



No Secrets No Lies: How Black Families Can Heal from Sexual Abuse

By Robin Stone



No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone

With a foreword by Joycelyn Elders, M.D., *No Secrets, No Lies* is a powerful and daringly honest resource guide for families seeking to understand, prevent, and overcome childhood sexual abuse and its devastating impact on adult survivors.

An estimated one in four women and one in six men is abused by age eighteen, most often by someone they know. Most of these sexual assaults are never disclosed, much less reported to the police.

No Secrets, No Lies demystifies the cultural taboos and social dynamics that keep Black families silent and enable abuse to continue for generations. Among them:

- Fear of betraying family by turning offenders in to "the system"
- Distrust of institutions and authority figures, such as police officers
- Reluctance to seek counseling or therapy
- A legacy of enslavement and stereotypes about black sexuality

Through compelling personal accounts from everyday people, Robin D. Stone, a sexual abuse survivor herself, illuminates the emotional, psychological and hidden consequences of remaining silent, and provides holistic, practical steps to move toward healing.

No Secrets, No Lies candidly speaks to: **survivors**, telling them they are not at fault, not alone and how they can seek help; **parents, guardians and caretakers**, explaining how they can keep children safe and help survivors recover; and **family, friends and other loved ones**, showing ways to lend support.

From the Hardcover edition.

 [Download No Secrets No Lies: How Black Families Can Heal fr ...pdf](#)

 [Read Online No Secrets No Lies: How Black Families Can Heal ...pdf](#)



No Secrets No Lies: How Black Families Can Heal from Sexual Abuse

By Robin Stone

No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone

With a foreword by Joycelyn Elders, M.D., *No Secrets, No Lies* is a powerful and daringly honest resource guide for families seeking to understand, prevent, and overcome childhood sexual abuse and its devastating impact on adult survivors.

An estimated one in four women and one in six men is abused by age eighteen, most often by someone they know. Most of these sexual assaults are never disclosed, much less reported to the police.

No Secrets, No Lies demystifies the cultural taboos and social dynamics that keep Black families silent and enable abuse to continue for generations. Among them:

- Fear of betraying family by turning offenders in to "the system"
- Distrust of institutions and authority figures, such as police officers
- Reluctance to seek counseling or therapy
- A legacy of enslavement and stereotypes about black sexuality

Through compelling personal accounts from everyday people, Robin D. Stone, a sexual abuse survivor herself, illuminates the emotional, psychological and hidden consequences of remaining silent, and provides holistic, practical steps to move toward healing.

No Secrets, No Lies candidly speaks to: **survivors**, telling them they are not at fault, not alone and how they can seek help; **parents, guardians and caretakers**, explaining how they can keep children safe and help survivors recover; and **family, friends and other loved ones**, showing ways to lend support.

From the Hardcover edition.

No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone Bibliography

- Sales Rank: #501367 in Books
- Brand: Brand: Harmony
- Published on: 2005-03-08
- Released on: 2005-03-08
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .75" w x 5.50" l, .87 pounds
- Binding: Paperback
- 304 pages

 [Download No Secrets No Lies: How Black Families Can Heal fr ...pdf](#)

 [Read Online No Secrets No Lies: How Black Families Can Heal ...pdf](#)

Download and Read Free Online No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone

Editorial Review

From Publishers Weekly

Expanding on an article she wrote for *Essence*, where she is a former executive editor, Stone advocates many standard methods for recognizing and coping with abuse. But while the rates of sexual victimization, Stone shows, are the same for blacks and whites, "Black American women were more likely to have withheld reports of attempted rape from authorities" and "were more likely to blame their living circumstances" for an attack. It is Stone's detailed discussion of the probable reasons for such disparities, and her insights into them, that make this book unique. Drawing on her own experience, she argues that the "splitting" or dissociation used by the black community during slavery in order to cope psychologically with lifetimes of abuse is the same technique many African-Americans now use to deal with everyday racism and with sexual abuse. Stereotypes of African-American hypersexuality and of African-American women's mythic "strength" add further complications, which Stone unpacks with unflinching care and with the help of stories of abuse she has collected from black women. Chapters on "Helping Boys and Men" and "Challenging Abusers" offer more techniques for conversation and confrontation, and the book ends with "Reconciliation...and Moving On" and an appendix of resources. Stone's understanding of, and empathy for, incredibly painful situations comes through on every page, and her techniques for beginning to deal with them are compassionate and straightforward.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"Robin Stone's NO SECRETS, NO LIES is an honest and illuminating look at the soul-shattering effects of sexual abuse. She guides the reader through the shame, denial and devastation of sexual violence—and on the journey toward healing. Stone's courage in facing her own painful experience helps break the silence in the African-American community and move Black women and men toward understanding and recovery. This book is our needed gift."

--Susan L. Taylor, Editorial Director, *Essence* magazine

"Inspiring and empowering, Robin Stone's NO SECRETS, NO LIES fills a critical gap in the literature on surviving and healing from child sexual abuse. Robin's vivid, insightful narratives reflect the struggles and resilience of a community that has been difficult for many activists and professionals to reach. This excellent book is long overdue."

-- Laura Davis, author of *The Courage to Heal* and *I Thought We'd Never Speak Again*

"Powerful, positive, and right on time, Robin Stone's NO SECRETS, NO LIES demystifies sexual abuse in the Black community and empowers survivors. A must read for anyone who cares about the health of their family and of children everywhere."

-- Farai Chideya, author of *The Color of Our Future* and *Don't Believe the Hype*

"NO SECRETS, NO LIES courageously breaks the silence about sexual abuse within the black community. Robin Stone makes a major contribution to the well being of black children and families. This important book should be widely read and discussed."

-- Alvin F. Poussaint, MD, Professor of Psychiatry, Harvard Medical School and Judge Baker Children's Center

“In NO SECRETS, NO LIES Robin D. Stone provides invaluable insights and tools for both families and mental health professionals to address the ever-present problem of sexual abuse that has been hidden too long.”

-- Kim Singleton, Ed.D., Clinical Psychologist, and author of *Broken Silence*

“NO SECRET, NO LIES presents an empowering and healing approach to childhood sexual abuse from a culturally relevant perspective. It provides insight into dysfunctional family dynamics and abuse patterns from the view of victims and perpetrators. Without pathologizing victimization, Robin D. Stone systematically fosters the development of ego strength and survival strategies. Every psychologist and therapist should use NO SECRET, NO LIES as an invaluable guide and resource with clients who have experienced sexual trauma.”

-- Darlene Powell-Garlington, Ph.D., Clinical Psychologist and author of *Different and Wonderful: Raising Black Children in A Race Conscious Society*

From the Hardcover edition.

From the Inside Flap

With a foreword by Joycelyn Elders, M.D., "No Secrets, No Lies is a powerful and daringly honest resource guide for families seeking to understand, prevent, and overcome childhood sexual abuse and its devastating impact on adult survivors.

An estimated one in four women and one in six men is abused by age eighteen, most often by someone they know. Most of these sexual assaults are never disclosed, much less reported to the police.

"No Secrets, No Lies demystifies the cultural taboos and social dynamics that keep Black families silent and enable abuse to continue for generations. Among them:

- Fear of betraying family by turning offenders in to "the system"
- Distrust of institutions and authority figures, such as police officers
- Reluctance to seek counseling or therapy
- A legacy of enslavement and stereotypes about black sexuality

Through compelling personal accounts from everyday people, Robin D. Stone, a sexual abuse survivor herself, illuminates the emotional, psychological and hidden consequences of remaining silent, and provides holistic, practical steps to move toward healing.

"No Secrets, No Lies candidly speaks to: survivors, telling them they are not at fault, not alone and how they can seek help; parents, guardians and caretakers, explaining how they can keep children safe and help survivors recover; and family, friends and other loved ones, showing ways to lend support.

"From the Hardcover edition.

Users Review

From reader reviews:

Richard Vedder:

What do you consider book? It is just for students since they're still students or the idea for all people in the world, the actual best subject for that? Just simply you can be answered for that issue above. Every person has distinct personality and hobby per other. Don't to be compelled someone or something that they don't need do that. You must know how great and important the book No Secrets No Lies: How Black Families Can Heal from Sexual Abuse. All type of book are you able to see on many resources. You can look for the

internet resources or other social media.

Robert Lofton:

Here thing why this specific No Secrets No Lies: How Black Families Can Heal from Sexual Abuse are different and dependable to be yours. First of all reading a book is good nevertheless it depends in the content from it which is the content is as yummy as food or not. No Secrets No Lies: How Black Families Can Heal from Sexual Abuse giving you information deeper as different ways, you can find any book out there but there is no e-book that similar with No Secrets No Lies: How Black Families Can Heal from Sexual Abuse. It gives you thrill looking at journey, its open up your personal eyes about the thing in which happened in the world which is perhaps can be happened around you. You can bring everywhere like in area, café, or even in your technique home by train. If you are having difficulties in bringing the branded book maybe the form of No Secrets No Lies: How Black Families Can Heal from Sexual Abuse in e-book can be your option.

Donna Willeford:

The reserve with title No Secrets No Lies: How Black Families Can Heal from Sexual Abuse has a lot of information that you can find out it. You can get a lot of help after read this book. This book exist new know-how the information that exist in this reserve represented the condition of the world currently. That is important to yo7u to be aware of how the improvement of the world. This book will bring you in new era of the internationalization. You can read the e-book on your own smart phone, so you can read that anywhere you want.

Tim Vazquez:

Is it you who having spare time subsequently spend it whole day by watching television programs or just lying down on the bed? Do you need something totally new? This No Secrets No Lies: How Black Families Can Heal from Sexual Abuse can be the respond to, oh how comes? The new book you know. You are consequently out of date, spending your spare time by reading in this brand-new era is common not a geek activity. So what these ebooks have than the others?

Download and Read Online No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone #BKVFSZ89MJE

Read No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone for online ebook

No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone books to read online.

Online No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone ebook PDF download

No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone Doc

No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone Mobipocket

No Secrets No Lies: How Black Families Can Heal from Sexual Abuse By Robin Stone EPub