

FEMALE RESPONSIVE RESOURCES: BUILDING STRONGER GIRLS AND YOUNG WOMEN

Books by Category:

ABUSE AND TRAUMA

Female Survivors of Sexual Abuse by Christine Baker

Growing Beyond: A Workbook for Teenage Girls by Susan L. Robinson

Growing Beyond: A Workbook for Sexually Abusive Teenage Girls Treatment/Manual by Susan L. Robinson

Healing the Trauma of Abuse: A Women's Workbook - A Gentle, Step-by-Step Guide by Mary Ellen Copeland and Maxine Harris

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

The Secret Trauma: Incest in the Lives of Girls and Women by Diana E.H. Russell

Sexual Abuse in the Lives of Women Diagnosed with Serious Mental Illness by editors, Maxine Harris with Christine Landis

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

Trauma Recovery and Empowerment: A Clinician's Guide for Working with Women in Groups by Maxine Harris and the Community Connections Trauma Work Group

Trauma Recovery and Empowerment for Girls (G-TREM): Interventions for Teenage Girls Ages 12-14 and 15-18

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

ADOPTION

The Adoption Reader: Birth Mothers, Adoptive Mothers & Adopted Daughters Tell Their Stories by Susan Wadia-Ellis

Beyond Good Intentions: A Mother Reflects On Raising Internationally Adopted Children by Cheri Register

Daughter of the Ganges by Asha Miro

The Girls Who Went Away: The Hidden History of Women Who Surrendered Children for Adoption in the Decades Before Roe v. Wade by Anne Fessler

Healing a Hole in a Heart: One Birthmother's Journey Into the Adoption Triangle by Nancy Mac Isaac

Jesus Land by Julia Scheeres

Loving Across the Color Line: A White Adoptive Mother Learns About Race by Sharon E. Rush

Outsiders Within: Writing on Transracial Adoption by Jane Jeong Trenka, Julia Chinyere Oparah and Sun Yung Shin (Eds).

A Single Square Picture: A Korean Adoptee's Search for Her Roots by Katy Robinson

Secret Daughter by June Cross

Secret Thoughts of an Adoptive Mother by Jana Wolff

Twenty Things Adopted Kids Wish their Adoptive Parents Knew by Sherrie Eldridge

Two Little Girls: A Memoir of Adoption by Theresa Reid

AFRICAN-AMERICAN

Ain't I a Woman: Black Women and Feminism by bell hooks

Betsey Brown by Ntozake Shange

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

The Bluest Eye by Toni Morrison

Born Beautiful: The African American Teenager's Complete Beauty Guide by Alfred Fornay

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

No Mountain High Enough: Secrets of Successful African American Women by Dorothy Ehrhart-Morrison

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

Sisters of the Yam: Black Women and Self-Recovery by bell hooks

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

Coping with Cliques: A Workbook to Help Girls Deal With Gossip, Put-Downs, Bullying, & Other Mean Behavior by Susan Sprague

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

Girlfighting: Betrayal and Rejection among Girls by Lyn Brown

Girls and Aggression: Contributing Factors and Intervention Principles by Marlene M. Moretti, Candice Odgers, and Margaret Jackson

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

Please Stop Laughing at Me by Jodee Blanco

Please Stop Laughing at Us by Jodee Blanco

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

Understanding Girls' Friendships, Fights and Feuds: A Practical Approach to Girls' Bullying by Valerie E Besag

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

Andrea's Voice: Silenced by Bulimia: Her Story and Her Mother's Journey Through Grief Toward Understanding by Doris Smeltzer with Andrea Smeltzer

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

Conversations with the Fat Girl by Liza Palmer

Fat Girl: A True Story by Judith Moore

The Fat Girl's Guide to Life by Wendy Shanker

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

It's Not About the Weight: Attacking Eating Disorders from the Inside Out by Susan J Mendelsohn

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

Moose: A Memoir of Fat Camp by Stephanie Klein

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

The Secret Language of Eating Disorders: How You Can Understand and Work to Cure Anorexia and Bulimia by Peggy Claude-Pierre

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

When Your Child Has an Eating Disorder: A Step-By-Step Workbook for Parents and Other Caregivers by Abigail H. Natenshon

CULTURE AND RACE

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

This Bridge Called My Back: Writings by Radical Women of Color by Cherrie Moraga and Gloria Anzaldua

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

Be Healthy! It's a Girl Thing: Food, Fitness, and Feeling Great by Mavis Jukes, Lilian Wai-Yin Cheung, and Debra Ziss

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

FAMILY

Always Daddy's Girl by H. Norman Wright

Moon Mother, Moon Daughter: Myths and Rituals That Celebrate a Girl's Coming-of-Age by Janet Lucy

Sweet Summer: Growing Up With and Without My Dad by Bebe Moore Campbell

The Women Who Raised Me: A Memoir by Victoria Rowell

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

Foxfire: Confessions of a Girl Gang by Joyce Carol Oates

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

33 Things Every Girl Should Know: Stories, Songs, Poems by 33 Extraordinary Women by Tonya Bolden

Be True to Yourself: A Daily Guide for Teenage Girls by Amanda Ford

The Blueprint for My Girls: How to Build a Life Full of Courage, Determination, & Self-Love by Yasmin Shiraz

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

Gutsy Girls: Young Women Who Dare by Tina Schwager, Michele Schuerger, and Elizabeth Verdick

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

The Care & Keeping of You: The Body Book for Girls by Valorie Schaefer and Norm Bendell

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

Growing Up: It's a Girl Thing by Mavis Jukes

Loose Girl: A Memoir of Promiscuity by Kerry Cohen

Our Bodies, Ourselves: A New Edition for a New Era by Boston Women's Health Book Collective

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

Workable Sisterhood: The Political Journey of Stigmatized Women with HIV/AIDS by Michele Tracy Berger

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

Farmworker's Daughter: Growing Up Mexican in America by Rose Castillo Guilbault

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

LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, AND QUESTIONING

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

How to Be A Happy Lesbian: A Coming Out Guide by Tracey Stevens and Katherine Wunder

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

Transparent: Love, Family, and Living the T with Transgender Teenagers by Cris Beam

MENTAL HEALTH

Adolescent Girls in Crisis: Intervention and Hope by Martha B. Straus

The Deepest Blue: How Women Face and Overcome Depression by Lauren Dockett and Matthew McKay

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

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

The Girls' Guide To AD/HD: Don't Lose This Book! by Beth Walker

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

Handbook of Prevention and Intervention Programs for Adolescent Girls by Craig Winston LeCroy

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

Psychotherapy with Adolescent Girls and Young Women: Fostering Autonomy through Attachment by Elizabeth Perl

Psychotherapy with African-American Women: Innovations in Psychodynamic Perspectives & Practice by: Beverly Greene and Leslie Jackson

Understanding Girls With AD/HD by Kathleen G. Nadeau

A Woman's Guide to Overcoming Depression by Archibald Hart and Catherine Hart Weber

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 Anrenee 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

Everyday Ways to Raise Smart, Strong, Confident Girls: Successful Teens Tell Us What Works by Barbara Littman

Everything Guide to Raising Adolescent Girls: An Essential Guide to Bringing Up Happy, Healthy Girls in Today's World by Moira McCarthy

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

Nurturing Your Newborn: Young Parents' Guide to Baby's First Month by Jeanne Warren Lindsay and Jean Brunelli

Standup Girl: Take Charge of Your Unexpected Pregnancy by Becky Fraser

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

The Unplanned Pregnancy Book for Teens and College Students by Dorrie Williams-Wheeler

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

RELIGION AND SPIRITUALITY

Daughters of Another Path: Experiences of American Women Choosing Islam by Carol Anderson Anway

For Girls Only: Wise Words, Good Advice by Carol Weston

The Girls' Book of Wisdom: Empowering, Inspirational Quotes from over 400 Fabulous Females by Catherine Dee and Ali Douglas

The Girl in the Tangerine Scarf: A Novel by Mohja Kahf

Girl Meets God: On the Path to a Spiritual Life by Lauren F. Winner

Islam Our Choice: Portraits of Modern American Muslim Women by Debra L. Dirks and Stephanie Parlove

Keepin' It Real: A Young Teen Talks With God by Sandra McLeod Humphrey

Meeting Faith: The Forest Journals of a Black Buddhist Nun by Faith Adiele

Prayers on My Pillow: Inspiration for Girls on the Threshold of Change by Celia Straus

SELF-HARM

Adolescent Self-Injury: A Comprehensive Guide for Counselors and Health Care Professionals by Amelio A. D'Onofrio

Bloodletting: A Memoir of Secrets, Self-Harm, & Survival by Victoria Leatham

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

Deliberate Self-Harm in Adolescence (Child and Adolescent Mental Health Series) by Claudine Fox and Keith Hawton

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

Inside a Cutter's Mind: Understanding and Helping Those Who Self-Injure by Jerusha Clark and Earl R. Henslin

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

See My Pain! Creative Strategies and Activities for Helping Young People Who Self-Injure by Susan Bowman and Kaye Randall

Skin Game: A Memoir by Caroline Kettlewell

Stitched: A Memoir by Marissa Carney

Stopping the Pain: A Workbook for Teens Who Cut & Self-Injure by Lawrence E. Shapiro

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

SUBSTANCE ABUSE

Augusta Gone: A True Story by Martha Tod Dudman

Beauty Queen by Linda Glovach

Blackout Girl: Growing Up and Drying Out in America by Jennifer Storm

Come Back by Claire Fontaine and Mia Fontaine

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.

Loss of Innocence: A Daughter's Addiction. A Father's Fight to Save Her by Ron Clem and Carren Clem

The Lost Years: Surviving a Mother and Daughter's Worst Nightmare by Kristina Wandzilak and Constance Curry

Lush by Natasha Friend

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

Never Let Me Down: A Memoir by Susan J. Miller

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

West of Then: A Mother, a Daughter, and a Journey Past Paradise by Tara Bray Smith

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

A Woman's Way Through the Twelve Steps by Stephanie S. Covington, Ph.D., LCSW

Women and Addiction: A Gender-Responsive Approach by Stephanie S. Covington, Ph.D., LCSW

Women in Recovery: Understanding Addiction Workbook by Stephanie S. Covington, Ph.D., LCSW

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

National Hotlines by Category:

ABUSE AND TRAUMA

Child Help USA National Child Abuse Hotline 1-800-4-A-CHILD

National Child Abuse Hotline 1-800-25-ABUSE

National Sexual Assault Hotline 1-800-656-HOPE

Victims of Crime Help Line 1-800-FYI-CALL

EATING DISORDERS

Eating Disorders Awareness and Prevention 1-800-931-2237

Eating Disorders Center 1-888-236-1188

Food Addiction 1-800-872-0088

National Association of Anorexia Nervosa & Associated Disorders (ANAD) 847-831-3438

DOMESTIC VIOLENCE

National Domestic Violence 1-800-799-SAFE

HEALTH AND SEXUALITY

AIDS Hotline in Spanish: 1-800-344-SIDA

AIDS Hotline for the Hearing Impaired 1-800-243-7889 (TDD)

Center for Disease Control National Sexually Transmitted Diseases Hotline 1-800-232-4636

The Gay and Lesbian National Hotline 1-888-THE-GLNH

IYG National Hotline for Gay, Bisexual and Lesbian Youth 1-800-347-TEEN

National AIDS Hotline 1-800-342-AIDS (2437)

National Sexually Transmitted Disease Hotline 1-800-227-8922

Planned Parenthood Facts of Life Line 1-888-SXASK

Teen AIDS Line 1-800-234-TEEN (Mon-Fri) or 1-800-440-TEEN (weekends)

MENTAL HEALTH

Help Finding a Therapist 1-800-THERAPIST (1-800-843-7274)

Mental Health InfoSource 1-800-447-4474

National Mental Health Association 1-800-969-6642

RUNAWAY/EXPLOITED CHILDREN

Child Find of America Hotline 1-800-I-AM-LOST

Confidential Runaway Hotline 1-800-231-6946

Missing Children Network 1-800-235-3535

National Hotline for Missing and Exploited Children 1-800-843-5678

National Runaway Switchboard 1-800-621-4000

Parent Abduction Hotline 1-800-292-9688

Thursday's Child's National Youth Advocacy Hotline 1-800-USA-KIDS

SELF-HARM

SAFE (Self Abuse Finally Ends) Alternatives Program 1-800-366-8288

SUBSTANCE ABUSE

Al-Anon National Hotline 1-800-356-9996

Al-Ateen 1-800-352-9996

Alcohol/Drug Abuse Hotline 1-800-662-HELP

Be Sober Hotline 1-800-BE-SOBER

National Alcohol and Substance Abuse Information Center 1-800-784-6776

National Drug Information Treatment and Referral Hotline 1-800-662-HELP

SUICIDE

National Hopeline Network 1-800-SUICIDE

National Suicide Prevention Lifeline 1-800-273-TALK

The Trevor HelpLine (specializing in gay and lesbian youth suicide prevention) 1-800-850-8078

Yellow Ribbon Suicide Prevention Program 1-800-SUICIDE (1-800-784-2433)

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

Women Speak Out

Woman Thou Art Loosed

ADOPTION

Border Line

Catfish In Black Bean Sauce

A Child Lost Forever

China's Lost Girls by National Geographic

Crossing Chasms by Jennifer Arndt

Curly Sue

Daughter from Denang by Gail Dolgin and Vicente Franco

The Hand That Rocks the Cradle

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

Girl Trouble

On the Outs

SELF-HARM

In My Skin by Bernard Alane, Léa Drucker, François Lamotte, and Laurent Lucas

SUBSTANCE ABUSE

28 Days

Cracked Not Broken

Foo Foo Dust

Thirteen

We Are Not Who You Think We Are

When A Man Loves A Woman

Publications/Articles by Category:

GANGS

“Girls, Gangs, & Crime: Profile of the Young Female Offender”

http://www.socialworktoday.com/archive/swt_0305p38.htm

<http://gwired.gwu.edu/hamfish/merlincgi/p/downloadFile/d/16883/n/off/other/1/name/ArcherandGrascia5233Paperpdf/>

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/ MENTAL 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>

“Women of Color Health Data Book”
<http://orwh.od.nih.gov/pubs/WomenofColor2006.pdf>

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>

“Girls on the Edge: A Report on Girls in the Juvenile Justice System”
<http://www.uwba.org/helplink/reports/GirlsontheEdge.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.buildingblocksfor youth.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.net/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

“Girls and Drugs”
http://www.mediacampaign.org/pdf/girls_and_drugs.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/>

Helping Our Teen Girls (HOTGIRLS) In Real Life Situations, Inc (a volunteer-led nonprofit organization dedicated to improving the health and lives of black young women and girls)

<http://www.helpingourteengirls.org/home.htm>

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>

JUVENILE JUSTICE

Center for Gender and Justice

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

Girls' Justice Initiative

<http://www.girlsjusticeinitiative.org/index.php>

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>

SUBSTANCE ABUSE

New Hampshire Taskforce on Women and Recovery

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

The Women's Addiction Foundation

www.womenfdn.org