

Child Advocacy Center of Wayne County


Tween/Teen Book Resources

ALL BOOKS RECOMMENDED ARE FOR AGES 12+ UNLESS OTHERWISE SPECIFIED

SEX EDUCATION

- ❖ *SEX IS A FUNNY WORD* BY COREY SILVERBERG (Ages 7+)
- ❖ *YOU KNOW, SEX* BY COREY SILVERBERG (AGES 10+)
- ❖ *LET'S TALK ABOUT IT: THE TEEN'S GUIDE TO RELATIONSHIPS, BODIES, AND GROWING UP* BY HEATHER CORINNA (AGE 9+)
- ❖ *WAIT, WHAT? A COMIC BOOK GUIDE TO RELATIONSHIPS, BODIES, AND GROWING UP* BY HEATHER CORINNA (AGES 10+)
- ❖ *IN CASE YOU'RE CURIOUS: QUESTIONS ABOUT SEX FROM YOUNG PEOPLE* BY MULTIPLE AUTHORS
- ❖ *A GIRLS' GUIDE TO SEX EDUCATION* BY MICHELLE HOPE (AGES 10+)
- ❖ *BEING A TEEN: EVERYTHING TEEN GIRLS AND BOYS SHOULD KNOW* BY JANE FONDA
- ❖ *DOING IT! LET'S TALK ABOUT SEX* BY HANNAH WITTON (AGES 14+)
- ❖ *DATING AND SEX: A GUIDE FOR THE 21ST CENTURY TEEN BOY* BY ANDREW P. SMILER, PHD (AGES 9+)
- ❖ *BOY- WHAT'S HAPPENING TO ME?* BY ALEX FIRTH (AGES 9+)
- ❖ *S.E.X.: THE ALL-YOU-NEED-TO-KNOW SEXUALITY GUIDE TO GET YOU THROUGH YOUR TEENS AND TWENTIES* BY HEATHER CORINNA

CONSENT

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- ❖ *CAN WE TALK ABOUT CONSENT?: A BOOK ABOUT FREEDOM, CHOICES, & AGREEMENT* BY JUSTIN HANCOCK (AGES 9+)
 - ❖ *REAL TALK ABOUT SEX AND CONSENT: WHAT EVERY TEEN NEEDS TO KNOW* BY CHERYL M. BRADSHAW, MA
 - ❖ *WHAT IS CONSENT? WHY IS IT IMPORTANT? & OTHER BIG QUESTIONS* BY LOUISE SPILSBURY AND YAS NECATI
 - ❖ *CONSENT: THE NEW RULES OF SEX EDUCATION: EVERY TEEN'S GUIDE TO HEALTHY SEXUAL RELATIONSHIPS* BY JENNIFER LANG, MD
 - ❖ *RESPECT: EVERYTHING A GUY NEEDS TO KNOW ABOUT SEX, LOVE, & CONSENT* BY INTI CHAVEZ PEREZ (AGES 14+)
 - ❖ *WELCOME TO CONSENT: HOW TO SAY NO, WHEN TO SAY YES, & HOW TO BE THE BOSS OF YOUR BODY* BY YUMI STYNES & DR. MELISSA KANG (AGES 10+)

TRAFFICKING

- ❖ *UP FOR SALE: HUMAN TRAFFICKING & MODERN SLAVERY* BY ALISON MARIE BEHNKE (AGES 11+)
- ❖ *BREAKING FREE: TRUE STORIES OF GIRLS WHO ESCAPED MODERN SLAVERY* BY ABBY SHER (AGES 14+)
- ❖ *SOLD* BY PATRICIA MCCORMICK
- ❖ *THE SLAVE ACROSS THE STREET: THE TRUE STORY OF HOW AN AMERICAN TEEN SURVIVED THE WORLD OF HUMAN TRAFFICKING* BY THERESA FLORES (AGES 15+)
- ❖ *STOLEN: THE TRUE STORY OF A SEX TRAFFICKING SURVIVOR* BY KATRINA ROSENBLATT (AGES 15+)
- ❖ *IN PURSUIT OF LOVE: ONE WOMAN'S JOURNEY FROM TRAFFICKED TO TRIUMPHANT* BY REBECCA BENDER (AGES 15+)
- ❖ *SLAVES AMONG US: THE HIDDEN WORLD OF HUMAN TRAFFICKING* BY MONIQUE VILLA (AGES 15+)
- ❖ *ONE DRESS. ONE YEAR.: ONE GIRL'S STAND AGAINST HUMAN TRAFFICKING* BY BETHANY WINZ & SUSANNA FOTH AUGHTMON
- ❖ *TRAFFICKED: MY STORY OF SURVIVING, ESCAPING, & TRANSCENDING ABDUCTION INTO PROSTITUTION* BY SOPHIE HAYES

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SEXUAL TRAUMA

- ❖ *INVISIBLE GIRLS: THE TRUTH ABOUT SEXUAL ABUSE* BY PATTI FEUEREISEN
 - ❖ *THE COURAGE TO HEAL* BY ELLEN BASS & LAURA DAVIS
 - ❖ *DON'T TELL: SEXUAL ABUSE OF BOYS* BY MICHEL DORAIS
- ❖ *HOW LONG DOES IT HURT? A GUIDE TO RECOVERING FROM INCEST AND SEXUAL ABUSE* BY CYNTHIA L MATHER
 - ❖ *I NEVER CALLED IT RAPE* BY ROBIN WARSHAW
- ❖ *KIDS HELPING KIDS: BREAK THE SILENCE OF SEXUAL ABUSE* BY LINDA LEE FOLTZ
- ❖ *WHAT WILL HAPPEN TO ME?* BY HOWARD ZEHR AND LORRAINE STUTZMAN AMSTUTZ
- ❖ *THE SEXUAL TRAUMA WORKBOOK FOR TEEN GIRLS* BY RAYCHELLE CASSADA LOHMAN, MS, LPC AND SHEELA RAJA, PHD

BOUNDARIES/ HEALTHY RELATIONSHIPS

- ❖ *BOUNDARIES: A GUIDE FOR TEENS* BY VAL J PETER
- ❖ *TEEN LOVE, ON RELATIONSHIPS: A BOOK FOR TEENAGERS* BY KIMBERLY KIRBERGER
- ❖ *TRUE LOVE LASTS: A GUIDE TO HEALTHY RELATIONSHIPS FOR TEENS AND YOUNG ADULTS* BY JAMES WEGERT, M.E.D.
- ❖ *RELATIONSHIP SKILLS 101 FOR TEENS: YOUR GUIDE TO DEALING WITH DAILY DRAMA, STRESS, & DIFFICULT EMOTIONS USING DBT* BY SHERI VAN DIJK, MSW

ONLINE SAFETY

- ❖ *A GUIDE TO INTERNET SAFETY FOR CHILDREN, TEENS, & YOUNG ADULTS* BY RAJESH LASKARY
 - ❖ *CYBER SAFETY FOR EVERYONE: ONLINE RISKS CAN BE DANGEROUS STAY INFORMED*
- ❖ *CYBER-SAFE KIDS, CYBER-SAVVY TEENS: HELPING YUNG PEOPLE LEARN TO USE THE INTERNET SAFELY & RESPONSIBLY* BY NANCY E. WILLARD



BULLYING

- ❖ *DEAR BULLY* BY MULTIPLE AUTHORS (AGES 14+)
- ❖ *VICIOUS: TRUE STORIES BY TEENS ABOUT BULLYING* BY MULTIPLE AUTHORS
- ❖ *SURVIVING MIDDLE SCHOOL: NAVIGATING THE HALLS, RIDING THE SOCIAL ROLLER COASTER, AND UNMASKING THE REAL YOU* BY LUKE REYNOLDS (AGES 10+)
- ❖ *THE BULLYING WORKBOOK FOR TEENS: ACTIVITIES TO HELP YOU DEAL SOCIAL AGGRESSION AND CYBERBULLYING* BY RAYCHELLE CASSADA LOHMANN PHD LPC, JULIA V. TAYLOR PHD, AND HALEY KILPATRICK
- ❖ *THE SURVIVAL GUIDE TO BULLYING: WRITTEN BY A TEEN* BY AJA MAYROCK (AGES 9+)

Child Advocacy Center of Wayne County



ANXIETY

- ❖ ANXIETY SUCKS! A TEEN SURVIVAL GUIDE BY NATASHA DANIELS
- ❖ MINDFULNESS FOR TEEN ANXIETY: A PRACTICAL GUIDE TO MANAGE STRESS, EASE WORRY, & FIND CALM BY JAMIE D. ROBERTS
- ❖ CONQUER NEGATIVE THINKING FOR TEENS: A WORKBOOK TO BREAK THE THOUGHT HABITS THAT ARE HOLDING YOU BACK BY ANNE MCGRATH & MARY KARAPETIAN ALVORD (AGES 14+)
- ❖ 101 WAYS TO CONQUER TEEN ANXIETY: SIMPLE TIPS, TECHNIQUES, AND STRATEGIES FOR OVERCOMING ANXIETY, WORRY, & PANIC ATTACKS BY DR. THOMAS MCDONAGH
- ❖ THE ANXIETY TOOLKIT FOR TEENS: EASY AND PRACTICAL CBT AND DBT TOOLS TO MANAGE YOUR STRESS ANXIETY WORRY & PANIC BY EHRIN WEISS, PHD
- ❖ ANXIETY RELIEF FOR TEENS: ESSENTIAL CBT SKILLS AND MINDFULNESS PRACTICES TO OVERCOME ANXIETY & STRESS BY REGINE GALANTI, PHD

MENTAL HEALTH

- ❖ I WOULD, BUT MY DAMN MIND WON'T LET ME!: A TEEN'S GUIDE TO CONTROLLING THEIR THOUGHTS & FEELINGS BY JACQUI LETRAN
- ❖ DON'T LET YOUR EMOTIONS RUN YOUR LIFE FOR TEENS BY SHERI VAN DIJK
- ❖ DEPRESSION: A TEEN'S GUIDE TO SURVIVE AND THRIVE BY JACQUELINE B TONER, PHD & CLAIRE A.B. FREELAND, PHD
- ❖ LIFE SUCKS – BUT IT CAN GET BETTER: A WORKBOOK FOR BEATING TEEN DEPRESSION & ANXIETY BY BROOK WATERS
- ❖ THE EMOTIONARY: A DICTIONARY OF WORDS TO HELP YOU DEAL WITH ANGER AND FRUSTRATION BY EDEN SHER
- ❖ THE ANGER WORKBOOK FOR TEENS: ACTIVITIES TO HELP YOU DEAL WITH ANGER AND FRUSTRATION BY RAYCHELLE C. LOHMANN
- ❖ THE STRUGGLE TO BE STRONG: TRUE STORIES BY TEENS ABOUT OVERCOMING TOUGH TIMES BY AL DESSETA
- ❖ MIND RACE: A FIRSTHAND ACCOUNT OF ONE TEENAGER'S EXPERIENCE WITH BIPOLAR DISORDER BY PATRICK E. JAMIESON, PHD
- ❖ I WANT TO BE ME BUT I DON'T KNOW WHO I AM: A GUIDEBOOK FOR TEENS & YOUNG ADULTS BY MADELEINE BOSKOVITZ, PHD
- ❖ MY EMOTIONS: A JOURNAL FOR TEENS: GUIDED EXERCISES TO HELP YOU EXPRESS, UNDERSTAND & MANAGE EMOTIONS BY JOY A. HARTMAN MSW LCSW
- ❖ STUFF THAT SUCKS: A TEEN'S GUIDE TO ACCEPTING WHAT YOU CAN'T CHANGE AND COMMITTING TO WHAT YOU CAN BY BEN SEDLEY
- ❖ NEVER FIGHT ALONE: 51 INSPIRING INTERVIEWS TO HELP TEENS OVERCOME THEIR STRUGGLES & IMPROVE THEIR MENTAL HEALTH BY SHELOMO SOLSON
- ❖ MENTAL HEALTH 101 FOR TEENS: THE PRACTICAL GUIDE TO MENTAL HEALTH, SELF-ESTEEM, & EMOTIONAL INTELLIGENCE BY MULTIPLE AUTHORS
- ❖ 10 MINUTES TO BETTER MENTAL HEALTH: A STEP-BY-STEP GUIDE FOR TEENS USING CBT & MINDFULNESS BY SHELOMO SOLSON
- ❖ THE DBT SKILLS WORKBOOK FOR TEENS: A FUN GUIDE TO MANAGE ANXIETY AND STRESS, UNDERSTAND YOUR EMOTIONS & LEARN EFFECTIVE COMMUNICATION SKILLS BY MULTIPLE AUTHORS
- ❖ BREAK THROUGH THE NOISE: BUILD LIT SOCIAL SKILLS, DISCOVER HOW TO STOP DOUBTING YOURSELF, TACKLE SOCIAL ANXIETY & FIND YOUR VOICE BY MIA REYES (AGES 16+)

SELF ACCEPTANCE

- ❖ THE UNTIMATE SELF- ESTEEM WORKBOOK FOR TEENS BY MEGAN MACCUTCHEON, LPC
- ❖ JUST AS YOU ARE: A TEEN'S GUIDE TO SELF-ACCEPTANCE LASTING SELF-ESTEEM BY MICHELLE SKEEN, PSYD KELLY SKEEN
- ❖ THE SELF-COMPASSION WORKBOOK FOR TEENS BY KAREN BLUTH, PHD
- ❖ THINK CONFIDENT, BE CONFIDENT FOR TEENS: A COGNITIVE THERAPY GUIDE TO OVERCOMING SELF-DOUBT CREATING UNSHAKABLE SELF-ESTEEM BY MARCI G. FOX, PHD AND LESLIE SOKOL, PHD
- ❖ HOW TO LIKE YOURSELF: A TEEN'S GUIDE TO QUIETING YOUR INNER CRITIC & BUILDING LASTING SELF- ESTEEM BY CHERYL BRADSHAW
- ❖ THE CONFIDENCE CODE FOR GIRLS: TAKING RISKS, MESSING UP, & BECOMING YOUR AMAZINGLY IMPERFECT, TOTALLY POWERFUL SELF BY KATTY KAY

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BODY IMAGE

- ❖ *BODY BRILLIANT: A TEENAGE GUIDE TO A POSITIVE BODY IMAGE* BY NICOLA MORGAN
- ❖ *THE BODY IMAGE BOOK FOR GIRLS: LOVE YOURSELF AND GROW UP FEARLESS* BY CHARLOTTE MARKEY (AGES 10+)
- ❖ *BEING YOU: THE BODY IMAGE BOOK FOR BOYS* BY CHARLOTTE MARKEY, DANIEL HART, AND DOUGLAS N. ZACHER (AGES 11+)
- ❖ *BODY TALK: 37 VOICES EXPLORE OUR RADICAL ANATOMY* BY MULTIPLE AUTHORS (AGES 14-18)

RACE

- ❖ *RACE: A HISTORY BEYOND BLACK AND WHITE* BY MARC ARONSON (AGES 12+)
- ❖ *THIS BOOK IS ANTI-RACIST: 20 LESSONS ON HOW TO WAKE UP, TAKE ACTION, AND DO THE WORK* BY TIFFANY JEWELL (AGES 13+)
 - ❖ *STAMPED: RACISM, ANTIRACISM, AND YOU* BY JAYSON REYNOLDS & IBRAM X. KENDI (AGES 12+)
 - ❖ *UNEQUAL: A STORY OF AMERICA* BY ERIC DYSON & MARC FAVREAU (AGES 12+)
 - ❖ *AND WE RISE: THE CIVIL RIGHTS MOVEMENT IN POEMS* BY ERICA MARTIN (AGES 12+)
- ❖ *BLACK ENOUGH: STORIES OF BEING YOUNG & BLACK IN AMERICA* BY MULTIPLE AUTHORS (AGES 12+)

LGBTQ+

- ❖ *IT GETS BETTER: COMING OUT, OVERCOMING BULLYING, & CREATING A LIFE WORTH LIVING* BY MULTIPLE AURTHORS
- ❖ *QUEER: THE ULTIMATE LGBT GUIDE FOR TEENS* BY KATHY BELGE & MARKE NIESCHKE
- ❖ *THE LETTER Q: QUEER WRITERS' NOTES TO THEIR YOUNGER SELVES* BY MULTIPLE AUTHORS
- ❖ *YAY! YOU'RE GAY! NOW WHAT? A GAY BOY'S GUIDE TO LIFE* BY RIYADH KHALAF
- ❖ *WHAT'S THE T? THE NO-NONSENSE GUIDE TO ALL THINGS TRANS AND/OR NON-BINARY FOR TEENS* BY JUNO DAWSON (AGES 14+)
- ❖ *THE PRIDE GUIDE* BY JO LANGFORD (AGES 14+)
- ❖ *QUEER UP: AN UPLIFTING GUIDE TO LGBTQ+ LOVE, LIFE, & MENTAL HEALTH* BY ALEXIS CAUGHT (AGES 14+)
- ❖ *SEEING GENDER* BY KACEN CALLENDER



GRIEF & HEALING

- ❖ *WHEN A FRIEND DIES: A BOOK FOR TEENS ABOUT GRIEVING & HEALING* BY MARILYN E. GOOTMAN. ED. D (AGES 11+)
 - ❖ *TEEN GRIEF: CARING FOR THE GRIEVING TEENAGE HEART* BY GARY ROE
 - ❖ *HEALING YOUR GRIEVING HEART FOR TEENS: 100 PRACTICAL IDEAS* BY ALAN D WOLFELT PHD
- ❖ *GRIEF RECOVERY FOR TEENS: LETTING GO OF PAINFUL EMOTIONS WITH BODY-BASED PRACTICES* BY CORAL POPOWITZ MSW LGSW
- ❖ *SURVIVING THE LOSS OF A GUARDIAN: GRIEF RECOVERY WORKBOOK FOR TEENS TO MEND A BROKEN HEART BY FINDING STRENGTH & ACCEPTING WHAT CAN'T BE CHANGED* BY CORTEZ RANIERI