

# ABOUT LAUREN BOOK



Lauren Book, M.S.Ed., founder and CEO of [Lauren's Kids](#), was a victim of childhood sexual abuse for six years at the hands of her female nanny. Armed with the knowledge that 95 percent of sexual abuse is preventable through education and awareness, Lauren has worked to turn her horrific personal experience into a vehicle to prevent childhood sexual abuse and help other survivors heal.

Each year, Lauren embarks on a 1,500-mile statewide walk across Florida to bring awareness to local communities, support the life-saving work of children's advocacy centers and sexual assault treatment centers, and advocate for legislative change. Tens of thousands of Floridians have turned out to walk with Lauren during her annual [Walk in My Shoes](#) journey, including thousands of child sexual abuse survivors. Her walk has helped shine a light on the dark issue of child sexual abuse, empowered survivors, and influenced the passage of almost two dozen [Florida laws](#) to better protect children and serve survivors. Lauren will walk the state for the sixth time in 2015.

In addition to her advocacy work, Lauren is committed to empowering children to protect themselves against abuse by developing [in-school curricula](#) that provides children with the necessary tools to act as the first line of defense against abuse, along with their parents and teachers. The age-appropriate curricula, which have been delivered to Florida's public school classrooms thanks to the Florida Legislature, currently spans pre-kindergarten through grade three and will extend through high school by 2016. Lauren recently created curricula for two unique populations: children with special needs and families fostering children who have been sexually abused.

Lauren is also an accomplished author, chronicling her years of abuse in her memoir, [It's OK to Tell](#), which sheds light on the truth about abuse and the healing journey that a victim goes through to become a survivor. Her most recent book, [Lauren's Kingdom](#), is a children's picture book that helps children understand: "If you're choking back tears and your heart's full of fears, you know very well, it's OK to Tell."

As an internationally renowned spokesperson, Lauren is an advocate for change and regularly comments on breaking national news. She has been featured on hundreds of news outlets including Our America with Lisa Ling on OWN: The Oprah Winfrey Network, the Associated Press, USA Today, ABC News, Issues with Jane Velez-Mitchell on CNN's HLN and Maria Shriver Architects of Change, and was named the [2013 L'Oréal Paris Woman of Worth](#).

Lauren's international advocacy includes speaking engagements at UNICEF's Break the Silence Conference in Barbados, Crime Stoppers International Conference in South Africa, The Dutch National Rapporteur's National Symposium on Sexual Violence Against Children in The Netherlands, among others.

Lauren graduated from the University of Miami with a bachelor's degree in Elementary Education and Creative Writing and a master's degree in Community Psychology and Social Change and Non-Profit Development. Through her work with the Lauren's Kids foundation, Lauren Book has truly transitioned from a victim to a thriving survivor of childhood sexual abuse.

She is one of [42 million](#) survivors in the United States today.



LAUREN'S KIDS

LaurensKids.org