



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

By Robin Stone

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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.

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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.

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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.

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"From the Hardcover edition.

Users Review

From reader reviews:

Tom Burkhardt:

Do you have favorite book? For those who have, what is your favorite's book? Book is very important thing for us to know everything in the world. Each reserve has different aim or perhaps goal; it means that book has different type. Some people experience enjoy to spend their the perfect time to read a book. They are really reading whatever they take because their hobby is usually reading a book. Think about the person who don't like examining a book? Sometime, particular person feel need book if they found difficult problem or

exercise. Well, probably you will need this No Secrets No Lies: How Black Families Can Heal from Sexual Abuse.

Kenneth Poor:

The book No Secrets No Lies: How Black Families Can Heal from Sexual Abuse gives you the sense of being enjoy for your spare time. You should use to make your capable a lot more increase. Book can being your best friend when you getting pressure or having big problem with your subject. If you can make studying a book No Secrets No Lies: How Black Families Can Heal from Sexual Abuse to be your habit, you can get more advantages, like add your own personal capable, increase your knowledge about many or all subjects. You may know everything if you like available and read a book No Secrets No Lies: How Black Families Can Heal from Sexual Abuse. Kinds of book are a lot of. It means that, science guide or encyclopedia or other folks. So , how do you think about this reserve?

Ryan Fox:

This book untitled No Secrets No Lies: How Black Families Can Heal from Sexual Abuse to be one of several books which best seller in this year, this is because when you read this reserve you can get a lot of benefit into it. You will easily to buy this specific book in the book shop or you can order it by using online. The publisher of this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Touch screen phone. So there is no reason for you to past this guide from your list.

William Kozak:

The book untitled No Secrets No Lies: How Black Families Can Heal from Sexual Abuse contain a lot of information on that. The writer explains your girlfriend idea with easy means. The language is very simple to implement all the people, so do definitely not worry, you can easy to read that. The book was compiled by famous author. The author brings you in the new period of literary works. You can easily read this book because you can please read on your smart phone, or program, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can available their official web-site and also order it. Have a nice go through.

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