the Cottage
Sexual Assault Center and Children's Advocacy Center

Resources to Support Children & Teens

Recommended Books

- **For Parents/Caregivers**
  - *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*, by Daniel J. Siegel, M.D. and Tina Payne Bryson
  - *When Your Child Has Been Molested: A Parents' Guide to Healing and Recovery*, by Kathryn Brohl and Joyce Case Potter
  - *Helping Your Child Recover from Sexual Abuse*, by Caren Adams and Jennifer J. Fay
- **Digital Safety for Kids**
  - *The Ultimate Guide to Social Media Safety for Kids: The Importance of Educating Our Youth about the Pros, Cons and Dangers to Have Online Success*, by Qouren Whitebear
- **Secrets for Kids**
  - *Some Secrets Should Never Be Kept*, by Jayneen Sanders, illustrated by Craig Smith
- **Body Safety**
  - *No Means No!*, by Jayneen Sanders, illustrated by Cherie Zamazing
  - *Amazing You: Getting Smart about Your Private Parts*, by Dr. Gail Saltz, illustrated by Lynne Cravath
  - *I Said No: A Kid-to-Kid Guide to Keeping Private Parts Private*, by Zack and Kimberly King, illustrated by Susan Szecsi
- **Domestic Violence for Kids**
  - *Some Days He Growled*, by Nicole Kimball Ostrowski
  - *The Day My Daddy Lost His Temper* by Dr. Carol S. McCleary, Psy.D., illustrated by Naomi Santana
- **Grief and Loss for Kids**
  - *Why Do I Feel So Sad: A Grief Book for Children*, by Tracy Lambert, LPC, illustrated by Elena Napoli
- **Trauma for Kids**
  - *Healing Days: A Guide for Kids Who Have Experienced Trauma*, by Susan Farber Straus, Ph.D., illustrated by Maria Bogade

Recommended Websites

- **NetSmartzKids: Be Safer Online**
  - Resource for helping children navigate the internet safely
  - Hosted by the National Center for Missing & Exploited Children
  - URL: https://www.netsmartzkids.org/
- **Mandated Reporting: Information and Report Form**
  - Resource defining "Who is a Mandated Reporter," link to training, and access to reporting form.
  - Hosted by Child Protective Services (CPS), State of Georgia
  - URL: https://cps.dhs.ga.gov/Main/Default.aspx
- *My Body Belongs to Me,* **created by Profamilia, Illustrations by Dagmar Geisler**
  - YouTube Video by Aminated Child reading the book
  - Profamilia is private non-governmental organization dedicated to supporting people in the full exercise of their sexual and reproductive rights, contributing to equity and poverty reduction.
  - URL: https://www.youtube.com/watch?v=2Y3JHm524E4
- **NCTSN: The National Child Traumatic Stress Network**
  - Resource for understanding Child Traumatic Stress, including information about treatments, practices, trauma-informed care, and additional resources
  - The NCTSN is funded by the Center for Mental Health Services (CMHS), Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services and jointly coordinated by UCLA and Duke University.
  - URL: https://www.nctsn.org/
- **Childhelp**
  - Resources for child abuse prevention, intervention, and treatment services
  - Childhelp is a 501(c)3 nonprofit dedicated to meeting the physical, emotional, educational and spiritual needs of abused, neglected and at-risk children. Operator of the National Child Abuse Hotline.
  - URL: https://childhelp.org/

We're here to help as you support your child. Call our 24/7 Hotline.

The Cottage is committed to supporting non-offending caregivers, family, and loved ones of children and teens who are victims of child abuse, including physical abuse, sexual abuse, witness to domestic violence and witness to a homicide. We welcome you to call our 24/7 hotline with any questions. **We're here to help you support your child or teen: 1-877-363-1912.**