

INDEX

A

Abby, 85
Abstinence, 189–190
Affirmation need, 156–157
Agencies: telling personnel at, 52;
 victim assistance, 115; which can
 help you keep safe, 56. *See also*
 Authorities
AIDS, 50, 148, 149
Albert (sexual abuser), 46, 47
Alcohol problem: by abuser, 21;
 as coping mechanism by abused,
 145
Alcoholics Anonymous, 145
Alex, 223
Allison, 218
Amber, 73, 101
Andre (abuser), 206–207
Angel, 33–34
Angela, 50
Anger: abusers who are acting out
 their, 207–209; dealing with
 your mother's, 94–95; feeling,
 166–168; by friends of the vic-
 tim, 223–224; self-mutilation
 to cope with the, 147; toward
 nonoffending parents, 130–131;
 ways of coping with, 168–169
Anger tape, 168
Anita, 18, 97
Anna, 171
Anorexia nervosa, 144
Anxiety/fear reactions: following
 reporting abuse, 55–56; handling

 panic attacks, 69–70; handling
 threats from abuser, 70
“As soon as” coping technique, 139
Authorities: protective measures
 taken by, 54–55, 56; taking care
 of yourself when dealing with,
 56–57. *See also* Agencies;
 Reporting

B

Bass, E., 170
Being perfect, 150–151
Belinda, 9
Bell, R., 198
Ben, 30–31
Best friends: desperation and getting
 help from, 75; getting support
 from, 62–63; telling, 48–49.
 See also Friends
Blame: cyber-victims' fears of tak-
 ing, 37; I should have been
 smarter feelings and, 64–65;
 I should have stopped it feelings
 and, 64; placed on victims by
 abusers, 22; realizing that you
 are not to, 12, 16, 35–36, 61,
 64, 116, 148, 217. *See also*
 Sexual abuse; Victims of sexual
 abuse/incest
Blowing the whistle. *See* Telling
“Blues Buster” list, 74–75
Blues Busters, 152
Bob (sexual abuser), 49

Body self-image, 192–193
 Body's reactions: other physical problems, 68; problems eating, 67–68; problems sleeping, 67, 68
 Boundaries: loss of, 161; sexual, 190–191
 Boys: more information/resources on sex for, 197, 198; sexual abuse/incest statistics on, 11
Boys and Sex (Pomeroy), 197
 Brad, 51
 Brianna, 54, 153
 Brother's reactions, 80–81
 Bryan (abused by brother), 66, 106, 178
 Bryan (cyber-victim), 34–35
 Bulimia, 144

C

Care and custody roles: sexual abusers with, 8; sexual abusers without, 9
 Catholic Church, 10, 48
 Cathy, 49
Changing Bodies, Changing Lives (Bell), 198
 Charlene, 113
 CINA (Child in Need of Assistance) petition, 120–121
 Cindi's story, 246–248
 Clark, C., 232
 Compulsive eating, 144–145
 Confession by abusers, 104
 Confrontation, 169
 Confusion: over abuse events by victims, 13–16; dealing with feeling, 70–71; over “normal” abuser, 20–21
 Control/power abuse motivation, 205–206
 Coping techniques: to deal with anger, 168–169; emotional, 139–144; as necessary for surviving, 152–153; physical, 144–152
The Courage to Heal (Bass and Davis), 170
 Court case concerns: how do I hold it together on the stand?, 111; regarding difficulties of going to court, 114–116; what does the courtroom look like?, 112–114; what should I wear?, 112; what will happen when I testify?, 110–111; will I have to see the abuser?, 107–108, 110; will there be a jury?, 114
 Court cases: abuser's response to the charges, 104–105; considerations for determining, 101–102; justice vs. truth in, 121–122; preliminary hearing or grand jury, 102–104; prosecutor decision about proceeding to, 107; sentencing decision, 116–119; taking care of yourself during and after, 121; when the court goes wrong, 119–122; your willingness to testify, 105–107. *See also* Reporting
 Court stenographer, 112
 Court-ordered therapy, 117, 135
 Courtroom: diagram of the, 109*fig*; what does it look like?, 112–114; will there be a jury?, 114. *See also* Testimony
 Creative intimacy, 188
 Criminal laws: felony vs. misdemeanor, 12; legal definition of sexual assault, 9; legal definitions regarding sexual abuse/incest, 6–7; on reporting sexual abuse, 53, 54, 226
 Cult abusers, 209–210
 Cyber-victimization: going on-line, 25–26; participation by victims,

- 24–27; reasons for going back for more, 27–30; talking to strangers on-line, 26–27. *See also* Internet sex crimes
- Cyber-victims: embarrassment by, 36–38; enjoying the forbidden, 28–29; grooming, 31–35; loving the attention, 29; raging hormones of, 28; shame experienced by, 38; thinking you’re anonymous, 29–31; worried about being blamed, 37
- Cyberperps: attention paid by, 29; exploitation by, 27; grooming victims by, 31–35; stalking by, 30–31; talking to strangers who are, 26–27
- Disbelief reactions: by friends of victim, 222–223; as normal victim reaction, 16; that abuse must be love, 17; that abuse was accident, 17–18; that abuse was deserved, 18; that abuser is “normal,” 20–21; that adults never do wrong, 18–19; that noncontact abuse isn’t abuse, 19–20
- Dissociation coping technique, 142–143
- Doctors: getting help for depression from, 73; seeking treatment from, 21; telling, 49–50; therapy role by, 136–137
- Doug (cyberperp), 34–35
- Drug abuse: by abuser, 21; as coping technique used by abused, 145

D

- Daniel’s story, 239–242
- Daredevil behavior, 149–150
- Darnella, 9–10
- DAs (district attorneys), 113
- David, 70
- Davis, L., 170
- Dawson, Mrs., 49
- Debbie, 85
- Deborah, 146
- Defense lawyer (or attorney), 110–111, 112–113
- Defense table, 112–113
- Deneé, 88
- Denial by abusers, 104–105
- Denial coping technique, 140–141
- Department of Social Services, 52, 56, 135
- Depression: getting help for, 73; signs of, 71–72
- Desperation: don’t allow it to get out of control, 75; feelings of, 73–74; suggestions for dealing with, 74–75

E

- Eating disorders, 144–145
- Eating problems, 67–68
- Ed (abuser), 208–209
- Eileen, 93
- Emergency Stage: dealing with your anxiety and fear, 69–70; dealing with your body’s reactions, 67–68; dealing with your emotions, 70–75; described, 66; words of encouragement to help during, 75–77
- Emotional aspects of sexuality: described, 191–192; learning to like your body, 192–193; learning to like your sexual responses, 194; worries about being gay, 195
- Emotional coping techniques: “as soon as,” 139; denial coping, 140–141; “forgetting,” 141–142; “it’s not that bad,” 139–140; the “onlys,” 140; “splitting,” 142–144

Emotional reactions: feeling anger, 166–168; feeling confused, 70–71; feeling depressed, 71–73; feeling desperate, 73–75; feeling grief, 165; feeling on guard, 165–166; feeling numb, 164; feeling “nuts,” 164; role playing to cope with, 168; writing down (or taping) your, 168

Estés, C., 175, 179

Evidence of abuse, 102

Exercise, 169

F

Family: asking why someone didn't protect me?, 84–86; loss of, 162; reactions by, 61–63, 79–83; therapy to build new relationships with, 98–99, 131–132, 214–215; when victims come in second to the, 91–92

Family members: abuse by someone considered almost a, 9–10; defining, 6; incest by, 6–7; responses to abuse exposure by, 61–63; as responsible for their feelings/actions, 63; sexual abusers who are, 7–9, 81–83; why didn't one protect me?, 84–86. *See also* Kinship role

Family (or juvenile) court, 120–121

Family reactions: having to move out because of, 63; by nonoffending parent, 81–82; pressure to recant accusation, 61–62; by rest of your family, 82–83; taking care of yourself in spite of, 62; to telling of the secret, 79–83; what if nobody will stick by you?, 62–63; when abuser is family member, 81–83; when abuser is outside the family, 79–81. *See also* Mothers

Family therapy, 98–99, 131–132, 214–215

Fathers: desperation and getting help from, 75; telling, 44. *See also* Mothers; Parents

Fault. *See* Blame

Feelings. *See* Emotional reactions

Fixated offenders: described, 201–202; treatment for, 211

Flashbacks, 154–155, 191

“Forgetting” coping technique, 141–142

Forgiveness: abuser apology and, 217; as action and process, 175–176; as something you do for yourself, 176; what it is, 175–176; what it is not, 172–174; for yourself, 178–179. *See also* Reconciliation

Friends: answers from friends of sexually abused kids, 231–232; dealing with abuse revelation by, 222–225; dealing with changes in your abused friend, 230–231; desperation and getting help from, 75; doing the best that you can, 232–233; getting support from, 62–63; “not to say” list for, 220–222; taking care of yourself during abuse revelation, 229–230; telling, 48–49, 225–229; telling parents of, 45–47; “to say” list for, 219–220. *See also* Best friends

G

Gary (sexual abuser), 43

Gay (worries about being), 195

Gayle, 94

Geoffrey, 171

Georgia, 43–44, 180

Gil, E., 143

Girls: more information/resources

on sex for, 197, 198; sexual abuse/incest statistics on, 11
Girls and Sex (Pomeroy), 197
 Glory, 85
 Goeghan, J., 10
 Going on-line, 25–26
 Gossip, 61
 Grand jury, 102–104
 Grandparents: mothers who were abused by, 89–90; nonoffending parent reactions to abuse by, 82; reactions to revealed secret by nonoffending, 83
 Grief, 165
 Grooming: described, 31; feeling understood, 34–35; testing the waters by cyberperps, 31–33; victims made to feel special, 33–34
 Groth, N., 201
 Gwen, 8

H

Hal (cyberperp), 30–31
 Harry, 59, 191–192
 Healing: abuse must stop before you can begin, 125–126; how a doctor can help with, 136–137; making the choice to begin, 125–127; offenders who refuse to choose, 217; selecting the right therapist to begin, 132–136; taking care of yourself to continue, 137; as taking time, 126; therapy as good place to start, 127–132; your sexual self, 195. *See also* Surviving
 Heather, 8
 Herpes, 50
 HIV status, 136
 Homosexual (worries about being), 195
 Human Services Organizations, 52
 Hynes, A., 197
 Hypervigilance, 165–166

I

“I Will Be Your Friend” (Clark), 232–233
 Incest: description of, 5–6; differentiating between other forms of sexual abuse and, 8–9; differentiating between sexual assault and, 9, 10; emotional responses to, 21–22; legal definition of, 6–7; noncontact abuse, 5, 19–20; statistics on, 11. *See also* Sexual abuse
 Intellectual intimacy, 188
 Internet sex crimes: cyber-victimization and, 24–27; grooming process, 31–35; growing involvement by victims, 28–31; non-physical vs. physical victimization in, 25; phenomenon of, 23–24; pornographic material and, 24; victim embarrassment over, 36–38; victim as played by abuser, 35–36. *See also* Cyber-victimization
 Intimacy, 188–189
 “It’s not that bad” coping techniques, 139–140

J

Jake (cyberperp), 33
 Jamie, 46–47
 Jennifer’s story, 234–239
 Joey, 56, 94, 95, 147
 Julia’s story, 242–246
 Jury, 114
 Justine, 8
 Juvenile (or family) court, 120–121

K

Kaisha, 88
 Karen (abuser), 207–208

Karin, 29
 Karla, 13, 95, 143
 Kate, 89, 125, 171, 173
 Katherine, 17, 78
 Keesha, 93
 Kimmy, 91
 Kinship role, 6, 8. *See also* Family members
 Koop, C. E., 146

L

Lauersen, N. H., 197
 Laurel, 106
 Law clerk, 112
 Leah, 86
 Lee, 91
 Leman, K., 182
 Lew, M., 170
 Loss of boundaries, 161
 Loss of childhood, 162
 Loss of control, 158–159
 Loss of dreams, 163–164
 Loss of family, 162
 Loss of innocence, 162–163
 Loss of self-worth, 156
 Loss of trust, 159–160
 Love/sex confusion, 206–207
 Lynn, 96, 127, 162

M

McCoy, K., 198
 Madaras, L., 197
 Maltz, W., 184
 Marissa, 105, 177
 Mark, 32–33
 Marsden, Miss, 45
 Marty, 18, 98
 Mary-Ellen, 44
 Masturbation, 187, 194
 Max, 47
 Medical personnel: getting help for depression from, 73; seeking

treatment from, 21; telling, 49–50
 Meghan, 18–19, 19, 95
 Melinda, 93, 155
 Michael, 73
 Michelle, 46
 Mothers: dealing with response by your, 92–96; desperation and getting help from, 75; getting along with your, 96–99; I didn't want to see it statement by, 86; I knew something was wrong statement by, 85; letter written to daughter by one, 99–100; overcoming resistance to changing roles of, 98–99; response to abuse by, 86–92; telling, 42–44; where was I? asked by, 85; who are distant, 90–91; who choose to keep "the family" together, 91–92; who feel powerless, 88; who side with abuser, 87–88; who were sexually abused as a child, 89–90; why didn't she protect me?, 84–85. *See also* Family reactions; Fathers; Parents
 MPD (multiple personality disorder), 143–144

N

Nadine, 208–209
 Narcotics Anonymous, 145
 Need to be affirmed, 156–157
The New Teenage Body Book (McCoy and Wibbelsman), 198
 Nicky, 155
 Nicole, 147–148
 Noncontact sexual abuse: described, 5, 19–20; Internet sex crimes as, 25
 Nonoffending parents: reactions of, 81–82; therapy with you and, 130–131

Nonorganic failure to thrive syndrome, 185
 Nurses: getting help for depression from, 73; telling, 49–50

O

Obesity, 144–145
 Offenders. *See* Sexual abusers
 The “only” coping technique, 140
 Oral sex, 191
 “Other woman” position, 95–96

P

Panic attacks, 69–70
 Parents: reactions of nonoffending, 81–82; reactions when abuser is outside family, 79–80; therapy with nonoffending, 130–131. *See also* Fathers; Mothers
 PBJ (probation before judgment), 118–119
 “Perfect” behavior, 150–151
 Peter, 47–48
 Phillip (abuser), 203–204
 Physical coping techniques: becoming a daredevil, 149–150; being perfect, 150–151; drugs and alcohol, 145; eating disorders, 144–145; self-mutilation, 146–148; sleeping around and prostitution, 148–149; smoking, 146; suicide, 151–152
 Physical intimacy, 189, 191
 Physical reactions. *See* Body’s reactions
 Physicians. *See* Doctors
 Police: making reports to, 55, 92, 228–229; state law on reporting abuse to, 53, 54, 226; telling the, 50–52. *See also* Sheriff
 Pomeroy, W. B., 197
 Pornographic abuse: Internet sex

crimes of, 32, 36; as noncontact sexual abuse, 5, 20
 Pornography: found on the Internet, 24, 32, 36; as noncontact sexual abuse, 5, 20
 Power/control abuse motivation, 205–206
 Preferential offenders: described, 201–202; treatment for, 211
 Preliminary hearing, 102–104
 Prison sentence, 118
 Probation sentence, 117
 Prosecutors: final decision on court case by, 107; position in the courtroom by, 113
 Prostitution, 148–149
 Protection: of boundaries, 161; fear of abuser and concerns about, 55–56; measures taken by authorities, 54–55; of other potential victims, 226; staying safe through measures for, 56; taking care of yourself, 56–57; wondering why someone didn’t offer you, 84–85
 Psychological intimacy, 189
Puberty: An Illustrated Manual for Parents and Daughters (Hynes), 197

R

Rage. *See* Anger
 Randy, 150
 Rape: escalation from physical abuse to, 40; physical pain and/or injuries from, 21
 Rape crisis center, 52
 Rationalization by abuser, 105
 Reactions by others: be nice to yourself in spite of, 65; when people gossip about you, 61; when people say you led him on, 60–61; when people say you’re destroying the family, 61–63; when

Reactions by others (*cont.*)
 people say you're lying, 60; when
 you start believing what people
 say, 63–65; worries about, 59.
See also Victim responses/
 reactions

Reconciliation: considering,
 176–178; different forms of, 178.
See also Forgiveness

Regressed offenders: described,
 201–202; treatment for, 212

Religious leaders: sexual abuse by,
 10; telling, 47–48

Remorse, 177, 216–217

Repentance, 177

Reporting: by friend of victim,
 228–229; making the report
 yourself, 55; sibling abuse, 92;
 state laws on, 53, 54, 226; what
 happens after, 53–54. *See also*
 Authorities; Court cases

Resentment: dealing with your
 mothers, 95–96; by rest of the
 family, 82–83

Responsibility session, 130,
 215–216

Richie, 20, 142–143

Robert, 166

Robin, 49

Role playing, 168

Ross, 201

S

Safety steps: 1: telling, 42–52; 2: re-
 porting, 53–54; 3: protecting,
 54–56

Samuel, 45

Sandy, 93

School personnel: desperation and
 getting help from, 75; telling,
 44–45

Secret. *See* Telling

Self-doubt, 15

Self-forgiveness, 178–179

Self-mutilation, 146–148

Self-pleasuring (or masturbation),
 187, 194

Self-worth, 157–158

Sense of loss: as common experience,
 156; loss of boundaries, 161; loss
 of control, 158–159; loss of
 dreams, 163–164; loss of family,
 162; loss of innocence, 162–163;
 loss of self-worth, 156–158; loss
 of trust, 159–160; need to be af-
 firmed, 156–157; rediscovering
 your value to regain, 157–158

Sensuality, 185–186

Sentencing: factors considered by
 judge before, 116–117; PBJ (pro-
 bation before judgment), 118–
 119; prison, 118; probation and
 court-ordered therapy, 117; spe-
 cialized treatment, 118; victim
 impact statement, 119; when the
 court goes wrong, 119–122

Separation, 212–213

Sex: abstinence from, 189–190;
 abusers who think confuse love
 with, 206–207; bottom line
 about, 196–197; changing your
 old ideas about, 183–184; as
 misunderstood and misconstrued,
 180; “was and was not meant to
 be,” 182–183. *See also* Sexuality
Sex Begins in the Kitchen (Leman),
 182

Sex Is Not A Four-Letter Word
 (Watkins), 198

Sexual abuse: confusing response of
 victim to, 14–15; criminal laws
 against, 12; description of, 4–6;
 differentiating between incest and
 other forms of, 8–9; differentiat-
 ing between sexual assault and,
 9, 10; emotional responses to,
 21–22; legal definition of, 7;

- noncontact, 5, 19–20, 25; rape, 21, 40; statistics on, 11; things to remember about, 40. *See also* Blame; Incest
- Sexual abuse effects: feelings from, 164–169; flashbacks as, 154–155, 191; other issues, 170; sense of loss, 156–164. *See also* Victim responses/reactions
- Sexual abuse language, 184
- Sexual abuse myths, 3–4
- Sexual abuser motivations: abusers involved with cults, 209–210; looking for power and control, 205–206; they are acting out their rage, 207–209; they think love and sex are the same, 206–207; trying to feel important, 203–205
- Sexual abuser treatment: for fixated offenders, 211; getting professional help, 213–214; hearing abuser say “I’m sorry,” 216–217; for regressed offenders, 212; separation as first step in, 212–213; for sexual addicts, 212; therapy with you and the, 130, 215–217
- Sexual abusers: abuse responsibility of, 16, 35–36, 61, 64, 116, 148, 217; blame placed on victims by, 22; confession by, 104; confrontation of, 169; denial by, 104–105; difficulties in prosecution of well known, 102; emotions about, 21–22; excusing, 21; fears after reporting, 55–56; fixated/regressed offenders and sexual addicts, 201–202, 211–212; forgiving of, 172–179; handling threats from, 70; “normal” affection and love shown by, 15; outside family vs. inside family, 7–9, 79–83; reasons why they abuse, 203–210; religious leaders as, 10; remorse vs. repentance by, 177, 216–217; response to criminal charges, 104–105; responsibility session with you and, 130, 215–216; siblings as, 91–92; treatment for, 211–217; who are almost family, 9–10; who does not have care and custody, 9; who refuse to heal, 217; writing a letter to, 168
- Sexual addicts: described, 202; treatment for, 212
- Sexual assault, 9, 10
- Sexual Assault Hotline, 135
- Sexual Assault Recovery Center, 135
- Sexual Assault Resource Center, 135
- Sexual boundaries, 190–191
- Sexual comments, 19–20
- Sexual desire: defining, 186; needs we confuse with, 186–187
- Sexual responses, 187, 194
- Sexual self, 195
- Sexuality: bottom line about, 196–197; defining, 180–181; emotional aspects of, 191–195; intellectual aspects of our, 181–184; as misunderstood and misconstrued, 180; for more information/resources on, 197–198; physical aspects of, 184–187; spiritual aspects of, 188–191. *See also* Sex
- Sexually transmitted diseases, 50, 136, 148
- Shame, 38
- Sharon, 9
- Sheriff, 113. *See also* Police
- Siblings: family counseling when abuser is a, 91–92; reactions when abuser is outside family, 80–81
- Sisters’ reactions, 80–81
- Situational offenders: described, 201, 202; treatment for, 212

Sleeping around, 148–150
 Sleeping problems, 67, 68
 Smoking, 146
 Social Services Organizations, 52
 Social workers: CINA (Child in Need of Assistance) petition by, 120–121; desperation and getting help from, 75; getting support from, 62–63; reporting abuse to, 53; telling school, 44–45. *See also* Therapy
 Special agencies, 52
 Specialized treatment sentence, 118
 “Splitting” coping technique, 142–143, 142–144
 Stacey, 178
 State’s attorneys, 113
 Stukane, E., 197
 Substance abuse, 21
 Suicide: description of, 151; suggestions if you feel like, 151–152
 Suicide hotline, 75, 152
 “Superkid” behavior, 150–151
 Support systems, 62–63
 Surviving: coping mechanisms/ survival skills used for, 152–153; coping techniques for dealing with anger, 168–169; emotionally coping techniques used for, 139–144; physical coping techniques used for, 144–152. *See also* Healing
 Survivors: Cindi’s story, 246–248; Daniel’s story, 239–242; defining, 11; Jennifer’s story, 234–239; Julia’s story, 242–246; words of encouragement by, 75–77
 Suzanne, 17, 147

T

Tanisha, 50–51
 Teachers: desperation and getting help from, 75; telling, 45

Telling: dealing with negative responses to your, 52; a friend’s parent, 45–47; a medical person, 49–50; other people, 52; the police, 50–52; protection by giving up the secret and, 40; reasons why kids won’t consider, 41; a religious leader, 47–48; someone at school, 44–45; special agencies, 52; you did good by, 57–58; your best friend, 48–49; your father, 44; your mother, 42–44. *See also* Victims of sexual abuse/incest

Telling by friends of victim: important reasons for, 225–226; making a report, 228–229; taking care of yourself, 229–230; victim’s reaction to, 227–228

Testimony: being sequestered (isolated) before giving, 107–108; closed-circuit television used during your, 108, 110; difficulty of decision to give, 115; how do I hold it together on the stand?, 111; reluctance by victim to give, 105–106; seeing the abuser while you give your, 107–108, 110; what should I wear?, 112; what will happen when I give, 110–111; you get to decide how you feel about giving, 106–107. *See also* Courtroom

Therapist: choosing your, 132–133, 135–136; therapy with just you and the, 129

Therapy: benefits of, 128; to build new relationships with family members, 98–99; choosing type of, 128–132; confrontation of abuser during, 169; court-ordered, 117, 135; getting comfortable with, 134; as good place to start healing, 127; making finan-

- cial arrangements for costs of, 133, 135–136; as part of taking care of yourself, 121; PBJ (probation before judgment) and, 119; responsibility session with you and abuser, 130, 215–216; role playing during, 168; for sexual abuser, 213–217; Victims of Crime Act and eligibility for, 97, 121, 135. *See also* Social workers
- Therapy types: with abuser, 130, 215–217; with family, 98–99, 131–132, 214–215; group therapy, 129; with individual therapist, 129; with nonoffending parent, 130–131
- Threats from abuser, 70
- Tobacco use, 146
- Touch need, 185
- Trust: forgiveness does not mean, 174; learning to trust yourself, 15; loss of, 159–160
- U**
- United We Stand* (Gil), 143
- V**
- Victim assistance agencies, 115
- Victim impact statement, 119
- Victim responses/reactions: blamed for abuse by abusers, 22; confusion over “normal” abuser, 20–21; coping techniques for, 139–153, 168–169; dealing with anxiety and fear, 69–70; dealing with body and physical, 67–68; dealing with mother’s response, 92–96; dealing with your emotions, 70–75; emotional responses to abuse/abusers by, 21–22; excusing abuser with alcohol/drug problems, 21; to friend’s reporting of your abuse, 227–228; “how did I let this happen?,” 15; to noncontact abuse, 19–20; to offender’s treatment, 214; self-doubt, 15; to separation, 213; sexual abuse is confusing and, 14–15; that abuse is deserved, 18; that abuse is love, 17; that abuse was accident, 17–18; that adults never do wrong, 18–19; thinking you are crazy, 13–14; when you start believing what people say, 63–65; why didn’t someone protect me?, 84–86; words of encouragement to help with, 75–77. *See also* Blame; Reactions by others; Sexual abuse effects
- Victims of Crime Act (VOCA), 97, 121, 135
- Victims of Crime Fund, 135
- Victims’ group, 62–63
- Victims No Longer* (Lew), 170
- Victims of sexual abuse/incest: confusion over abuse events by, 13–16; difficulties in prosecution with very young, 102; disbelief over abuse by, 16–21; effects of abuse on, 154–170; forgiving issues for, 171–179; healing as a choice by, 125–137; protecting potential, 226; rationales about abuse by, 21–22; sexual abuse is a crime against, 12; survivor goal of, 11; willingness to testify by, 105–107. *See also* Blame; Telling VOCA (Victims of Crime Act), 97, 121, 135
- W**
- Watkins, J., 198
- Web site resources, 52
- The What’s Happening to My Body Book for Boys* (Madaras), 197

*The What's Happening to My Body
Book for Girls* (Madaras), 197
Wibbelsman, C., 198
Women Who Run with the Wolves
(Estés), 175
Words of encouragement, 75–76

Y

You did good by telling, 57–58

*You're in Charge: A Teenage Girl's
Guide to Sex and Her Body*
(Lauersen and Stukane), 197
Yvonne (abused by stepfather), 9
Yvonne (abused by uncle), 71,
154

Z

Zoe, 17