Abuse and Survival

This list focuses primarily on stories of teens that have been abused (sexually, emotionally, and/or physically). In some instances they escape their circumstances and seek help, but not all. Exposure to this topic can be important for personal healing or lead to understanding of such situations. The level of description of these events varies; it is important to keep this in mind when seeking out these materials.

Physical & Emotional abuse:

- The quiet you carry – Y BAR
- Bruiser – Y SHU
- Find Layla – Y ELI
- Red – Y CAR
- Starfish – Y BOW
- After the fire - Y HIL
- More than we can tell - Y KEM
- Deer run home - J LEZ (children's section)
- After we burned - Y NIJ
- Red flags and butterflies - Y AZZ
- The butterfly's sting - Y HAR
- The other side of perfect - J FLO (children's section)

Sexual abuse (rape, incest, pedophilia):

- Ever Since – Y BRU
- Dear Medusa – Y COL
- Blood Water Paint – Y MCC
- Bait – Y SAN
- Identical – Y HOP
- My whole truth – Y THR
- Push – FIC SAP (adult section)
- Girl made of Stars - Y BLA
- Girl in pieces - Y GLA
- This is where the world ends - Y ZHA
- Bad Romance - Y DEM
- If I tell you the truth – Y KAU
- The nowhere girls - Y REE
- Speak – Y AND (YA fiction and graphic novel)
- When you know what I know – J SOL (children's section)
- Gita Desai is not here to shut up – Y PAT

July 30th, 2026

- The way I used to be - Y SMI
- Learning to breathe - Y MAT
- All the fighting parts - Y SAW
- Caprice - J BOO (children's section)

Non-fiction:

- Things we haven't said : sexual violence survivors speak out - Y 362.883 THI
- Not that bad : dispatches from rape culture – 364.1532 NOT (adult section)
- Sexual assault : the ultimate teen guide – Y 362.883 GHA
- Gaslighting : recognize manipulative and emotionally abusive people-and break free - 158.2 SAR (adult section)
- I have the right to : a high school survivor's story of sexual assault, justice, and hope - 362.88 PRO (adult section)
- A list of things that didn't kill me – YB SCHMIDT, J.
- Deep Dark Blue – YB TATE, P.
- We can't be friends : a true story – Y 363.209 ETL
- Escaping emotional abuse : healing from the shame you don't deserve - 362.8292 ENG (adult section)
- A quick & easy guide to consent – Y ROT (graphic novel)