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 women 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- Injuery Prevention and EMS Bureau and the Behavioral Health Services Division. Call toll-free at 888-883-8020 for further information.

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

- Alamogordo  
  The Counseling Center  
  437-7404

- Albuquerque  
  Albuquerque Rape Crisis Center  
  266-7711  
  Programs for Children & Adolescents  
  272-2190 ● 272-2800 after 5pm  
  Sequoia Adolescent Treatment Center  
  344-4673

- Artesia  
  Artesia Counseling Center  
  746-0848 ● 363-7066 crisis

- Aztec  
  Aztec Daybreak Center  
  334-1444 ● 342-1802 crisis

- Belen  
  Valencia Counseling Svcs., Inc.  
  864-1909 ● 865-3359

- Bernalillo  
  La Buena Vida ● 867-2383

- Carlsbad  
  Carlsbad Mental Health  
  885-8886 ● 885-8888 crisis

- Clovis  
  Mental Health Resources  
  769-2345 ● 1-800-432-2199 crisis

- Deming  
  Border Area Mental Health Center  
  546-2174 ● 1-800-426-0997 crisis

- Espanola  
  Northern NM Family Crisis Center  
  753-1656 ● 1-800-206-1636 crisis

- Estancia  
  Valencia Counseling Services  
  384-0220 ● 865-4759 crisis

- Farmington  
  Presbyterian Med. Svs.  
  Community Counseling  
  325-0238 ● 325-1906 crisis

- Gallup  
  Western NM Counseling Svcs.  
  863-3828  
  1-800-649-0181 crisis

- Grants  
  Cibola Counseling Services  
  287-7985 ● 1-800-287-0212 crisis

- Hobbs  
  Guidance Center of Lea County  
  393-3168 ● 393-6933 crisis

- Jemez Pueblo  
  Pueblo of Jemez Soc. Services  
  834-7117

- Las Cruces  
  La Penon Rape Crisis Center  
  526-3437  
  1-888-595-7273 crisis  
  Southern NM Human Development  
  882-5101

- Los Lunas  
  Valencia Counseling Services  
  865-3359 ● 865-3359 crisis

- Mesilla  
  Mesilla Counseling Svcs., Inc.  
  599-6168

- Rio Rancho  
  Adelante Mental Health Services  
  864-4022 crisis

- Roswell  
  Roswell Family Counseling  
  521-5549

- Ruidoso  
  Ruidoso Counseling Service  
  472-3768 ● 425-1048 crisis

- Santa Fe  
  Santa Fe Rape Crisis Center  
  883-8720 ● 884-7263, emergency  
  443-7900 ● 443-2156 crisis

- Silver City  
  San Felipe Behavioral Health  
  1-800-634-3666 crisis

- Taos  
  Taos Counseling Services  
  783-8323 crisis

- Truth or Consequences  
  S.T.A.R.T.  
  758-8082 ● 758-9888 crisis

- Valencia  
  Valencia Counseling Svcs., Inc.  
  834-7117

- White Sands  
  White Sands Counseling Svcs.  
  834-7117

- Walsenburg  
  Walsenburg Counseling Svcs.  
  834-7117

- Zuni  
  Zuni Counseling Svcs.  
  834-7117


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.