

# The Sexual Trauma Workbook For Teen Girls A Guide

**The PTSD Workbook for Teens** Libbi Palmer.2012-11-01 If you have traumatic memories from an extremely upsetting, stressful, or painful experience in your life, you are not alone. In fact, many young people have been exposed to traumatic events. As a result, you might have lingering flashbacks, trouble sleeping, or a constant feeling that you are in danger. These are common symptoms of post-traumatic stress disorder (PTSD). Based in cognitive behavioral therapy, this user-friendly workbook for teens with PTSD and other trauma-related difficulties will help you work through your experience and make sense of your thoughts and feelings. The book includes worksheets and activities to help you reestablish a sense of safety, gain control over your emotions, make peace with your traumatic experience, and reconnect with a positive sense of self. If you are ready to start recovering from traumatic memories and take back your life, the PTSD Workbook for Teens will show you the way.

**The Sexual Healing Journey** Wendy Maltz.2001-02-20 Considered a classic in its field, this comprehensive guide will help survivors of sexual abuse improve their relationships and discover the joys of sexual intimacy. Wendy Maltz takes survivors step-by-step through the recovery process using groundbreaking exercises and techniques. Based on the author's clinical work, interviews, and workshops, this guide is filled with first-person accounts of women and men at every stage of sexual healing. This compassionate resource helps survivors to: Identify the sexual effects of sexual abuse Eliminate negative sexual behavior and resolve specific problems Gain control over upsetting automatic reactions to touch and sex Develop a healthy sexual self-concept

**The Survival Guide for Making and Being Friends** James J. Crist.2014-10-15 Whether kids find socializing as natural as smiling or as hard as learning a foreign language, this book can help them improve their social skills so they can better enjoy the benefits of friendship. Practical advice covers everything from breaking the ice to developing friendships to overcoming problems. True-to-life vignettes, "what would you do?" scenarios, voluminous examples, quizzes to test learning, "Try This" assignments for practicing techniques, and advice from real kids make this an accessible life-skills handbook.

**Healing the Survivors** Jacquelyn Weis.2020-12-13

**The Bullying Workbook for Teens** Raychelle Cassada Lohmann,Julia V. Taylor.2013-05-01 Being a teenager is difficult enough without having to worry about bullying. If you have experienced bullying or cyberbullying, you aren't alone. Bullying and cyberbullying are at an all-time high, and the effects of both can be tremendous for a young person who is already dealing with major school, life, and home stressors. The Bullying Workbook for Teens incorporates cognitive behavioral therapy (CBT) to help ease anxiety, fear, stress, and other emotions associated with being bullied. The workbook is made up of 42 step-by-step self-help activities designed to help you learn anti-bullying tips and strategies, manage emotions such as anxiety, fear, anger, and depression, and learn constructive communication skills to help you express your feelings. With this workbook as your guide, you will also learn how to identify toxic friendships, how to build your own self-confidence, and importantly, how to ask for help when bullying gets out of control. The exercises in this book are designed to be useful in everyday situations, so that you gain helpful tools to help you combat bullying or cyberbullying in your life. Bullying can happen to anyone, but there is hope to make a change and stand up for yourself, once and for all. If you are experiencing bullying, this book will offer sound psychological support to help you gain confidence in yourself and in your interactions with others. It is also a great resource for parents, educators, and counseling professionals.

**Strong at the Heart** Carolyn Lehman.2014-02-03 Every year more than half a million young people are sexually abused or assaulted in North America. This groundbreaking book brings readers face-to-face with nine survivors who speak with candor and courage about the abuse they experienced, how they have healed, and how they are moving forward with their lives. White, black, Latino, and Native American, these everyday heroes come from a wide range of communities and have found different ways to cope with and overcome sexual trauma. Through moving personal stories and striking photographs they take readers into their lives, offering insight and hope for anyone affected by this all-too-common childhood experience. In this book about healing, young readers and their families will find additional information in the resource section, a comprehensive guide to the best help lines, books, films, and Web sites on healing and resilience.

**Finding Sunshine After the Storm** Sharon A. McGee,Curtis Holmes.2008-11 Finding Sunshine After the Storm is a workbook for children who have experienced sexual abuse includes forty activities drawn from play therapy that kids can do to learn to manage anger, establish safe boundaries, identify adults they can trust, and build their self-esteem.

**Speak: The Graphic Novel** Laurie Halse Anderson.2018-02-06 The critically acclaimed, award-winning, modern classic Speak is now a stunning graphic novel. Speak up for yourself—we want to know what you have to say. From the first moment of her freshman year at Merryweather High, Melinda knows this is a big fat lie, part of the nonsense of high school. She is friendless—an outcast—because she busted an end-of-summer party by calling the cops, so now nobody will talk to her, let alone listen to her. Through her work on an art project, she is finally able to face what really happened that night: She was raped by an upperclassman, a guy who still attends Merryweather and is still a threat to her. With powerful illustrations by Emily Carroll, Laurie Halse Anderson's Speak: The Graphic Novel comes alive for new audiences and fans of the classic novel. This title has Common Core connections.

**The Sexual Trauma Workbook for Teen Girls** Raychelle Cassada Lohmann,Sheela Raja.2016-06-01 The Sexual Trauma Workbook for Teen Girls offers healing, real-life stories from survivors and powerful, evidence-based tools to help you reclaim your life after sexual abuse or trauma. If you've been sexually abused or experienced sexual trauma, you may feel confused, angry, ashamed, and unable to move forward emotionally. You're not alone. Like many teens who've been abused, you may be tempted to keep the secret locked deep inside and feel uncomfortable discussing your struggles with others. If so, this book can help you find your voice. This empowering workbook will help you move past your trauma and serve as a comforting reminder that you are strong and resilient. Healing is possible—and with healing, comes victory. In this book, you'll find true stories from other teen survivors, and in reading the stories you'll find reassurance in knowing you aren't alone in your experiences. You'll also find practical and proven-effective strategies and exercises to help promote emotional healing and reclaim your sense of self. Sexual abuse or trauma may be a part of your past, but it doesn't need to define who you are now. This book will help you as you start on the path toward healing so you can move forward with confidence.

**Healing the Harm Done** Jennifer Y. Levy.2005 THE PURPOSE: To answer the questions and address the concerns of parents whose children have been sexually abused, including information about obtaining appropriate therapy and dealing with parents' own emotional concerns. Internet resources are also provided. SPANISH EDITION ALSO INCLUDED: This book contains a full Spanish-language version as well as the English version. Specialized Internet links to Spanish-language websites are included in the Spanish text. Links for the Website of Healing the Harm Done Links to Resources Cited in the Book American Psychological Association [www.apa.org](http://www.apa.org) National Register of Health Service Providers in Psychology [www.nationalregister.org](http://www.nationalregister.org) National Organization for Victim Assistance [www.try-nova.org](http://www.try-nova.org) Alcoholics Anonymous, Al-Anon, and Ala-Teen [www.aa.org](http://www.aa.org) Association for the Treatment of Sexual Abusers [www.atsa.com](http://www.atsa.com) MegaSkills (parenting and school achievement information) [www.MegaSkillshsi.org](http://www.MegaSkillshsi.org) National Organization on Male Sexual Victimization [www.malesurvivor.org](http://www.malesurvivor.org) Effective Learning Systems (source for Self Image for Children relaxation audiotape) [www.efflearn.com](http://www.efflearn.com) Enlaces en español American Academy of Child and Adolescent Psychiatry (varios temas de interés) [www.aacap.org/publications/apntsFam/index.htm](http://www.aacap.org/publications/apntsFam/index.htm) (abuso sexual) [www.aacap.org/publications/apntsFam/sexabuse.htm](http://www.aacap.org/publications/apntsFam/sexabuse.htm) Arte Sano Recursos para sobrevivientes de la violación y la violencia sexual que buscan ayuda en español) [www.arte-sana.com/recursos.htm](http://www.arte-sana.com/recursos.htm) Recursos para toda la familia [www.familymanagement.com/facts/spanish/apuntes28.html](http://www.familymanagement.com/facts/spanish/apuntes28.html) Diez razones para no emplear castigo corporal [www.familymanagement.com/espanol/razones.htm](http://www.familymanagement.com/espanol/razones.htm) I Información del Dpto. de Educación de EE.UU. [www.ed.gov/espanol/parents/academic/tareaescolar/tareaescolar.doc](http://www.ed.gov/espanol/parents/academic/tareaescolar/tareaescolar.doc) [www.ed.gov/espanol/parents/academic/preescolar/part\\_pg9.html](http://www.ed.gov/espanol/parents/academic/preescolar/part_pg9.html) El sitio web de

Centro Nacional de Salud Mental y Educación [www.naspcenter.org/espanol/retencion.html](http://www.naspcenter.org/espanol/retencion.html) Changing the FACE of Child Mental Health - New York City [www.aboutourkids.org/aboutour/articulos\\_espanol.html](http://www.aboutourkids.org/aboutour/articulos_espanol.html) Consejo para padres [www.eduplace.com/parents/rdg/sp\\_succeed.html](http://www.eduplace.com/parents/rdg/sp_succeed.html) Texas Association Against Sexual Assault [www.taasa.org/esp](http://www.taasa.org/esp) New York Online Access to Health (NOAH) [www.noah-health.org/es/mental/disorders/violence](http://www.noah-health.org/es/mental/disorders/violence) Alianza Latina Nacional para Erradicar la Violencia Domestica [www.dvalianza.org](http://www.dvalianza.org) El Hogar de mi Hermana (My Sister's Place) Washington, D.C. [www.mysistersplacedc.org/spanish/aboutussp.asp](http://www.mysistersplacedc.org/spanish/aboutussp.asp) Centro de Mujeres del Area de Houston [www.hawc.org](http://www.hawc.org) Sitio del Albergue para Mujeres Maltratadas, Naples, Florida [www.naplesshelter.org/spanish/index.htm](http://www.naplesshelter.org/spanish/index.htm) Washington Coalition of Sexual Assault Programs (WCSAP) [www.wcsap.org](http://www.wcsap.org) Alcoholicos Anónimos [www.aa.org](http://www.aa.org)

**Responding to Children and Adolescents who Have Been Sexually Abused** World Health Organization.2017 Sexual abuse of children and adolescents is a gross violation of their rights and a global public health problem. It adversely affects the health of children and adolescents. Health care providers are in a unique position to provide an empathetic response to children and adolescents who have been sexually abused. Such a response can go a long way in helping survivors recover from the trauma of sexual abuse. WHO has published new clinical guidelines Responding to Children and Adolescents Who Have Been Sexually Abused aimed at helping front-line health workers, primarily from low resource settings, in providing evidence-based, quality, trauma-informed care to survivors. The guidelines emphasize the importance of promoting safety, offering choices and respecting the wishes and autonomy of children and adolescents. They cover recommendations for post-rape care and mental health; and approaches to minimizing distress in the process of taking medical history, conducting examination and documenting findings.

*The Body Keeps the Score* Bessel A. Van der Kolk.2015-09-08 Originally published by Viking Penguin, 2014.

*The Way I Used to Be* Amber Smith.2022-12-29 THE TIKTOK SENSATION THAT EVERYONE IS TALKING ABOUT 'After finishing this book, my heart was pounding and I couldn't find words big enough to describe how brilliant, beautiful, and powerful it is.' L.E. Flynn, author of *All Eyes On Her* All Eden wants is to rewind the clock. To live that day again. She would do everything differently. Not laugh at his jokes or ignore the way he was looking at her that night. And she would definitely lock her bedroom door. But Eden can't turn back time. So she buries the truth, along with the girl she used to be. She pretends she doesn't need friends, doesn't need love, doesn't need justice. But as her world unravels, one thing becomes clear: the only person who can save Eden ... is Eden.

**Overcoming Trauma and PTSD** Sheela Raja.2012-12-01 If you've experienced a traumatic event, you may feel a wide range of emotions, such as anxiety, anger, fear, and depression. The truth is that there is no right or wrong way to react to trauma; but there are ways that you can heal from your experience, and uncover your own capacity for resilience, growth, and recovery. *Overcoming Trauma and PTSD* offers proven-effective treatments based in acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and cognitive behavioral therapy (CBT) to help you overcome both the physical and emotional symptoms of trauma and post-traumatic stress disorder (PTSD). This book will help you find relief from painful flashbacks, insomnia, or other symptoms you might be experiencing. Also included are worksheets, checklists, and exercises to help you start feeling better and begin your journey on the road to recovery. This book will help you manage your anxiety and stop avoiding certain situations, cope with painful memories and nightmares, and determine if you need to see a therapist. Perhaps most importantly, it will help you to develop a support system so that you can you heal and move forward.

**Healing Sex** Staci Haines.2010-02 *Healing Sex* is the encouraging, sex-positive guide for all women survivors of sexual assault - heterosexual, bisexual, lesbian, coupled, and single - who want to delight in their own sexuality. While most books on the topic broach sexuality to reassure women that it's all right to say "no" to unwanted sex, *Healing Sex* encourages women to learn how to say "yes" - to their own desires and on their own terms

**Nineteen Minutes** Jodi Picoult.2013-01-22 The daughter of a judge in a New Hampshire school shooting case witnessed the events but cannot remember the last several minutes of the attack.

**Healing Sexual Trauma Workbook** Erika Shershun.2021-07-01 Overcome shame and stigma; and bring a newly felt sense of safety, awareness, and life to your body. If you've experienced rape, sexual abuse, molestation, or sexual trauma, you may feel as if you've lost your sense of self. You may have difficulty setting boundaries or building satisfying sexual relationships. Sometimes, you may even feel like your body isn't your own. You aren't alone. The scars of sexual trauma exist not only in the mind, but also in the body. And in order to heal, build resilience, and discover a sense of hope, you must address both. Drawing on the powerful mind-body techniques of somatic therapy, *The Healing Sexual Trauma Workbook* is a step-by-step guide to overcoming the psychological effects of sexual trauma, and increasing positive body awareness and vitality. You'll find tools to help you create an internal sense of safety and become more embodied and present. You'll also discover ways to establish boundaries; move beyond intense feelings like shame, fear, and guilt; and deal effectively with triggers. Finally, you'll learn how to cultivate self-compassion and the confidence needed to live your best life. What happened to you isn't your fault, and it doesn't define you. With the right tools, you can live a full and satisfying life beyond sexual trauma. This workbook will help guide you, every step of the way.

**Lighter Than My Shadow** Katie Green.2013-10-11 A poignant, heart-lifting graphic memoir about anorexia, eating disorders and the journey to recovery Like most kids, Katie was a picky eater. She'd sit at the table in silent protest, hide uneaten toast in her bedroom, listen to parental threats that she'd have to eat it for breakfast. But in any life a set of circumstance can collide, and normal behaviour might soon shade into something sinister, something deadly. *Lighter Than My Shadow* is a hand-drawn story of struggle and recovery, a trip into the black heart of a taboo illness, an exposure of those who are so weak as to prey on the vulnerable, and an inspiration to anybody who believes in the human power to endure towards happiness. 'Even at its most heartbreaking it never feels sombre ... Inspiring, plucky and, in the end, consoling, it's hard to put down' Observer

**The Body Image Workbook for Teens** Julia V. Taylor.2014-12-01 Like most teens, you want to feel good about the way you look. But what happens when the way you look just doesn't feel good enough? Whether it's online, on TV, or in magazines, images of impossibly perfect—and mostly Photoshopped—young women are everywhere. As a result, you may feel an intense pressure to look a certain way. Your friends feel the pressure too, which often creates a secret comparison competition that can make you feel worse about yourself. So how can you start feeling good about who you are, as is? In *The Body Image Workbook for Teens*, you'll find practical exercises and tips that address the most common factors that can lead to negative body image, including: comparison, negative self-talk, unrealistic media images, societal and family pressures, perfectionism, toxic friendships, and a fear of disappointing others. You'll also learn powerful coping strategies to deal with the daily, intense pressures of being a teenage girl. Being a teen girl in today's world is hard, and no one knows that more than you. But if you are ready to stop comparing yourself to others, silence your inner critic, and build authentic, lasting self-confidence—this book is your go-to guide.

**SHOUT** Laurie Halse Anderson.2019-03-12 A New York Times bestseller and one of 2019's best-reviewed books, a poetic memoir and call to action from the award-winning author of *Speak*, Laurie Halse Anderson! Bestselling author Laurie Halse Anderson is known for the unflinching way she writes about, and advocates for, survivors of sexual assault. Now, inspired by her fans and enraged by how little in our culture has changed since her groundbreaking novel *Speak* was first published twenty years ago, she has written a poetry memoir that is as vulnerable as it is rallying, as timely as it is timeless. In free verse, Anderson shares reflections, rants, and calls to action woven between deeply personal stories from her life that she's never written about before. Described as powerful, captivating, and essential in the nine starred reviews it's received, this must-read memoir is being hailed as one of 2019's best books for teens and adults. A denouncement of our society's failures and a love letter to all the people with the courage to say #MeToo and #TimesUp, whether aloud, online, or only in their own hearts, *SHOUT* speaks truth to power in a loud, clear voice-- and once you hear it, it is impossible to ignore.

*The Kid Trapper* Julia Cook.2010-09 This book addresses the most often misunderstood piece in the puzzle of the sexual victimization of children, and that is acquaintance molestation. *The Kid Trapper* offers counselors, parents, teachers, and children a safe and non-threatening way to address this painful issue.

**It Happened to Me** William Lee Carter,Wm. Lee Carter.2002 A workbook to help sexually abused teenagers deal with their emotions.

*Out of Darkness* Ashley Hope Pérez.2015-09-01 A 2016 Michael L. Printz Honoree This is East Texas, and there's lines. Lines you cross, lines you

don't cross. That clear? New London, Texas. 1937. Naomi Vargas and Wash Fuller know about the lines in East Texas as well as anyone. They know the signs that mark them. They know the people who enforce them. But sometimes the attraction between two people is so powerful it breaks through even the most entrenched color lines. And the consequences can be explosive. Ashley Hope Pérez takes the facts of the 1937 New London school explosion—the worst school disaster in American history—as a backdrop for a riveting novel about segregation, love, family, and the forces that destroy people.

**Grooming Sexual Abuse of Teenage Girls** Acie Cargill.2020-01-19 Child grooming is befriending and establishing an emotional connection with a child, and sometimes the family, to lower the child's inhibitions with the objective of sexual abuse. Child grooming is also regularly used to lure minors into various illicit businesses such as child trafficking, child prostitution, or the production of child pornography. This is a 5000 word booklet describing the practice of grooming and ensuing sexual abuse of teenage girls. A featured character here is a 21 year old woman who disguised herself as a 16 year old boy in person and on the internet and subsequently groomed over 50 girls and had sexual relations with some of them. She has been sentenced to 7 years in prison.

**Whatever Gets You Through** Jen Sookfong Lee.2019-04-16 Personal stories of surviving after the trauma of sexual assault. In the era of #MeToo, we've become better at talking about sexual assault. But sexual assault isn't limited to a single, terrible moment of violence: it stays with survivors, following them wherever they go. Through the voices of twelve diverse writers, *Whatever Gets You Through* offers a powerful look at the narrative of sexual assault not covered by the headlines—the weeks, months, and years of survival and adaptation that people live through in its aftermath. With a foreword by Jessica Valenti, an extensive introduction by editors Stacey May Fowles and Jen Sookfong Lee, and contributions from acclaimed literary voices such as Alicia Elliott, Elisabeth de Mariaffi, Heather O'Neill, and Juliane Okot Bitek, the collection explores some of the many different forms that survival can take. From ice hockey to kink, boxing to tapestry-making, these striking personal essays address experiences as varied as the writers who have lived them. With candor and insight, each writer shares their own unique account of enduring: the everyday emotional pain and trauma, but also the incredible resilience and strength that can emerge in the aftermath of sexual assault. Contributors: Gwen Benaway Juliane Okot Bitek Elly Danica Amber Dawn Alicia Elliott Karyn Freedman Heather O'Neill Elisabeth de Mariaffi Lauren McKeon Soraya Palmer Leah Lakshmi Piepzna-Samarasinha Kai Cheng Thom

**How Long Does it Hurt?** Cynthia Lynn Mather.2004

**Invisible Girls** Patti Feuereisen.2018-12-04 A powerful source of healing for teen girls and young women who have experienced sexual abuse, *Invisible Girls* offers survivors agency and hope in an era when too many girls have suffered alone. The statistics are staggering. One in four girls will experience sexual abuse by the time she is sixteen, and 48 percent of all rapes involve a young woman under the age of eighteen. It's not surprising then, that in a society where sexual abuse of young women is rampant, many women never share their stories. They remain hidden and invisible. In her pioneering work with young survivors through the last thirty years, Dr. Patti Feuereisen has helped teen girls and young women to find their voices, begin healing, and become visible. In this revised second edition, Dr. Patti's gentle guidance and the girls' powerful stories continue to create an encouraging message: Remarkable healing is possible if girls learn to share their stories in their teens and early twenties. With a new introduction, new chapters, and updated resources, this new edition of *Invisible Girls* has even more to offer girls, young women, and those who care about them.

**It Wasn't Your Fault** Beverly Engel.2015-01-02 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, therapist and childhood abuse expert Beverly Engel 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. And by cultivating compassion toward yourself, you will begin to heal and move past your painful experiences. Recent studies show that trauma survivors, particularly those with post-traumatic stress disorder (PTSD) resulting from abuse, can greatly benefit from incorporating elements of self-compassion into their treatment. Furthermore, the practice of self-compassion has been shown to decrease PTSD symptoms, including, self-criticism, thought suppression, and rumination. This book is based on the author's powerful and effective Compassion Cure program. With this book, you will develop the skills needed to finally put a stop the crippling self-blame that keeps you from moving on and being happy. You'll learn to focus on your strengths, your courage, and your extraordinary ability to survive. Most of all, you'll learn to replace shame with its counter emotion—pride.

**The Rape Recovery Handbook** Aphrodite Matsakis.2003 Presents a guide to coping with rape that includes how to create a plan for recovery, build a supportive network, deal with conflicting emotions, and encourage the reconstruction of the event in order to weaken its power over the survivor.

**Working with the Trauma of Rape and Sexual Violence** Sue J. Daniels.2016-11-21 The trauma caused by rape and sexual assault can often be further compounded by unthinking or insensitive comments from people who may judge, disbelieve or disparage the victim. This authoritative resource draws together advice for all people in the helping professions on how to work with victims of rape and sexual violence. The wide-ranging topics cover the effects of rape, male rape, childhood sexual abuse, sex trafficking and prostitution, and sexually transmitted infections, giving best practice advice on how to offer effective and compassionate support to help survivors.

**The Nowhere Girls** Amy Reed.2017-10-10 "A call-to-action to everyone out there who wants to fight back." —Bustle "Scandal, justice, romance, sex positivity, subversive anti-sexism—just try to put it down." —Kirkus Reviews (starred review) "Cuts straight to the core of rape culture—masterfully fierce, stirring, and deeply empowering." —Amber Smith, New York Times bestselling author of *The Way I Used to Be* Three misfits come together to avenge the rape of a fellow classmate and trigger a change in the misogynist culture at their high school transforming the lives of everyone around them in this searing and timely story. Who are the *Nowhere Girls*? They're everygirl. But they start with just three: Grace Salter is the new girl in town, whose family was run out of their former community after her southern Baptist preacher mom turned into a radical liberal after falling off a horse and bumping her head. Rosina Suarez is the queer punk girl in a conservative Mexican immigrant family, who dreams of a life playing music instead of babysitting her gaggle of cousins and waitressing at her uncle's restaurant. Erin Delillo is obsessed with two things: marine biology and *Star Trek: The Next Generation*, but they aren't enough to distract her from her suspicion that she may in fact be an android. When Grace learns that Lucy Moynihan, the former occupant of her new home, was run out of town for having accused the popular guys at school of gang rape, she's incensed that Lucy never had justice. For their own personal reasons, Rosina and Erin feel equally deeply about Lucy's tragedy, so they form an anonymous group of girls at Prescott High to resist the sexist culture at their school, which includes boycotting sex of any kind with the male students. Told in alternating perspectives, this groundbreaking novel is an indictment of rape culture and explores with bold honesty the deepest questions about teen girls and sexuality.

**The Feminist Handbook** Joanne L. Bagshaw.2019-11-01 It's time to fight back! With this intersectional handbook, you'll discover practical, everyday tips and tools to help you resist sexism, smash the patriarchy, and create a better world for yourself and future generations. From reproductive rights and the wage gap to #MeToo and #TimesUp—gender inequality permeates nearly every aspect of our culture. From birth and on through adulthood, the message that our sexist society sends to women and girls is clear: you're not enough. You're not valued enough to get paid the same salary as a man with the same job title. You're not worthy enough or perfect enough to be taken seriously or respected. You're not responsible enough to make decisions about your body or reproductive rights. These negative messages are internalized on a deep psychological level. In fact, the effects of sexism are directly represented in the high rates of anxiety, depression, sleep problems, and eating disorders among women and girls—and these effects are even more severe for queer women, disabled women, and women of color. Isn't it time you said ENOUGH? This revolutionary feminist self-help guide offers real tools you can use to: Combat the effects of discrimination and gender/race inequality Improve your self-confidence, gain self-esteem, and build resilience Actively resist internalized negative messages you've received while living in an openly sexist, patriarchal culture Most self-help books teach you how to transform your life from the inside out. But what can you do when your distress is

caused by sexist institutionalized power structures, attitudes, and events that are outside of your control? This book will help you untangle the role that sexism and discrimination plays in your life, your mental health, and your overall sense of well-being. Most importantly, you'll learn to reject negative messages and work toward creating lasting change through activism and community. There's a lot of work to do. This book will help you get started now.

*Coping with Sexual Abuse Workbook* Ester A. Leutenberg, John Liptak. 2016

**The Anger Workbook for Teens** Raychelle Cassada Lohmann. 2019-05-01 Fully revised and updated based on reader feedback! This second edition of *The Anger Workbook for Teens* includes brand-new activities to help you understand and interact with your anger, and tips for managing it in constructive ways. Does your anger often get you into trouble? Do you react to situations and later regret how you behaved? Does your anger cause problems with other people? If so, you aren't alone. Between family life, friends, social media, and the pressures of school, there's no doubt that it's stressful being a teenager. And while anger is a natural human emotion, different people handle it differently. Some hold in their anger and let it build, some lash out with hurtful words, and some resort to fighting. If you've noticed yourself beginning to take out your frustrations on the people you love most—your parents, brothers or sisters, and friends—it's time to make a change. This second edition of *The Anger Workbook for Teens* includes brand-new skills and activities based in clinically proven treatments such as acceptance and commitment therapy (ACT) to help you deal with negative thoughts without losing control. You'll find out what's triggering your anger, look at the ways you react, be more aware of your thoughts and how you interact with them, and learn skills and techniques for managing anger without losing your cool. You'll develop a personal anger profile and learn to notice the physical symptoms you feel when you become enraged, then find out how to calm those feelings and respond more sensitively to others. Once you fully understand your anger, you'll be better prepared to deal with your feelings in the moment. As you begin the activities in this workbook, it's perfectly normal to feel angrier at first. That's because you are being asked to really notice and examine the things that make you angry. But with practice, you'll learn to handle frustrating situations in real life and more effectively communicate your feelings. Most importantly, you'll learn the difference between healthy anger—the kind that can motivate you to make positive changes—and problematic anger that leads to negative consequences. Change isn't easy, but with the right frame of mind and set of skills, you can do it. This book is designed to help you understand how both your mind and body respond to anger, and how you can handle this anger in more constructive ways.

**The Survivor's Guide** Sharice A. Lee. 1995-02-02 Designed for adolescent survivors of sexual abuse who are in group or individual counselling and written in a style appropriate for this age group, this excellent resource provides information on how survivors may have been affected by abuse. *The Survivor's Guide* will also be valuable to counsellors, psychotherapists and others helping survivors. The author helps readers to stop blaming themselves and to let go of the image that survivors often have of themselves of being in some way 'bad' and therefore deserving of the abuse. Case histories are included throughout to illustrate concepts introduced by the author. Lee also provides a 'language' that enables survivors to better communicate their experiences and feeling

**I Have the Right To** Perfection Learning Corporation. 2019

**Rid of My Disgrace** Justin S. Holcomb, Lindsey A. Holcomb. 2011 Helps adult victims of sexual assault move from brokenness to healing. This book outlines a theology of redemption and includes an application of how the disgrace of the cross can lead victims toward grace.

**The Sexual Trauma Workbook for Teen Girls** Raychelle Lohmann. 2016-06

**The Resilient Teen** Sheela Raja. 2021-06-01 "Well researched and up to date, including the acknowledgement of teens' struggles with the Covid-19 pandemic.... Belongs on every young adult's bookshelf." —Kirkus Reviews (starred) 10 powerful skills to help you manage stress, bounce back from difficult situations, and rewire your brain for happiness and success! Being a teen today is stressful. That's why you need real tools to help you cope with all of life's challenges—from small stressors like homework, social media, and dating to serious trauma resulting from bullying, school shootings, violence, and now—pandemics. The key to dealing with all of these difficult events is resilience—the ability to recover from setbacks or trauma, and forge ahead with emotional strength. The best thing about resilience is that it can be learned. This book will help you learn how to be resilient, so you can weather life's storms and reach your goals. In *The Resilient Teen*, psychologist, teen expert, and trauma specialist Sheela Raja offers ten skills grounded in key principles from psychology and neuroscience to help you manage difficult emotions, recover from difficult situations, and cultivate a sense of joy—even in the face of setbacks and modern-day stressors. You'll learn essential strategies for self-care, how to establish a healthy lifestyle, and how to set limits on technology. You'll also discover how mindfulness can help you deal with stress and challenging emotions in the moment, tips for building better relationships with family and friends, and tools for dealing with disappointment. Most importantly, this book will show you how to increase your own sense of joy, purpose, and meaning—even when things seem less than awesome.

*Be Strong, Be Wise* Amy R Carpenter. 2020-10-06 In *Be Strong, Be Wise*, psychotherapist and youth advocate Amy Carpenter provides all the information teens and young adults need to feel safe and confident in their relationships and in the world.

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