jobe. Girl's Club of Omaha, Abuse Prevention Unit, 3706 Lake Street, Omaha, NE 68111-3551. 46 pp. 1985.

This guide provides background information to parents that they can use to help their children use My "Kid-Ability!" Journal. Included is a sample of each page of the journal and a few notes about how to present that particular activity to the child.

Respond: Teaching Children Self-Protection. A Text for Everyone and Respond: Student Handbook by Joanna Anderson and Jean Benson. Special Child Publications, P.O. Box 33548, Seattle, WA 98133. 111 pp. and 29 pp. 1985.

Respond is a comprehensive program designed to lead adults as they teach children self-protection. Sections include self-esteem, prevention at home and away from home, missing children, sexual abuse, and physical abuse. It includes references, organizations, and hot lines. The student handbook outlines issues discussed in the text.

Safe Adventurous and Loving: A 4 Step Anti-Victim Training Process for Grown-Ups to Teach Children. Protective Behaviors, Anti-Victim Training for Children, 1005 Rutledge, Madison, WI 53703. 15 pp. 1984.

The four-step, anti-victim training program for parents to provide to children is outlined and includes: safety; there's nothing so awful that you can't talk about it with someone; networking; and persistence.

Safe and Happy--A Child's Guide to Personal Safety by Maureen Daigle. Revised Edition. Outreach Child Abuse Prevention and Education, P.O. Box 1271, Station "b," Oshawa, Ontario L1J 5Z1, Canada. 15 pp. 1986.

This coloring book describes ways children can prevent "stranger danger" and sexual abuse. It encourages children to say "no" to inappropriate touch and to avoid strangers. It is recommended that parents read the book with their children.

The Safer Child Coloring Book by B.J. Roberts. Braemar Books, Ltd., Victoria. Distributed by Marvin Melnyk Associates, P.O. Box 545, Lewiston, NY 14092. 40 pp. 1986.



This coloring book for preschool through fifth grade is designed to help children cope with difficult situations, gain self-confidence, and grow in self-esteem. In addition to dealing with sexual abuse, it provides safety instructions for hazards in the home, on the streets, in the woods, and on the water. The "supercowboy" featured is a caricature of the author, a country and western singer.

The Safety Test for Parents and Children by Robert P. Hall and Joanne M. Kassees. Parents Anonymous of Delaware, Inc., 124 D Senatorial Drive, Wilmington, DE 19807. 9 pp. 1986.

A 15-question safety test for parents and children is presented and discussed. Information is also provided on talking to children about child abuse and hints for parents in discussing child safety.

Safety Zone: A Book Teaching Children Abduction Prevention Skills by Linda D. Meyer. The Chas. Franklin Press, 18409 90th Avenue W., Edmonds, WA 98020. 25 pp. 1984.

This book is designed to teach children preventive measures through a "read aloud" section of hypothetical situations. It also shows adults how to teach children to be cautious so they can prevent abduction. It provides instructions if a child is missing and includes listings of organizations and books on abduction.

Strangers Don't Look Like the Big Bad Wolf written by Janis Buschman and Debbie Hunley and illustrated by Marina Megale. Chas. Franklin Press, 18409 90th Avenue W., Edmonds, WA 98020. 31 pp. 1985.

This book presents everyday situations in a story format to teach young children the importance of staying close to a safe person and avoiding strangers. It is Book No. 5 in the Children's Safety Series.

Streetproof Your Children: Helpful Rules to Keep Young People Safe. Victims of Violence, 1A Sir Winston Churchill Square, Edmonton, Alberta T5J 0R2, Canada. 6 pp. Undated.

This brochure provides parents with tips on how to educate their children about sexual abuse and abduction. It also provides tips to parents and basic facts on child abduction.

When School's Out and Nobody's Home by Peter Coolsen, Michelle Seligson, and James Garbarino. National Committee for Prevention of Child Abuse, 332 S. Michigan Avenue, Suite #950, Chicago, IL 60604-4357. 53 pp. 1985.

This booklet describes the problems and offers solutions to the issue of latchkey children. It is based upon information from the first national conference on latchkey children, which was held in 1984. Appendixes include a list of conference presenters and selected resources.

When Someone Takes Care of You written by Kay Koulouras and Ginny McCaig and illustrated by Argie Nicholaou Smith. K & M Resources, 24200 Lahser Road, Southfield, MI 48034. 42 pp. 1987.

This book is designed to help adults enter into meaningful dialogue with children concerning events which occur when they are in someone else's care. Various caregiving situations serve as stimuli to encourage children to describe feelings and attitudes about specific situations.

#### CHILD WITNESSES

So, You Have to Go to Court! by Wendy Harvey and Anne Watson-Russell. Butterworths, 2265 Midland Avenue, Scarborough, Ontario M1P 4S1 CANADA. 41 pp. 1986.

This child's guide to testifying as a witness in child abuse cases provides children with information to do a good job as a witness. What will happen before, during, and after court is described, as are ways to make appearing in court easier for the child.

#### EMOTIONAL ABUSE

Emotional Abuse: Words Can Hurt written by Marla R. Brassard and Stuart N. Hart and illustrated by Tom Novak. National Committee for Prevention of Child Abuse, 332 S. Michigan Avenue, Suite 950, Chicago, IL 60604-4357. 15 pp. 1987.

This booklet is designed for parents and describes different cases of emotional and verbal abuse. It explains why adults may abuse children emotionally and how to prevent such abuse. It also offers suggestions for changing abusive patterns.

Michael's Story: Emotional Abuse and Working with a Counselor written by Deborah Anderson and Martha Finne and illustrated by Jeanette Swofford. Dillon Press, Inc., 242 Portland Avenue South, Minneapolis, MN 55415. 45 pp. 1987.

This book tells the story of a young boy who is emotionally abused by his parents and teased at school. He begins to see the school social worker, and his family enters counseling. The book also includes a description of emotional abuse, sources of help, and a glossary.

Shall the Circle Be Unbroken? by Marilyn Franzen Holm. Bookmakers Guild, Inc., 1430 Florida Avenue, Suite 202, Longmont, CO 80501. 178 pp. 1986.

This book explores problems of defining emotional abuse and urges progress in dealing with the maltreatment of children. Changes are suggested to help break the vicious circle of abuse that goes from generation to generation of unhappy parents and children.

Spiderman with Tips on What To Do About Verbal Abuse. Marvel Comics in cooperation with the National Committee for Prevention of Child Abuse, 332 S. Michigan Avenue, Suite 950, Chicago, IL 60604-4357. 30 pp. 1987.

This special edition of the Spiderman comic book features two stories about children who are victims of emotional and verbal abuse. In the first story, "Who Cares," a young boy is verbally abused by his alcoholic father. In the second story, "Nobody Wins," a young girl responds to her mother's verbal abuse by being the school bully. In both stories, the children receive support from their schools. It includes listings of where to receive help for emotional and substance abuse. Bulk discounts are available.

#### ENCOURAGING CHILDREN TO TALK ABOUT/REPORT ABUSE

I Told My Secret: A Book for Kids Who Were Abused written by Eliana Gil and illustrated by Sally Haskell. Launch Press, P.O. Box 31491, Walnut Creek, CA 94598. 16 pp. 1986.

This booklet reassures abused children that telling a grownup about their abuse is the right thing to do. The discussion includes information on: who to tell and why it's important to tell; questions the child may have after telling; feelings about their bodies and touching; and questions about family, friends, the courts, and the future.

Something Happened and I'm Scared to Tell: A Book for Young Victims of Abuse written by Patricia Kehoe and illustrated by Carol Deach. Parenting Press, Inc., 7734 31st Ave., N.E., Seattle, WA 98115. 26 pp. 1987.

This book, written for children ages three to seven who are suspected victims of sexual or physical abuse, encourages victims to talk about what happened. Concepts that will help their recovery are also provided.

#### ETHNIC AND CULTURAL ISSUES

Let Go of Guilt by Mary Marecek. Respond, Inc., Box 555, Somerville, MA 02143. 51 pp. 1985.

This book examines the various factors influencing women's feelings of guilt and presents ways in which they can rid themselves of it.

Our Children...Our Future: Child Abuse Facts for American Indians. Indian Child Abuse/Neglect Awareness Project, Dine' Center for Human Development, Navajo Community College, Tsaile, AZ 86556. 16 pp. 1986.

This booklet provides basic information about physical, emotional, and sexual abuse, as well as child neglect. It explains State and tribal reporting procedures and gives information on resources available to different Indian tribes.

#### FAMILY VIOLENCE

About Spouse Abuse. Channing L. Bete, Co., Inc., 200 State Road, South Deerfield, MA 01373. 15 pp. 1988 Edition.

Spouse abuse is defined and common characteristics of spouse abusers are described. Reasons are given why abuse is so common and why it continues. Sources of help as well as ways in which to prevent spouse abuse are listed.

Domestic Violence: Understanding a Community Problem. National Woman Abuse Prevention Project, 2000 P Street, N.W., Suite 508, Washington, DC 20036. 12 pp. Undated.

This booklet provides basic information on family violence. It includes profiles of victims, perpetrators, and children who witness family violence. It also lists ways to help prevent family violence in the community.

Fresh Start by Joan LeFeuvre. YMCA of Canada, 80 Gerrard Street East, Toronto, Ontario M5B 1G6, Canada. 72 pp. Revised 1986.

This book is designed to provide information and support to victims of spouse abuse. It includes chapters on legal and social issues, as well as information about caring for children who have witnessed spouse abuse. A bibliography is included.

Getting Free: A Handbook for Women in Abusive Relationships by Ginny NiCarthy. (Expanded Second Edition). Seal Press, P.O. Box 13, Seattle, WA 98111. 316 pp. 1986.

This book is designed to help women in abusive relationships. It contains sections on deciding whether to stay or leave, getting professional help, self-help, and how to cope after leaving an abusive relationship. The new edition also contains sections on teenage abuse, lesbian abuse, and emotional abuse. Each chapter contains activities to help abused women understand their situation more effectively.

Happy Home, Safe Home written by Helen Robinson and Marjean Wallingford and illustrated by Brenda Connelly. Southeastern Family Violence Center, 210 East 15th Street, Lumberton, NC 28358. 8 pp. 1986.

This booklet is designed to help children think about domestic violence. Children are helped to understand that hitting isn't a solution, and talking through problems works better for everyone.

I Love My Dad But... written by Leslie Wright and illustrated by Anne MacDonald. Five Press, Toronto. Distributed by Marvin Melnyk Associates, P.O. Box 545, Lewiston, NY 14092. 40 pp. 1986.

This coloring book is designed to help children talk about violence they have witnessed in their families. It also can be used as a discussion tool for children who are unfamiliar with the subject of family violence. It tells the story of a child who witnessed his father abuse his mother. He seeks help and then accompanies his mother to a shelter.

Into the Light: A Guide for Battered Women by Leslie A. Cantrell. The Chas. Franklin Press, 18409 90th Avenue W., Edmonds, WA 98020. 28 pp. 1986.

This guide is a revised and expanded version of Victim To Survivor. It is a self-help handbook for victims of domestic violence and offers information about sources of help. An appendix lists resources for victims of family violence in 50 states. Bulk discounts are available.

The Misunderstood Crime: A Helpful Book About Battered Women by M. Joyce Ewing and James Windell. Minerva Press, Inc., 6653 Andersonville Road, Waterford, MI 48095. 15 pp. 1986.

Violence toward women is described and the following information is discussed: statistics of battered women; why there is abuse in families; why women stay in abusive relationships; myths; how women respond to abuse; abusive men; the legal system; and children from these homes. Sources of help and treatment options are listed.

Mommy and Daddy Are Fighting written by Susan Paris and illustrated by Gail Labinski. Seal Press, P.O. Box 13, Seattle, WA 98111. 20 pp. 1986.

In this children's book, a young girl tries to cope with her parents' fighting. The book includes discussion questions about family violence and divorce. Also included is a bibliography of books for adults and children.

Shattered Dreams by Charlotte Fedders and Laura Elliott. Harper & Row Publishers, 10 East 53rd Street, New York, NY 10022. 248 pp. 1987.

Charlotte Fedders' story tells what it is like to be the victim of physical and emotional abuse in a white-collar home. It helps one understand why it requires extraordinary courage to break the pattern of abuse and begin again.

The Story of Henderson House: A Home for Abused Women by Mary Henderson. Henderson House, OR. 80 pp. Undated.

This is a story about how a former victim of abuse who thought she had no job skills started a place of refuge for battered women and their children in Yamhill County, Oregon.

Surviving A Violent Relationship. Empowering Choices for Battered Women by Linda Swan. Minerva Press, Inc., 6653 Andersonville Road, Waterford, MI 48095. 15 pp. 1988.

This booklet shares factual information about domestic violence, suggestions that women have found helpful and useful, and some of the feelings women experience. Resources and sources of help available to battered women are also listed.

What Everyone Should Know About Family Violence. Channing L. Bete Co., Inc., 200 State Road, South Deerfield, MA 01373. 15 pp. 1988 Edition.

This booklet defines family violence and describes why some people are violent toward family members. Reasons why family violence continues are also given. Sources of help are listed.

#### IDENTIFYING AND REPORTING ABUSE

The Cycle of Abuse: What Educators and Others Should Know by Patty A. Finch. National Association for the Advancement of Humane Education, Box 362, East Haddam, CT 06423. 5 pp. 1988.

This brochure instructs educators to break the cycle of animal abuse and violence - be aware of such abuse, report it, and mobilize to prevent it.

Identifying and Reporting Child Abuse and Neglect in Out-of-Home Care Settings. Colorado Department of Social Services, 1575 Sherman, Denver, CO 80202. 4 pp. Undated.

Specific topics discussed include who is required to make a report, what should be reported and when, and how and to whom should a report be made.

#### PARENTING/FAMILIES

Annie Overcomes Isolation written by Patte Wheat and illustrated by Tom Novak. National Committee for Prevention of Child Abuse, 332 S. Michigan Avenue, Suite 950, Chicago, IL 60604. 15 pp. 1987.

This booklet describes Annie, a young mother, who feels isolated and depressed. Through a neighbor's encouragement, she joins a parent group meeting. The group helps her to overcome the problems of her childhood and to build her self-esteem. This, in turn, helps her to become a better mother.

Building Blocks to Strengthen Families by Cordelia Anderson. Illusion Theater, 528 Hennepin Avenue, Suite 704, Minneapolis, MN 55403. 35 pp. 1986.

This pamphlet is designed to encourage adults to think about the building blocks that help to strengthen families. Among others they include communication, support, equal value, trust, respect, humor, time together, creative problem-solving, and nonviolent discipline.

"I Hear You." written by Thomas Gordon and illustrated by Tom Novak. National Committee for Prevention of Child Abuse, 332 S. Michigan Avenue, Suite 950, Chicago, IL 60604-4357. 15 pp. 1985.

This pamphlet explains to parents the differences between punishment and communication and how to use the latter in raising children. It describes the technique of "active listening" in understanding and solving children's problems.

Making the World Safe For Jeffery written by J. Gary May and Mamie Toll and illustrated by Tom Novak. National Committee for Prevention of Child Abuse, 332 S. Michigan Avenue, Suite 950, Chicago, IL 60604-4357. 15 pp. 1985.

This illustrated booklet is designed as a series of letters written by a mother who attends stress management classes at a mental health center. In her letters, she describes how she learns to cope with the stress in her life and prevent abusing her children.

Now You've Done It II: A Booklet for New Parents written by Patte Wheat and illustrated by James S. Kassees and Bill Marienau. Parents Anonymous of Delaware, Inc., 124 D Senatorial Drive, Wilmington, DE 19807. 10 pp. 1986.

This booklet lets new parents know that there is help available to them if it is needed. The importance of support systems is stressed and organizations available to help new parents cope with their feelings are listed.

Parents' Check List for the Prevention of Child Abuse by Elizabeth D. Drake and Anne Gilroy Nelson. Child Care Publications, P.O. Box 12024, University Station, Gainesville, FL 32603. 17 pp. 1986.

This brochure presents parents with information to enable them to be responsible and prevent parental abuse of their children. Checklists of things parents can do to prevent neglect, physical abuse, stress, emotional abuse, and sexual abuse are included. Also available is a checklist for providing love. Child abuse laws and sources of help for parents are included.

Resource Guide for New Parents. Council for the Prevention of Child Abuse and Neglect, 106 W. Allegan, Suite 315, Lansing, MI 48933. 26 pp. Undated.

This booklet contains articles that focus on important issues for parents of babies, such as postpartum depression, sibling rivalry, and returning to work. Suggested readings and an immunization schedule are included.



Stress and the Single Parent by Virginia R. Nuta. National Committee for Prevention of Child Abuse, 332 S. Michigan Avenue, Suite 950, Chicago, IL 60604-4357. 8 pp. 1987.

This brochure describes the stresses frequently experienced by single parents, such as low income and isolation. It offers suggestions for coping with these problems and references NCPA and Parents Without Partners.

What Every Family Should Know About Getting Along. Channing L. Bete Co., Inc., 200 State Road, South Deerfield, MA 01373. 15 pp. 1985.

This illustrated booklet discusses basic issues in family life, such as communication, relieving stress, and conflict resolution. It offers suggestions for coping with family problems and improving family relationships.

Who Stole Mrs. Wick's Self-Esteem? A Mystery written by Billie Thomas and illustrated by Tom Novak. National Committee for Prevention of Child Abuse, Publishing Department, 332 S. Michigan Ave., Suite 950, Chicago, IL 60604-4357. 15 pp. 1986.

In this easy-reading pamphlet, Sherlock Holmes and his sidekick Watson help Mrs. Wick learn what, and who, can steal her self-esteem and how to combat the attempt.

#### PHYSICAL ABUSE

Death From Child Abuse... And No One Heard by Eve Krupinski and Dana Weikel. Currier-Davis Publishing, P.O. Box 58, Winter Park, FL 32790. 130 pp. Undated.

The first section of this book, narrated in the first person, describes the last week in the life of 5-year-old Ursula Sunshine Assaid, who was beaten to death by her mother's boyfriend. It also contains profiles of her mother and her mother's boyfriend based upon court transcripts of the trial. The second part of the book, entitled "You Can Help Stop Child Abuse," provides definitions, reporting procedures, and information on prevention programs. The second section is not copyrighted, and photocopying is encouraged by the publisher. Ordering information and bulk rates are provided.

Don't Hurt Me Mama written by Muriel Stanek and illustrated by Helen Cogancherry. Albert Whitman & Company, Niles, IL. 29 pp. 1983.

In this children's story, a young girl describes how her mother became abusive and neglectful following her divorce. The school nurse notifies a social worker about the abuse, and the mother begins receiving support.

Preventing Child Abuse and Neglect: Everyone Can Help. New Mexico Human Services Department, Social Services Division, P.O. Box 2348, Santa Fe, NM 87504-6217. 8 pp. 1985.

This brochure outlines different ways to prevent child abuse and neglect at the community level. It lists situations that put a family at risk for child abuse and describes how individuals can help with prevention efforts. Portions of this publication are reprinted from It Shouldn't Hurt to Be a Child, by the National Committee for Prevention of Child Abuse.

Preventing Child Abuse: Everybody's Responsibility. The Canadian Home and School and Parent-Teacher Federation, 323 Chapel Street, Ottawa, Ontario K1N 7Z2, Canada. 6 pp. Undated.

This brochure provides basic information about child abuse, including definitions, typical signs of abuse, and what to do if you suspect that a child you know is being abused.

Robin's Story: Physical Abuse and Seeing the Doctor by Deborah Anderson and Martha Finne. Dillon Press, Inc., 242 Portland Avenue South, Minneapolis, MN 55415. 45 pp. 1986.

This book relates the story of a young girl who is physically abused by her mother and what happens when she sees a doctor. The book also contains descriptions of physical abuse, information on where to get help, and a glossary of terms for children.

Spare the Rod: Breaking the Cycle of Child Abuse by Phil E. Quinn. Abingdon Press, 201 Eighth Avenue South, Nashville, TN 37202. 192 pp. 1988.

Information is provided on why child abuse occurs, how it is perpetrated in society, why attempts to stop it after it has occurred are futile, and why prevention is effective. Hitting a child in acceptable ways like spanking is never justified as a parenting technique.

"think you know something about child abuse?" Questions & Answers. National Committee for Prevention of Child Abuse, 332 S. Michigan Avenue, Suite 950, Chicago, IL 60604-4357. 6 pp. 1987.

This brochure uses a question and answer format to provide basic information about child abuse, including definitions, reporting laws, and reasons for abuse. It also lists other publications available from NCPA.

Understanding Child Abuse and Neglect. The William Gladden Foundation, P.O. Box 7222, York, PA 17404. 15 pp. 1985.

This booklet is designed to educate the public about the causes and effects of child abuse and neglect. It explains how cases are handled and how to identify and report suspected cases. Copies are available only in lots of 100.

What's a Kid To Do About Child Abuse? by Marge Hittleman. Family Life Development Center, E-200 MVR Hall, Cornell University Ithaca, NY 14853. 41 pp. 1986.

This booklet is designed for teens and preteens. It describes the various forms of child abuse and provides information on reporting and coping with abuse. Additional copies and permission to reproduce are available from the publisher.

#### SEXUAL ABUSE/ASSAULT

About Incest. Channing L. Bete Co., Inc., 200 State Road, South Deerfield, MA 01373. 15 pp. 1985.

This illustrated booklet provides basic information about incest including definitions, effects on the victim, indicators, and how to report suspected cases. It also describes how local citizens can help to overcome this problem in their communities.

About the Sexual Abuse of Children written by Randy Turner and illustrated by Gayle Stringer. King County Rape Relief, 1025 South Third, Renton, WA 98055. 24 pp. 1984.

This booklet provides help in dealing with assaults that have already occurred, as well as enables adults to teach assertiveness and self-protection skills to children to prevent potentially abusive situations.

About the Sexual Assault of Males originally written by Rosemary Russel and revised by Terri Platt. Pierce County Rape Relief, Allen Moore Medical Center, Bldg. B, Suite B2002, 19th & Union, Tacoma, WA 98405. 11 pp. 1988.

Information on the sexual assault of males is made available to victims and their friends. Included in this booklet is.

information on Washington State law, reporting, myths and stereotypes, reactions, adjustment and sexual identity, and prosecuting.

Am I the Only One? Aberdeen American Legion Post #59, 1267 S. 2300 W., Sterling, ID 83210. 28 pp. 1987.

Questions of sexually abused children are answered in order to let them know that they are not alone, are not to blame, and that there are people available who are willing to help them feel better about themselves.

Basic Facts About Child Sexual Abuse. National Committee for Prevention of Child Abuse, Publishing Department, 332 S. Michigan Ave., Suite 950, Chicago, IL 60604-4357. 15 pp. 1988 Edition.

Basic questions about the incidence, nature, and legal aspects of child sexual abuse are answered. Included are: factors contributing to incestuous behavior; physical, behavioral, and conversational symptoms a sexually abused child might present; and advice on what to do if sexual abuse is suspected.

Body Safety illustrated by Ellorine Morgan. Sunshine Center, 802 Forest Avenue, Montgomery, AL. 4 pp. 1985.

In easy to understand story-form, this coloring booklet teaches children the private zones of their bodies and that it is not okay for an adult to touch them in these areas. The message is to say no and to go tell someone.

Child Sexual Abuse. American Academy of Pediatrics, Department of Publications, 141 Northwest Point Rd., P.O. Box 927, Elk Grove, IL 60007. 14 pp. 1985.

This pamphlet uses a question and answer format to describe the problem of sexual abuse. Topics include prevalence, consequences of abuse, detection, and treatment. It includes toll-free hotlines and recommended readings. Minimum order is for 100 copies; discounts are available for members of the American Academy of Pediatrics.

Child Sexual Abuse Prevention: Tips to Parents. National Center on Child Abuse and Neglect (DHHS), Washington, DC 20201. Available from the Clearinghouse on Child Abuse and Neglect Information, P.O. Box 1182, Washington, DC 20013. 4 pp. 1986.

This brochure stresses good communication between parents and children in order to prevent sexual abuse. Tips are provided about choosing a safe preschool or child care center, what to

do if child abuse is suspected, and the physical and behavioral signs of abuse.

Childproof for Sexual Abuse: Suggestions for Parents of Young Children. Parent Education Center of Yakima, 4823 Snowmountain Road, Yakima, WA 98908. 17 pp. 1984.

This booklet, following the definition of child sexual abuse and the need for prevention, discusses how and when to talk to your child about sexual abuse; lists developmental characteristics and parent responses; and makes suggestions for day-to-day teaching. Resources are also included.

Children Who Molest. A Guide for Parents of Young Sex Offenders written by Eliana Gil. Launch Press, P.O. Box 31491, Walnut Creek, CA 94598. 26 pp. 1987.

Information is presented to enable parents to understand what a sexual offense is and why children molest. Parents' feelings and reactions to their child's sexual offense are addressed. Additional information is provided for parents whose child has molested a sibling.

For Camp Counselors: Guidelines on Child Sexual Abuse and Exploitation. National Center for Missing and Exploited Children, 1835 K Street, N.W., Suite 700, Washington, DC 20006. 6 pp. Undated.

Since the camp counselor may be in the position to find out about abuse, information is presented on reporting and detecting sexual abuse. Precautions a counselor can take against accusations of sexual abuse or exploitation are discussed. Guidelines for camp directors are also provided.

Helping Your Sexually Abused Child by Louise Doyle and Peta Hammersley. Act 2 - Society for Assistance in the Community Today, #301-402 West Pender Street, Vancouver, BC V6B 1T5, Canada. 48 pp. 1986.

This booklet, written for parents whose child has been sexually abused by someone he or she knows and trusts, contains information on what constitutes child sexual abuse; the legal and child protection systems involvement in such a case; and sexual offenders. How families and children react to and cope with disclosure of sexual abuse is also discussed.

I Never Called It Rape by Robin Warshaw. Harper and Row, Publishers, Inc., 10 East 53rd St., New York, NY. 229 pp. 1988.

Acquaintance rape and date rape as measured by a Ms. magazine survey of college campuses is addressed. This book establishes the reality and prevalence of rape and points toward ways to reduce such assaults.

If It Happens to Your Child, It Happens to You: A Parent's Help-Source on Sexual Assault by Christine A. Golder. R & E Publishers, P.O. Box 2008, Saratoga, CA 95070. 52 pp. 1987.

This book focuses on how sexual abuse impacts the entire family. It includes: an overview of the problem and a literature review; how abuse affects both children and adolescents; what to expect in encountering the legal system; parents' feelings and reactions; and suggestions for parents who want to do something more about the problem.

Incest: Family Problem, Community Concern by Evelyn Strouse. Public Affairs Pamphlets, 381 Park Avenue South, New York, NY 10016. Pamphlet No. 638. 24 pp. 1985.

This pamphlet defines and describes incest, its victims, how it starts, and reasons for the silence of incest victims. Also discussed are signs of incest, sources of the problem, obstacles in dealing with it, and approaches to prevention and treatment.

It's Not Your Fault by Judith A. Jance. The Chas. Franklin Press, 18409 90th Avenue W., Edmonds, WA 98020. 25 pp., 1985.

This booklet contains a "readaloud" story for children aged 4 to 11 years, as well as discussion questions for class or family and a referral list of organizations, books, and curricula on sexual abuse prevention. It is designed to teach children who have been sexually abused that they are not responsible for the abuse and to teach basic prevention skills to all children. Bulk purchase for schools and organizations are available from the publisher. This book is number 4 of the Children's Safety Series.

Just in Case... Parental Guidelines in Case Your Child Might Someday Be the Victim of Sexual Abuse or Exploitation. National Center for Missing and Exploited Children, 1835 K Street, N.W., Suite 700, Washington, DC 20006. 3 pp. Undated.

This brochure presents instructions for the family and the school about what to do if a child indicates that he or she has been the victim of sexual abuse or exploitation.

Mandy and Andy's Special Book About Touching illustrated by Terry Neutz Hayden. Planned Parenthood Association of Champaign County,. 15 pp. Undated.

In simple language, this story teaches children the difference between touches that are okay and touches that are not. Children are taught that if someone touches them in their private zones in a way they don't like they should say so and tell someone they trust.

Margaret's Story: Sexual Abuse and Going to Court by Deborah Anderson and Martha Finne. Dillon Press, Inc., 242 Portland Avenue South, Minneapolis, MN 55415. 45 pp. 1986.

This book relates the story of a young girl who was sexually abused by a neighbor. She describes her experience in testifying against him in court. The book also includes a section describing sexual abuse; information on where to get help; and a glossary of terms.

The Mother's Book: How to Survive the Incest of Your Child by Carolyn M. Byerly. Kendall/Hunt Publishing Company, 2460 Kerper Blvd., P.O. Box 539, Dubuque, IA 52004-0539. 59 pp. 1985.

This book answers some of the requests for information that mothers have made with the focus being on father-daughter incest. It contains statements, stories, and information from mothers, current literature, and experiences of rape crisis advocates and therapists. A list of rape crisis centers is provided.

My Body is Private written by Linda Walvoord Girard and illustrated by Rodney Pate. Albert Witman & Company, Niles, IL. 24 pp. 1984.

In this story, a young girl describes the conversations she has with her parents about privacy and appropriate and inappropriate touch. She learns how to handle potentially abusive situations.

Protect Your Child From Sexual Abuse: A Parent's Guide by Janie Hart-Rossi. Parenting Press, Inc., 7750 31st Ave. N.E., Seattle, WA 98115. 59 pp. 1984.

In this guide, information and activities are presented to help parents protect their children from sexual abuse. It helps parents clarify their own understanding about what a comfortable touch really is. This guide accompanies the book It's My Body.

Questions Parents Ask About Child Sexual Abuse and the Service System's Response compiled by Judy Witt. Edited by Sue Whitcomb and Judy Witt. Madison-Dane County Committee on Sexual Assault, 210 Monona Avenue, Room 305, Madison, WI 53709. 37 pp. 1985.

This booklet is designed to inform parents about resources to assist them if their child has been sexually abused.

The Secret: A Child's Story of Sex Abuse for Children Ages 4 Through 6 written by Diana L. McCoy and illustrated by Wynne Brown. Magic Lantern Publications, 3818 Powers Avenue, Knoxville, TN 37917. 24 pp. Undated.

This book, intended to be read to young children who have been sexually abused, will help a child recognize that other children have had similar experiences. It is written in a story-like manner to serve as a stimulus for eventual discussion of all aspects of the abuse, including feelings of confusion, responsibility, and fear.

The Secret: A Child's Story of Sex Abuse for Children Ages 7 Through 10 written by Diana L. McCoy and illustrated by Wynne Brown. Magic Lantern Publications, 3818 Powers Avenue, Knoxville, TN 37917. 32 pp. Undated.

This story is intended to be read to children ages 7 through 10 who have been sexually abused. The child will be able to identify with the main character's developing problems with peer interactions, embarrassment at school, and mixed feelings of love and anger toward her parents.

Sexual Abuse: Let's Talk About It by Margaret O. Hyde. The Westminster Press, Philadelphia, PA. 107 pp. Revised and enlarged. 1987.

This book provides up-to-date information about the prevention and treatment of child sexual abuse. Designed for readers 10 years and older, it includes material on the sexual abuse of boys. It includes references for books, audiovisuals, regional centers, and national organizations.

Sexual Abuse! What Is It? An Informational Book for the Hearing Impaired by Alice LaBarre. Hearing Impaired Health and Wellness Services, St. Paul-Ramsey Medical Center, 640 Jackson Street, St. Paul, MN 55101. 71 pp. 1986.

This book is written for hearing impaired adolescents and young adults in order to prevent sexual abuse. Topics include what is sexual abuse, what are safety issues to be aware of; who are the victims; who are the offenders; and what to do if it happens to you.



Sexual Assault: Anyone Can Be A Victim. Maryland Crime Watch, Maryland Criminal Justice Coordinating Council, Suite 700, 1 Investment Place, Towson, MD 21204. 20 pp. 1979.

This booklet provides facts about sexual assault; tips on prevention; and information on what to do if you become a victim.

Sexual Assault: If It's Happened to You originally written by Susan de Alcorn and revised by Teri Platt. Pierce County Rape Relief, Allen Moore Medical Center, Bldg. B, Suite B2002, 19th & Union, Tacoma, WA 98405. 15 pp. 1988.

This booklet provides information about sexual assault, and includes what may happen if you choose to seek medical attention; report to the police or go through legal processes; and take steps to begin the healing process.

Sexual Exploitation: What Parents of Handicapped Persons Should Know. Seattle Rape Relief Developmental Disabilities Project, 1825 South Jackson, #102, Seattle, WA 98114. 10 pp. 1983.

Sexual exploitation information is presented to parents of handicapped individuals, special education personnel, and others who provide services to handicapped individuals and their families. Guidelines for assisting handicapped victims of sexual exploitation are also included.

Spider-Man and Power Pack. Published by Marvel Comics in cooperation with the National Committee for Prevention of Child Abuse. Available from the National Committee for Prevention of Child Abuse, 332 S. Michigan Avenue, Suite 950, Chicago, IL 60604-4357. 16 pp. 1984.

This comic book presents two stories of child sexual abuse and teaches children to protect themselves. In the first story a babysitter abuses a boy and tells him to keep it their secret. Spider-Man points out the importance of telling an adult when something like that happens. In the second story, Power Pack helps a girl who is sexually abused by her father.

Stop It! by Eric Berg and Adult's Guide to Stop It! by Kay Clark. Network Publications, P.O. Box 8506, Santa Cruz, CA 95061. 16 pp. and 7 pp. 1985.

The first booklet explains to children the difference between good and bad touching. It encourages children to tell adults to stop inappropriate touching and to tell someone if they have been abused. The companion pamphlet explains to parents how to read the booklet with their children. Bulk rates are available from the publisher.

Stopping Sexual Assault in Marriage: A Guide for Women, Counselors and Advocates written by Sarah Wunsch and illustrated by Nancy Spero. Center for Constitutional Rights, 666 Broadway, 7th Floor, New York, NY 10012. 13 pp. 1986.

This pamphlet is intended to let people know about the problem of marital rape, including how the law treats it and some things that can be done about it. Sources of help are listed.

Survivor: For People with Developmental Disabilities Who Have Been Sexually Assaulted. Booklet III: For Family Members, Advocates, and Care-Providers written by Nora J. Baladerian, Krysia Dankowski and Tawnya Jackson and illustrated by Larry Mayer. Los Angeles Commission on Assaults Against Women, 543 North Fairfax Avenue, Los Angeles, CA 90036. 34 pp. 1986.

The third of a companion set of three, this booklet provides a familiarity with sexual assault and its treatment in order that victims can become survivors. Informed support from victims' advocates and caretakers is the underlying theme.

Talking About Child Sexual Abuse by Cornelia Spelman. National Committee for Prevention of Child Abuse and Neglect, 332 S. Michigan Avenue, Suite 950, Chicago, IL 60604-4357. 15 pp. 1985.

This booklet provides basic information to parents, adult survivors of sexual abuse, and other concerned adults. Topics include the definition of child sexual abuse, how to discuss the issue with children, and signs of abuse. It lists organizations in the field of child maltreatment. It is also available in a Spanish edition, Hablemos acerca del abuso sexual de menores.

Talking and Drawing About It. Citizens Concerned with Crime Against Children, P.O. Box 1715, Station C, Kitchner, Ontario N2G 4R3, Canada. 7 pp. Undated.

This coloring and connect-the-dots book is designed for children 5 years and older. It teaches them how to avoid or overcome the trauma of sexual abuse. It encourages children to say "no" to inappropriate touching and to report abuse if it occurs.

The Talking and Telling About Touching Game. Safety Time Games, P.O. Box 6, Akron, OH 44308-0006. 4 pp. plus game board. 1984.

This game deals with the subject of proper and improper touching through a series of discussion questions on a game board setting. Also included are four additional activities on the reverse side of the game board and a Parent's and Teacher's Guide to the game.

Tell Someone! and Adults's Guide to Tell Someone! by Eric Berg. Network Publications, P.O. Box 1830, Santa Cruz, CA 95061-1830. 16 pp. and 8 pp. 1985.

This booklet explains to children the difference between good and bad touching. It urges children to trust their feelings and to tell someone if they have been abused. The adult's guide provides basic information on sexual abuse and is designed to help adults clarify the concepts in the booklet.

Touch and Sexual Abuse: How to Talk to Your Children. Illusion Theater's Sexual Abuse Prevention Program. Distributed by Network Publications, P.O. Box 1830, Santa Cruz, CA 95061-1830. 5 pp. Revised 1984.

This pamphlet defines child sexual abuse and describes the TOUCH Continuum as a method for teaching children. It provides guidelines for talking to children. Bulk rates are available from the distributor.

Touch Talk! and Adult's Guide to Touch Talk! by Eric Berg. Network Publications, P.O. Box 1830, Santa Cruz, CA 95061-1830. 16 pp. and 8 pp. 1985.

This booklet explains to children the difference between good and bad touching. It explains to them that they should not allow others to touch them in ways that make them uncomfortable. It also urges them to tell someone they trust if they have been abused. The adult's guide outlines prevention principles and is designed to help adults clarify the concepts in the booklet.

Triumph Over Darkness. Understanding and Healing the Trauma of Childhood Sexual Abuse by Wendy Ann Wood and Leslie Ann Hatton. Beyond Words Publishing, Inc., Pumpkin Ridge Road, Route 3, Box 492-B, Hillsboro, OR 97123. 294 pp. 1988.

This book discusses the physical, emotional, and spiritual pain created by sexual abuse. It is divided into two parts: the darkness and fear resulting from the trauma of abuse and the light and hope that are found in recovery.

The Trouble With Wednesdays by Laura Nathanson. Bantam Books, New York. 176 pp. 1986.

This young adult novel, written by a pediatrician, describes the problems of a teenage girl who is assaulted by her dentist.

Unspeakable Acts by Jan Hollingsworth. Congdon and Weed, 298 Fifth Avenue, New York, NY 10001. 592 pp. 1986.

This true story documents child sexual abuse by the owner of the Country Walk Babysitting Service in suburban Miami, Florida. This account begins with parents' realization of the occurrence of abuse and includes the legal process and sentencing of the molester.

Untold Secrets: A Guide to Understanding Child Sexual Abuse and Incest written by Elaine Ducharme and illustrated by Jim Benton. Minerva Press Inc., 6653 Andersonville Road, Waterford, MI 48095. 11 pp. 1986.

This booklet was written to help people better understand child sexual abuse and incest and to suggest methods of prevention. Included is information on abusers, characteristics of incestuous families, symptoms of sexual abuse, effects, and resources.

What Everyone Should Know About the Sexual Abuse of Children. Channing L. Bete Co., 200 State Road, South Deerfield, MA 01373. 15 pp. 1981.

This illustrated booklet provides general information about child sexual abuse, including definitions, effects of abuse, and what to do if you learn that a child has been sexually abused.

What Happens Next: A Book About Sexual Abuse for Children Who Were Abused by Children Who Were Abused by Joanne M. Kassees and others. Parents Anonymous of Delaware, Inc. 24 pp. 1986.

This booklet, intended for adults to read with children, gives victims of child sexual abuse information to help them get through the experience. Topics include definitions, touch, public places/private places, trust, perpetrator and victim, the child's own experience, going to the doctor and to court, and feeling good about myself again.

When Your Child Has Been Molested: A Parent's Guide to Healing and Recovery by Kathryn B. Hagans and Joyce Case. Lexington Books, D.C. Heath and Co., 125 Spring St., Lexington, MA 02173. 159 pp. 1988.

This book provides information, comfort, and advice families need to make it through the trauma of child molestation. It

takes the reader from the moment abuse is first suspected through the emotional turmoil, legal procedures, and family recovery.

You Are Not the Boss of Me written by Maureen Daigle and illustrated by Marjatta Beasley. Outreach Child Abuse Prevention and Education, P.O. Box 1271, Station "b," Oshawa, Ontario L1J 5Z1, Canada. 35 pp. 1983.

This coloring book describes how the children in a family protect themselves from potentially being abused by a baby-sitter. Its message is to encourage children to trust their instincts and to say "no" to inappropriate adult authority.

You Don't Have To Molest That Child by Timothy A. Smith. National Committee for Prevention of Child Abuse, 322 S. Michigan Avenue, Suite 950, Chicago, IL 60604-4357. 11 pp. 1987.

This pamphlet is designated specifically for child molesters. It challenges offenders to admit that they have a serious problem, are responsible for their own actions, should not blame the child, and should seek help. It includes a plan to help people to recognize and correct their behavior.

#### SUBSTANCE ABUSE

About Alcohol, Child Abuse and Child Neglect. Channing L. Bete Co., Inc., 200 State Road, South Deerfield, MA 01373. 15 pp. 1987.

This illustrated booklet describes two theories concerning the relationship between alcohol and child abuse and neglect. It describes the problems of alcoholics and their children. Indicators of abuse and neglect are provided. It also describes treatment that is available to families with alcohol and child abuse problems.

You're Not Alone: Kid's Book on Alcoholism and Child Abuse written by Patte Wheat and illustrated by Tom Novak. National Committee for Prevention of Child Abuse, Publishing Department, 332 S. Michigan Avenue, Suite 950, Chicago, IL 60604-4357. 15 pp. 1985.

This story explains to a child that alcoholism is a disease and that he or she is not to blame for it. Learning to take care of oneself in an alcoholic family is stressed.