



# April is Sexual Assault Awareness Month.

SEXUAL ASSAULT  
AWARENESS MONTH 2024

**Body. Mind.  
Community.**

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[SARCOREGON.ORG](http://SARCOREGON.ORG)

✓ Check out the recommended book list at your local library or bookstore.

✓ Change the world.

SEXUAL ASSAULT RESOURCE CENTER (SARC)- OREGON  
24-HOUR SUPPORT & RESOURCE LINE: (503) 640-5311, call/text, or chat

# Abril es el Mes de Concientización sobre la Agresión Sexual.

SEXUAL ASSAULT  
AWARENESS MONTH 2024

**Mente. Cuerpo.  
Comunidad.**

SARCOREGON.ORG



**Consulte la lista de libros  
recomendados en su  
biblioteca o librería local.**



**Cambiar el mundo.**

**CENTRO DE RECURSOS CONTRA LA AGRESIÓN SEXUAL DE OREGON**

LÍNEA DE RECURSOS Y SOPORTE LAS 24 HORAS: (503) 640-5311, llame/envíe un mensaje de texto o chatee

## SAAM LIBRARY BOOK LIST/LISTA DE LIBROS DE LA BIBLIOTECA SAAM (Highly Recommended/Altamente recomendada)

### English (En Inglés)

- [\*I Never Told Anyone: Writings By Women Survivors Of Childhood Sexual Abuse.\* Ellen Bass](#)
- [\*Dear Sister: Letters From Survivors Of Sexual Violence.\* Lisa Factora-Borchers \(Editor\), Aishah Shahidah Simmons \(Introduction\)](#)
- [\*Ask: Building Consent Culture.\* Kitty Stryker, Carol Queen \(Afterword\), Laurie Penny \(Foreword\)](#)
- [\*Learning Good Consent: On Healthy Relationships and Survivor Support.\* Cindy Crabb](#)
- [\*Queering Sexual Violence - Radical Voices from Within the Anti-Violence Movement.\* Jennifer Patterson](#)
- [\*Consent on Campus: A Manifesto.\* Donna Freitas](#)
- [\*Blurred Lines: Rethinking Sex, Power, and Consent on Campus.\* Vanessa Grigoriadis](#)
- [\*Written on the Body: Letters From Trans and Non-Binary Survivors of Sexual Assault and Domestic Violence.\* Lexie Bean \(Editor\), Dean Spade \(Contribution\), Nyala Moon \(Contribution\)](#)
- [\*C is for Consent.\* Eleanor Morrison, Faye Orlove](#)
- [\*What Does Consent Really Mean?\* Thalia Wallis, Pete Wallis, Joseph Willkins](#)
- [\*The Will to Change: Men, Masculinity and Love.\* bell hooks](#)
- [\*Know My Name: A Memoir.\* Chanel Miller](#)
- [\*Shout.\* Laurie Anderson](#)
- [\*Grabbed: Poets and Writers about Sexual Assault, Empowerment and Healing.\* Richard Blanco, Caridad Moro, Nikki Moustaki, and Elisa Albo](#)
- [\*Unbound: My Story of Liberation and the Birth of the Me Too Movement.\* Tarana Burke](#)
- [\*Empty Playground: A Survivor's Story.\* Callen Harty](#)
- [\*We Believe You: Survivors of Campus Sexual Assault Speak Out.\* Annie E. Clark and Andrea L. Pino](#)
- [\*Milk and Honey.\* Rupi Kaur](#)
- [\*Not That Bad: Dispatches from Rape Culture.\* Roxane Gay](#)
- [\*She Said.\* Megan Twohey and Jodi Kantor](#)

### En Español

- [\*La Recuperacion Del Abuso Sexual: Pasos a Seguir Para Superar el Abuso.\* Deborah Pinkston](#)
- [\*Diario de Curacion de Traumas Para Mujeres: Cuaderno de Trabajo de 90 Dias para la Recuperacion de Traumas.\* Por Patricia Ruiz Botero](#)
- [\*Liberando a La Nina No Amada: Guia para la sanacion de Mujeres que has Sufriod de Abuso y Condicionamiento en la Ninez.\* Marissa Russo](#)
- [\*El consentimiento para Los NiNos: Como Poner Limites, Perid Respeto y Estar a Cargo de Ti mismo.\* Rachel Brian](#)
- [\*El Abuso Sexual: La Verdad Acerca de Los Abusos Sexual.\* Patti Feureisen](#)
- [\*La Recuperacion Del Abuso Sexual: Un Manual para El Proceso De Recuperacion.\* Anne Pierce](#)

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Supplemental/alternative book recommendations // Recomendaciones de libros complementarios/alternativos:

### English (En Inglés)

- [\*The Body Keeps the Score. Bessel Van Der Kolk\*](#)
- [\*Sexual Citizens: A Landmark Study of Sex, Power, and Assault on Campus. Jennifer S. Hirsch and Shamus Khan\*](#)
- [\*Things We Haven't Said: Sexual Violence Survivors Speak Out. Erin E. Moulton\*](#)
- [\*Inner Bonding: Becoming a Loving Adult to You Inner Child. Margaret Paul, PHD\*](#)
- [\*Missoula: Rape and the Justice System in a College Town. Jon Krakauer\*](#)
- [\*Written on the Body. Jeanette Winterson\*](#)
- [\*Citadels of Pride. Martha Nussbaum\*](#)
- [\*Can I Kiss You: A Thought-Provoking Look at Relationships, Intimacy & Sexual Assault. Michael J. Domitrz\*](#)
- [\*Luckiest Girl Alive. Jessica Knoll\*](#)
- [\*Wrecked. Maria Padian\*](#)
- [\*The Art of Breaking Things. Laura Sibson\*](#)
- [\*Everything I Know About Love. Dolly Alderton\*](#)
- [\*All About Love. bell hooks\*](#)
- [\*Unfuck Your Intimacy Workbook: Using Science For Better Relationships, Sex, and Dating. Faith G. Harper\*](#)
- [\*My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings. Natalia Maguire\*](#)
- [\*I Will Survive \(African-American Guide to Healing From SA and Abuse\). Lori S. Robinson\*](#)
- [\*Victim No Longer \(Classic Guide for Men Recovering From Sexual Child Abuse\). Mike Lew\*](#)
- [\*The Sexual Healing Journey \(A Guide For Survivors of Sexual Abuse\). Wendy Maltz\*](#)
- [\*Intersections of Identity and Sexual Violence on Campus: Centering Minoritized Students' Experiences. Jessica C. Harris and Chris Linder\*](#)
- [\*Shadow Dance: Liberating the Power and Creativity of Your Dark Side. David Richo\*](#)
- [\*Asking for It: The Alarming Rise of Rape Culture--and What We Can Do About It. Kate Harding\*](#)
- [\*Thriving in the Wake of Trauma: A Multicultural Guide. Thema Bryant-Davis\*](#)
- [\*Healing Sex: A Mind-Body Approach to Healing Sexual Trauma. Staci Haines\*](#)
- [\*Daring to Trust: Opening Ourselves to Love and Intimacy. David Richo\*](#)
- [\*The Tao of Tranquility: The Wisdom of Lao Tzu and the Buddha\*](#)
- [\*Radical Forgiveness: A Revolutionary Five Stage Process to Healing Relationship, Let Go of Anger and Blame and Find Peace in Any Situation. Colin Tipping.\*](#)
- [\*Healing the Wounded Inner Child: A CBT workbook to Overcome Past Trauma, Face Abandonment and Regain Emotional Stability. Maria Clarke\*](#)
- [\*The Art of Saying No: How to Stand Your Ground, Reclaim Your Time and Energy and Refuse to be Taken For Granted \(Without Feeling Guilty\). Damon Zahariades\*](#)
- [\*The 12 Week DBT Workbook: Practical Dialectical Behavior Theory Skills to Regain Emotional Stability. Valerie Dunn McBee LCSW\*](#)
- [\*Becoming Hole: A Jungian Guide to Individuation. Bud Harris, PhD\*](#)

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- [\*The Anxiety Workbook: A 7-Week Plan to Overcome Anxiety, Stop Worrying, and End Panic.\* Arlin Council](#)
- [\*The Dance of Fear: Rising Above Anxiety, Fear and Shame to Be Your Best and Bravest Self.\* Harriet Lerner, PhD](#)
- [\*The Somatic Therapy Work-Book: Stress Relieving Exercises for Strengthening the Mind-Body Connection and Sparking Emotional and Physical Healing.\* Livia Shapiro](#)
- [\*It Didn't Start With You: How to Inherited Family Trauma Shapes Who We Are and How to End the Cycle.\* Mark Wolynn](#)
- [\*Imaginary Crimes: Why We Punish Ourselves and How to Stop.\* Lewis Engel and Tom Ferguson](#)
- [\*Boundaries and Relationships: Knowing, Protecting and Enjoying the Self.\* Charles L. Whitfield.](#)
- [\*Male Survivor: The Impact of Sexual Abuse.\* Matthew Parynik Mendel](#)
- [\*Let's Talk About Body Boundaries, Consent, and Respect: Teach children about body ownership, respect, feelings, choices, and recognizing bullying behavior.\* Jayneen Sanders, Sarah Jennings](#)
- [\*No Means No!: Teaching personal boundaries, consent; empowering children by respecting their choices and right to say 'no!'\* Jayneen Sanders, Cherie Zamazing.](#)

### En Español

- [\*El Pequeno Libro #MeToo Para Hombres.\* Mark Greene](#)
- [\*Nunca es Tarde Para Hablar: Sobrevivientes de Abuso Sexual: Reportaje de Mujeres Supervivientes.\* Elizabeth Luciano](#)
- [\*Hechizos Magicos para Desatar Villanos: Prevencion de Abuso Sexual en la Primera Infancia.\* Elena Laguarda](#)
- [\*Pasado de El, Historia de Ella: Una Guia para Esposas de Sobrevivientes de Abuso Sexual.\* Debra Warner](#)
- [\*Despertar Interrio: 30 Meditaciones Guiadas Para La Sanación y El Crecimiento Personal,.\* Sol Savall](#)
- [\*30 Dias de Charlas Sobre Sexo: Capacitanto a sus Hijos con Conocimiento Sobre la Intimidad Sexual.\* Educate and Empower Kids](#)
- [\*Parabolar Para El Crecimiento Personal: Cuentos para tu viaje De sanacion.\* Melinda Reincike](#)
- [\*El Poder de la Gratitud: 7 Ejercicios Simples que Van a Cambiar Tu Vida a Mejor.\* Marc Reklau](#)

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