

FEMALE RESPONSIVE RESOURCE LIST

Books by Category:

ABUSE AND TRAUMA

Female Survivors of Sexual Abuse by Christine Baker.

Healing from the Trauma of Childhood Sexual Abuse: The Journey for Women by Karen A. Duncan.

In Their Own Words: A Sexual Abuse Workbook for Teenage Girls by Lulie Munson and Karen Riskin.

Invisible Girls: The Truth About Sexual Abuse--A Book for Teen Girls, Young Women, and Everyone Who Cares About Them by Patti Feuereisen and Caroline Pincus.

No Secrets, No Lies: How Black Families Can Heal From Sexual Abuse by Robin Stone.

Rape, Incest, Battery: Women Writing Out the Pain by Miriam Kalman Harris.

Surviving the Silence: Black Women's Stories of Rape by Charlotte Pierce-Baker.

There Were Times I Thought I Was Crazy: A Black Women's Story of Incest by Vanessa Alleyne.

Violence in the Lives of Black Women: Battered, Black, and Blue by Carolyn M. West, Ph.D.

AFRICAN-AMERICAN

Betsey Brown by Ntozake Shange.

Black Girls Who Eat Sushi: Life Stories by Rochell J Isaac.

The Bluest Eye by Toni Morrison.

The Coldest Winter Ever by Sister Souljah.

In the Company of My Sisters: Black Women and Self Esteem by Julia Boyd.

Like Sisters on the Homefront by Rita Williams-Garcia.

Overcoming the Odds: Raising Academically Successful African American Young Women by Freeman A. Hrabowski, Kenneth I. Maton, Monica L. Greene, and Geoffrey L. Greif.

The Real Deal: A Spiritual Guide for Black Teen Girls by Billie Montgomery Cook.

The Skin I'm In by Sharon Flake.

Smart and Sassy: The Strengths of Inner-City Black Girls by Joyce West Stevens.

Sugar in the Raw: Voices of Young Black Girls in America by Rebecca Carroll and Ntozake Shange.

Summer Snow: Reflections from a Black Daughter of the South by Trudier Harris.

Talkin' Back: Raising and Educating Resilient Black Girls by Dierdre Glenn Paul.

AGGRESSION AND VIOLENCE

Girl Wars: 12 Strategies that Will End Female Bullying by Cheryl Dellasega and Charisse Nixon.

Girlfighting: Betrayal and Rejection among Girls by Lyn Brown.

Mean Chicks, Cliques, and Dirty Tricks: A Real Girl's Guide to Getting Through the Day with Smarts and Style by Erika V. Shearin Karres.

Mean Girls: 101 1/2 Creative Strategies for Working With Relational Aggression by Kaye Randall; LISW-CP, Allyson A. Bowen; LISW-CP, and Susan Bowman.

Mean Girls: Facing Your Beauty Turned Beast by Hayley DiMarco.

Odd Girl Speaks Out: Girls Write about Bullies, Cliques, Popularity, and Jealousy by Rachel Simmons.

Odd Girl Out: The Hidden Culture of Aggression in Girls by Rachel Simmons.

Sex, Power, and the Violent School Girl by Sibylle Artz.

ASIAN AMERICAN

Children of the River by Linda Crew.

Finding My Voice by Marie Lee.

Growing Up Asian American: Stories of Childhood, Adolescence, Coming of Age in America From the 1800's to the 1990's by Maria Hong.

Growing Up Filipino: Stories for Young Adults by Cecilia Manguerra Brainard.

Joy Luck Club by Amy Tan.

My Kiasu Teenage Life in Singapore by Ee Lin See.

Saying Goodbye by Marie Lee.

Shizuko's Daughter by Kyoko Mori.

Ten Thousand Sorrows: The Extraordinary Journey of a Korean War Orphan by Elizabeth Kim.

Ties That Bind, Ties That Break by Lensey Namioka.

YELL-Oh Girls! Emerging Voices Explore Culture, Identity, and Growing Up Asian American by Vickie Nam.

BIRACIAL/MULTIRACIAL

Black, White & Jewish: Autobiography of a Shifting Self by Rebecca Walker.

Caucasia by Danzy Senna.

Half and Half: Writers on Growing Up Biracial and Bicultural by Claudine C. O'Hearn.

Mixed: My Life in Black and White by Angela Nissel.

What Are You? Voices of Mixed-Race Young People by Pearl Fuyo Gaskins.

BODY IMAGE AND EATING DISORDERS

The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering, and Reclaim Your Life by Michelle Heffner, Georg H. Eifert, and Steven C. Hayes.

Fat Girl: A True Story by Judith Moore.

Gaining: The Truth About Life After Eating Disorders by Aimee Liu.

Hunger So Wide and Deep: American Women Speak Out About Eating Problems by Becky Thompson.

Inner Hunger: A Young Woman's Struggle Through Anorexia and Bulimia by Marianne Apostolides.

Learning to Be Me: My Twenty-Three-Year Battle with Bulimia by Jocelyn Golden.

Overcoming Bulimia: Your Comprehensive, Step-By-Step Guide to Recovery by Randi E. McCabe, Ph.D; Traci L. McFarlane, Ph.D.; and Marion P. Olmstead, Ph.D.

So Now You Know: The Battle of a Teenage Girl Fighting Her Eating Disorders in Silence by Darah Echevarria.

Starving For Salvation: The Spiritual Dimensions of Eating Problems among American Girls and Women by Michelle Mary Lelwica.

Thin by Laura Greenfield.

A Very Hungry Girl by Jessica Weiner.

Wasted : A Memoir of Anorexia and Bulimia by Marya Hornbacher.

CULTURE AND RACE

Between Voice and Silence: Women and Girls, Race and Relationships by Jill McLean Taylor, Carol Gilligan, and Amy Sullivan.

Colonize This! Young Women of Color on Today's Feminism by Cherrie Moraga, Daisy Hernandez, and Bushra Rehman.

My Sisters' Voices: Teenage Girls of Color Speak Out by Iris Jacob.

The Sacred Selves of Adolescent Girls: Hard Stories of Race, Class and Gender by Evelyn L. Parker.

Under Her Skin: How Girls Experience Race in America: Women Reflect on Childhoods Changed by Color by Pooja Makhijani.

Women without Class: Girls, Race, and Identity by Julie Bettie.

EXERCISE AND FITNESS

Fitness Training for Girls: A Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and Nutrition by Katrina Gaede, Alan Lachica, and Doug Werner.

Real Fitness: 101 Games and Activities to Get Girls Going! by Carol Yoshizumi.

Teen Fit For Girls: Your Complete Guide to Fun, Fitness and Self-Esteem by Gerard Thorne.

GANGS

8 Ball Chicks: A Year in the Violent World of Girl Gangs by Gini Sikes.

Female Gangs in America: Essays on Girls, Gangs and Gender by Meda Chesney-Lind and John M. Hagedorn.

Girls, Gangs, Women and Drugs by Carl S. Taylor.

Mexican American Girls and Gang Violence: Beyond Risk by Avelardo Valdez.

One of the Guys: Girls, Gangs, and Gender by Jody Miller.

GENERAL

The Girls' Guide to Life: How to Take Charge of the Issues That Affect You by Catherine Dee.

The Girls Report: What We Know & Need to Know About Growing Up Female by Lynn Phillips.

Girls Seen and Heard: 52 Life Lessons for Our Daughters by the Ms. Foundation for Women.

Girls Speak Out: Finding Your True Self by Andrea Johnston and Gloria Steinem.

Herstory: Women Who Changed the World by Ruth Ashby and Deborah Gore Ohrn.

Ophelia Speaks: Adolescent Girls Write About Their Search for Self by Sara Shandle.

Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher.

HEALTH AND SEXUALITY

Am I the Last Virgin? Ten African American Reflections on Sex and Love by Tara Roberts.

Dear Larissa: Sexuality Education for Girls Ages 11 to 17 by Cynthia Akagi.

Girl Talk: All the Stuff Your Sister Never Told You by Carol Weston.

The Period Book: Everything You Don't Want to Ask (But Need to Know) by Karen Gravelle.

Sweet Secrets: Stories of Menstruation by Kathleen O'Grady and Paula Wansbrough.

JUVENILE JUSTICE

Complex Challenges, Collaborative Solutions: Programming for Adult and Juvenile Female Offenders by Joann B. Morton.

The Female Offender: Girls, Women, and Crime (Women in the Criminal Justice System) by Meda Chesney-Lind.

Female Offenders in the Juvenile Justice System: Statistics Summary by Eileen Poe-Yamagata and Jeffrey A. Butts.

Girls, Delinquency, and Juvenile Justice by Meda Chesney-Lind and Randall G. Shelden.

Girls in Trouble with the Law by Laurie Schaffner.

Girls, Women and Crime: Selected Readings by Meda Chesney-Lind and Lisa J. Pasko.

LATINA

Almost a Woman by Esmeralda Santiago.

Before We Were Free by Julia Alvarez.

Cuba 15 by Nancy Osa.

Frontera Street by Tanya Maria Barrientos.

Hijas Americanas: Beauty, Body Image, and Growing Up Latina by Rosie Molinary.

The House on Mango Street by Sandra Cisneros.

How the Garcia Girls Lost Their Accents by Julia Alvarez.

Latina Girls: Voices of Adolescent Strength in the U.S. by Jill Denner and Bianca Guzman.

Mama: Latina Daughters Celebrate Their Mothers by Maria Perez-Brown.

Mariposa : A Workbook for Discovery and Exploration for Latinas by MariaElena Fernandez.

Sister Chicas by Lisa Alvarado, Ann Hagman Cardinal, and Jane Alberdeston Coralin.

When I Was Puerto Rican by Esmeralda Santiago.

LGBTQ

Annie On My Mind by Nancy Garden.

Deliver Us From Evie by M. E. Kerr.

Far from Xanadu by Julie Anne Peters.

Free Your Mind: The Book for Gay, Lesbian, and Bisexual Youth and Their Allies by Ellen Bass and Kate Kaufman.

From the Notebooks of Melanin Sun by Jacqueline Woodson.

Full Spectrum: A New Generation of Writing About Gay, Lesbian, Bisexual, Transgender, Questioning and Other Identities by David Levithan and Billy Merrell.

The Gay & Lesbian Self-Esteem Book: A Guide to Loving Ourselves by Kimeron N. Hardin, PhD.

Girl Walking Backwards by Bett Williams.

GLBTQ: The Survival Guide for Queer & Questioning Teens by Kelly Huegel.

The House You Pass on the Way by Jacqueline Woodson.

Is It a Choice? Answers to 300 of the Most Frequently Asked Questions about Gay & Lesbian People by Eric Marcus.

Keeping You a Secret by Julie Anne Peters.

Kissing Kate by Lauren Myracle.

Lesbian, Gay, and Bisexual Identities and Youth: Psychological Perspectives by Anthony R. D'Augelli and Charlotte J. Patterson.

Luna by Julie Anne Peters.

Lesbian and Gay Youth: Care and Counseling by Caitlin C. Ryan and Donna Futterman.

Out of the Shadows by Sue Hines.

Pages for You: A Novel by Sylvia Brownrigg

Queer Kids: The Challenges and Promise for Lesbian, Gay and Bisexual Youth by Robert E. Owens Jr., PhD.

Substitute For Love by Karen Kallmaker.

Transgender Care: Recommended Guidelines, Practical Information & Personal Accounts by Gianna Israel & Donald Tarver.

MENTAL HEALTH

The Disappearing Girl: Learning the Language of Teenage Depression by Lisa Machoian.

Gender and PTSD by Rachel Kimerling, Paige Ouimette, and Jessica Wolfe.

Handbook of Girls' and Women's Psychological Health by Judith Worell and Carol D. Goodheart.

Handbook of Women, Stress and Trauma by Kathleen Kendall-Tackett.

The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms by Mary Beth Williams and Soili Poijula.

Understanding Girls With AD/HD by Kathleen G. Nadeau.

Women's Mental Health: A Life-Cycle Approach by Sarah E. Romans and Mary V. Seeman.

NATIVE AMERICAN

A to Z of Native American Women (Encyclopedia of Women) by Liz Sonneborn.

Daughters of the Earth: The Lives and Legends of American Indian Women by Carolyn Niethammer.

Growing Up Native American by Bill Adler, Ines Hernandez, and Patricia Riley.

Lakota Woman by Mary Crow Dog.

Mountain Wolf Woman, Sister of Crashing Thunder: The Autobiography of a Winnebago Indian by Nancy Oestreich Lurie.

Night Flying Woman: An Ojibway Narrative by Ignatia Broker.

Night Is Gone, Day Is Still Coming: Stories and Poems by American Indian Teens and Young Adults by Annette Pina Ochoa, et al.

Two Old Women: An Alaska Legend of Betrayal, Courage, and Survival by Velma Wallis.

PARENTING AND PREGNANCY

Dear Diary, I'm Pregnant: Teenagers Talk About Their Pregnancy by Anrence Englander.

Discipline from Birth to Three: How Teen Parents Can Prevent and Deal with Discipline Problems with Babies and Toddlers by Jeanne Warren Lindsay and Sally McCullough.

Growing Up Fast by Joanna Lipper.

Growing Up Fast: Transitions To Early Adulthood of Inner-City Adolescent Mothers by Bonnie J. Ross Leadbeater and Niobe Way.

Surviving Teen Pregnancy: Your Choices, Dreams, and Decisions by Shirley Arthur.

You Look Too Young to Be a Mom by Deborah Davis.

Your Baby's First Year: A Guide for Teenage Parents by Jeanne Warren Lindsay.

Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens by Jeanne Warren Lindsay and Jean Brunelli.

SELF-HARM

Bodily Harm: The Breakthrough Healing Program for Self-Injurers by Karen Conterio, Wendy Lader, and Jennifer Kingson Bloom.

A Bright Red Scream: Self-Mutilation and the Language of Pain by Marilee Strong.

Crosses by Shelley Stoehr.

Cut by Patricia McCormick.

Cutting: Understanding and Overcoming Self-Mutilation by Steven Levenkron.

Healing the Hurt Within: Understand Self-Injury and Self-Harm, and Heal the Emotional Wounds by Jan Sutton.

The Luckiest Girl in the World : A Young Skater Battles Her Self-Destructive Impulses by Steven Levenkron.

The Scarred Soul : Understanding & Ending Self-Inflicted Violence by Tracy Alderman.

Secret Scars: Uncovering and Understanding the Addiction of Self-Injury by V.J. Turner.

Skin Game: A Memoir by Caroline Kettlewell.

Treating Self-Injury: A Practical Guide by Barent W. Walsh.

SUBSTANCE ABUSE

Beauty Queen by Linda Glovach.

Drinking: A Love Story by Caroline Knapp.

Go Ask Alice by Anonymous.

Happy Hours: Alcohol in a Woman's Life by Devon Jersild.

I'm Black and I'm Sober: The Timeless Story Of A Woman's Journey Back To Sanity by Chaney Allen.

The Little Red Book For Women by Karen Casey and Bill W.

Lush by Natasha Friend.

More, Now, Again: A Memoir of Addiction by Elizabeth Wurtzel.

Nice Girls Don't Drink: Stories of Recovery by Sarah Hafner.

Parched by Heather King.

A Piece of Cake: A Memoir by Cupcake Brown.

Seeking Safety: A Treatment Manual for PTSD and Substance Abuse by Lisa M. Najavits.

Smashed: Story of a Drunken Girlhood by Koren Zailckas.

A Woman's Addiction Workbook: Your Guide to In-Depth Healing by Lisa M. Najavits.

Women Under the Influence by The National Center on Addiction and Substance Abuse at Columbia University and Joseph A., Jr. Califano.

Movies/Films by Category:

ABUSE AND TRAUMA

The Color Purple.

Ellen Foster.

The Fantasia Barrino Story: Life Is Not a Fairy Tale.

Searching for Angela Shelton.

Woman Thou Art Loosed.

BODY IMAGE AND EATING DISORDERS

Best Little Girl in the World.

Beyond Killing Us Softly: The Strength to Resist.

Beyond the Looking Glass: Self-Esteem and Body Image.

Body Image: The Quest for Perfection.

Body Talk 1: Teens Talk About Their Bodies, Eating Disorders, and Activism.

Dying to Be Perfect: The Ellen Hart Pena Story.

Dying to Be Thin.

Dying to Dance.

Eating Disorders: The Hunger Within.

Eating Disorders: The Inner Voice.

For the Love of Nancy.

Having Your Cake: Goodbye to Bulimia.

Hunger Point.

The Karen Carpenter Story.

Killing Us Softly III: Advertising's Image of Women.

Perfect Illusions: Eating Disorders and the Family.

A Secret Between Friends: Moment of Truth.

Sharing the Secret.

Slim Hopes: Advertising and the Obsession with Thinness.

Thin.

JUVENILE JUSTICE

Girlhood.

SUBSTANCE ABUSE

28 Days.

Foo Foo Dust.

Thirteen.

When A Man Loves A Woman.

Publications/Articles by Category:

GENERAL

“Empowering Young Women to Lead Change”

http://www.wocan.org/document_pdfs/IDP453998be783d7.pdf

“Guiding Principles for Promising Female Programming: An Inventory of Best Practices”

<http://ojjdp.ncjrs.org/pubs/principles/contents.html>

“Speak for Yourself: What Girls Say About What Girls Need”

http://www.girlsbestfriend.org/downloads/Speak_for_Yourself.pdf

“The Ten Emerging Truths: New Directions for Girls 11-17”

http://www.girlscouts.org/research/pdf/ten_truths.pdf

“True You! ‘Sometimes I Feel Ugly’ and Other Truths About Growing Up”

<http://www.campaignforrealbeauty.com/dsef/download/BWMotherDaughterPack.pdf>

HEALTH

“The Commonwealth Fund Survey of the Health of Adolescent Girls”

http://www.commonwealthfund.org/publications/publications_show.htm?doc_id=221230

“Depression in Adolescent Girls: Screening and Treatment Strategies for Primary Care Providers”

<http://www.amwa-doc.org/index.cfm?objectid=37B410AA-D567-0B25-5160CC709E5E233C>

JUVENILE JUSTICE

“Effective Gender-Responsive Interventions in Juvenile Justice: Addressing the Lives of Delinquent Girls”

<http://centerforgenderandjustice.org/pdf/7.pdf>

“Female Delinquency and the Juvenile Justice System, Part I: Delinquency Among Girls”

<http://www.cjcj.org/pdf/girls1.pdf>

“Female Delinquency and the Juvenile Justice System, Part II: The Double Standard of Juvenile Justice”

<http://www.cjcj.org/pdf/girls2.pdf>

“Female Juvenile Justice Report: June 1997”

<http://publications.iowa.gov/archive/00000603/01/FemaleJuvJustice.pdf>

“Female Offenders in the Juvenile Justice System”

<http://www.ncjrs.org/pdffiles/femof.pdf>

“Investing in Girls: A 21st Century Strategy”

<http://www.ncjrs.gov/pdffiles1/ojjdp/178254.pdf>

“Justice by Gender: The Lack of Appropriate Prevention, Diversion, and Treatment Alternatives for Girls in the Justice System”

<http://www.abanet.org/crimjust/juvjus/justicebygenderweb.pdf>

“Key Studies: Girls in the Juvenile Justice System”

<http://www.buildingblocksforyouth.org/issues/girls/studies.html>

“Mental Health and Adolescent Girls in the Justice System”

<http://www1.nmha.org/children/justjuv/girlsjj.cfm>

“Out of Sight, Out of Mind: The Plight of Adolescent Girls in the San Francisco Juvenile Justice System”

<http://www.ci.sf.ca.us/cosw/osfinal.htm>

“Research on Women and Girls in the Justice System”

<http://www.ncjrs.gov/pdffiles1/nij/180973.pdf>

“Trauma Among Girls in the Juvenile Justice System”

http://www.nctsn.org/nctsn_assets/pdfs/edu_materials/trauma_among_girls_in_jjsys.pdf

“Unique Needs of Girls in the Juvenile Justice System”

<http://physiciansforhumanrights.org/juvenile-justice/factsheets/girls.pdf>

SUBSTANCE ABUSE

“Alcohol Use Among Girls”

<http://ncadi.samhsa.gov/govpubs/rpo993/>

“Consideration of Gender Specific Factors in the Development of Adolescent Alcohol and Other Drug Interventions and Treatment”

http://www.nhtwr.org/publications/adogirls6-29-04_copyright.pdf

“A Guide to Understanding Female Adolescents’ Substance: Gender and Ethnic Considerations for Prevention and Treatment Policy”

<http://www.girlpower.gov/press/research/FemaleAdolescentsGuideBacker110201.pdf>

“Helping Women To Recover: Creating Gender Responsive Treatment”
<http://stephaniecovington.com/pdfs/5.pdf>

Websites by Category:

GENERAL

Center for Young Women's Development (one of the first non-profits in the United States run and led entirely by young women)
<http://www.cywd.org/index.html>

Center for Young Women's Health (collaboration between the Division of Adolescent & Young Adult Medicine and the Division of Gynecology at Children's Hospital Boston that provides educational resources)
<http://www.youngwomenshealth.org/>

Girls for a Change (national organization that empowers girls to create social change)
<http://girlsforachange.typepad.com/national/>

Girls Incorporated (national nonprofit youth organization dedicated to inspiring all girls to be strong, smart, and bold)
<http://www.girlsinc.org>

Girl Power (national public education campaign sponsored by the U.S. Department of Health and Human Services to help encourage and motivate 9- to 13- year-old girls to make the most of their lives)
<http://www.girlpower.gov/>

Ms. Foundation for Women (country's first national, multi-issue women's fund, the Ms. Foundation directs resources of all kinds to cutting-edge projects that nurture girls' leadership skills, protect the health and safety of women, and provide low-income women with the tools to lift themselves and their families out of poverty)
<http://www.ms.foundation.org/>

National Council for Research on Women (network of more than 100 leading U.S. research, advocacy, and policy centers with a growing global reach)
<http://www.ncrw.org/about/about.htm>

National Girls Initiative (comprehensive strategy for promoting the positive development of girls and young women)
<http://www.cwla.org/programs/ngi/>

National Women's Hall of Fame (mini-biographies of 125 remarkable women)
<http://www.greatwomen.org/>

Save Our Girls (provides education, outreach, and support services to teen girls in crisis as well as fosters the growth and development of the teen population through a network of local peer chapters, peer forums, and community programs)

<http://www.saveourgirls.org/home1.html>

Young Women's Project (multicultural organization that builds and supports teen women and girl leaders so that they can improve their own lives and transform their communities)

<http://www.youngwomensproject.org/index.html>

Women in America

http://www.whitehouse.gov/sites/default/files/rss_viewer/Women_in_America.pdf

Video on Girls

<http://www.thegirleffect.org/video>

JUVENILE JUSTICE

Girls Study Group on Juvenile Female Delinquency

<http://girlsstudygroup.rti.org>

Gender-Specific Initiatives , Juvenile Justice Evaluation Center Online

<http://www.jrsa.org/jjec/programs/gender/index.html>

The Coalition for Adolescent Girls

<http://www.coalitionforadolescentgirls.org/>