

New Mexico Sexual Abuse Program Coordinators *(continued)*

- > **Portales**
Mental Health Resource
359-1221 • 1-800-432-2159 crisis
- > **Raton**
Taos/Colfax Comm. Services
445-2754
- > **Rio Rancho**
Rio Rancho Family Health Center
896-0928 • 1-888-920-6333 crisis
- > **Roswell**
Counseling Associates
623-1480
- > **Ruidoso**
The Counseling Center
237-5038 • 437-7407 crisis
1-800-634-3666 crisis
- > **San Felipe**
San Felipe Behavioral Health
& Family Services
867-9740
- > **Santa Fe**
Santa Fe Rape Crisis Center
988-1951 • 986-9111 or
1-800-721-7273 crisis
- > **Santa Rosa**
Las Vegas Medical Center
Community Based Services
472-3768 • 425-1048 crisis
- > **Shiprock**
Home for Women & Children,
Rape Crisis Service
368-5124
- > **Silver City**
El Refugio, Rape Crisis Svcs.
538-2125
- Border Area Mental Hlth. Ctr.
388-4412
1-800-426-0997 crisis
- > **Socorro**
Socorro Mental Health
835-2444
- > **Taos**
Community Against Violence
758-8082 • 758-9888 crisis
Taos Mental Health
758-1125
- > **Truth or Consequences**
S.T.A.R.T.
894-0889 • 894-5475 pager
- > **Tucumcari**
Mental Health Resources
461-3013
1-800-432-2159 crisis

New Mexico Sexual Assault Nurse Examiners Units

- > **Alamogordo**
Otero County SANE Unit
443-7900 • 443-2156 crisis
- > **Albuquerque**
Albuquerque SANE Collaborative
883-8720 • 884-7263, emergency
Para Los Ninos, UNM Health
Sciences Center Pediatric Sex
Abuse Exams
Contact: Renee Ornelas, MD
272-6849
- > **Clovis**
Clovis Plains Regional Med. Center
SANE
769-7335 ask for SANE Rep.
- > **Farmington**
Sexual Assault Services/
Northern NM
505-325-2805 • 505-326-4700 crisis
- > **Las Cruces**
SANE
526-3437 crisis
1-888-595-7273
Office: 521-5549
- > **Portales**
Roosevelt County SANE
359-1800, ext. 531
- > **Roswell**
Esperanza House SANE Unit
625-1457
- > **Santa Fe**
Santa Fe St. Vincent SANE
995-4999 • 989-5952 crisis
- > **Shiprock, Navajo Nation**
Northern Navajo Medical Ctr.
SANE
368-6818

Who should I tell?

Tell someone who you trust to help you. If the person you tell doesn't help, keep telling someone else until you get help. You could tell a teacher, mom, dad, friend, counselor, or the person reading this with you. Who is someone you could trust to help you?

REMEMBER, SAY "NO!" GET AWAY AND TELL SOMEONE! We understand that you can't always get away, and that you can't always tell someone right away. That's OK. But it's important to get help from some adult, at some time, when these things happen to you.

ESPECIALLY FOR PARENTS

Why is it important to educate my child about secret touching/child sexual abuse?

We can no longer ignore the alarming statistics.

"A conservative estimate of the prevalence of sexual abuse in the United States is that 1 in every 4 females and 1 in every 6 males are sexually abused before they are 18."

Based on a study of 1,374 woman and 1,252 men in random digit dialing telephoned interviews by Finkelhor, Hotaling, Lewis and Smith, 1990.

Will I upset my child or cause them to be scared of people if they learn about secret touching/child sexual abuse?

No. Educating your child about child sexual abuse will help *prevent* your child from becoming a victim. It will also educate them so that they will feel comfortable enough to tell someone if abuse is happening or if it has happened to them in the past. A child who is educated knows how to recognize secret touching and what to do about it. Let your child know that you will help them if something ever happens to them.

If my child tells me that something has happened, what should I do?

First, make sure that your child is safe from the person immediately. At the same time, call the toll free number listed below for referrals in your area. Assure your child of your love and support.

This pamphlet was prepared by the New Mexico Coalition of Sexual Assault Programs, and printed with funds from NM Dept. of Health- Injury Prevention and EMS Bureau and the Behavioral Health Services Division. Call toll-free at 888-883-8020 for further information.

SAFE, STRONG AND FREE

Written by Nanci Mon, LISW for NMCSAP, Inc.

What can I do about secret touching - child sexual abuse?



(Parents, Guardian, Teacher, etc.: Please read and discuss this information with your children)

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LET'S LEARN ABOUT TOUCHING...

What is good touch?

Good touch is a makes you feel happy. It could be a hug or a kiss from someone that you care about. It feels comfortable and good.

What is bad touch?

Bad touch is a touch that hurts. It could be someone hitting or pinching or kicking you. It feels uncomfortable and makes you feel bad.

What is a secret touch or child sexual abuse?

Secret touch is a touch that makes you feel confused. It could be someone touching you on your private parts or asking you to touch their private parts. It feels confusing because it can feel both good and bad. It gives you a mixed up feeling inside.

When secret touching happens to kids they are usually asked to keep the touching a secret. This type of touching is usually done when no one else is around to see it. Kids have a right to know that secret touching is not good for them. They have a right to get it stopped. Kids should grow up feeling safe, strong and free. Secret touching is not good for kids. *If secret touching happens to you, it is **not** your fault.*

REMEMBER, KIDS HAVE THE RIGHT TO BE SAFE, STRONG AND FREE!

Where are my private parts?

Private parts are the parts of your body that are covered by your bathing suit.



What kind of person does secret touching?

It could be any kind of person. It could be a grown up in your family, a babysitter, a neighbor, a relative, someone your own age or maybe a stranger. The person could be someone that you care about. This might make you worry that you or this person could get into trouble if you told the secret. The person who does secret touching can be a very nice, friendly person most of the time. This kind of person needs help from adults to stop their secret touching.

Where does secret touching happen?

It could happen anywhere. It could happen at home, at someone else's house, inside or outside. It could happen in a playground, in a car - anywhere, or anyplace.

If secret touching happens to me, what can I do?

- Say "NO"!
- Get away
- TELL SOMEONE!

If you feel that you can't say "NO" then TELL SOMEONE when you get away from the person! If secret touching has already happened to you or is happening to you now, it is important to tell someone about it. Don't worry that you have not told anyone before now. It's okay to tell, even if it has happened more than once.

Why should I tell?

Secret touching is not good for kids. Kids have the right to be safe, strong and free. Secret touching takes away that right from kids. The person who does secret touching knows that the touching is not good for kids, so it must be kept a secret. The person might have told you not to tell, but it is okay to tell. It is always okay to break the secret when it is about a touching secret.

The following is a list of mental health agencies with counselors trained to help survivors of sexual abuse. You may decide you want to talk with someone over the phone before you can go in to see them. You may want to join a group for incest survivors. Either way, find a therapist who believes your feelings and memories. Give yourself the time and compassion. You will need both.

'No matter what is true of your past, the world is in need of your best contributions. You can only give your best by becoming your best self; and this is only possible if you consider yourself deserving of emotional healing.' (Betty Caponera, Ph.D., *Overcoming Painful Past Experiences*)

New Mexico Sexual Abuse Program Coordinators

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| <p>> Alamogordo
The Counseling Center
437-7404</p> <p>> Albuquerque
Albuquerque Rape Crisis Center
266-7711
Programs for Children & Adolescents
272-2190 • 272-2800 after 5pm
Sequoia Adolescent Treatment Center
344-4673</p> <p>> Artesia
Artesia Counseling Center
746-9848 • 365-7606 crisis</p> <p>> Aztec
Daybreak Center
334-3444 • 342-1802 crisis</p> <p>> Belen
Valencia Counseling Svcs., Inc.
864-1909 • 865-3359</p> <p>> Bernalillo
La Buena Vida • 867-2383</p> <p>> Carlsbad
Carlsbad Mental Health
885-4836 • 885-8888 crisis</p> <p>> Clovis
Mental Health Resources
769-2345 • 1-800-432-2159 <small>crisis (after hours)</small></p> <p>> Deming
Border Area Mental Health Center
546-2174 • 1-800-426-0997 crisis</p> <p>> Espanola
Northern NM Family Crisis Center
753-1656 • 1-800-206-1656 crisis</p> <p>> Estancia
Valencia Counseling Services
384-0220 • 865-4739 crisis</p> | <p>> Farmington
Presbyterian Med. Svcs.
Community Counseling
325-0238 • 325-1906 crisis
San Juan County Rape Crisis
599-6168</p> <p>> Gallup
Western NM Counseling Svcs.
863-3828
1-800-649-0181 crisis</p> <p>> Grants
Cibola Counseling Services
287-7985 • 1-800-287-0212 <small>crisis (after hours)</small></p> <p>> Hobbs
Guidance Center of Lea County
393-3168 • 393-6633 crisis
392-0966 for adolescents</p> <p>> Jemez Pueblo
Pueblo of Jemez Soc. Services
834-7117</p> <p>> Las Cruces
La Pinon Rape Crisis Center
526-3437
1-888-595-7273 crisis
Southern NM Human Development
882-5101
Southwest Counseling
647-2800 • 526-3371 crisis</p> <p>> Las Vegas
Las Vegas Comm. Based Svcs.
454-5115 • 425-1048 <small>crisis (after 5pm)</small></p> <p>> Los Alamos
Los Alamos Family Council
662-3264 • 662-4422 crisis</p> <p>> Los Lunas
Valencia Counseling Services
865-3359 • 865-3359 crisis</p> |
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