

TOP TEN IMPORTANT QUESTIONS FOR KIDS

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Introduction

This brochure is to help you think about and talk about yourself. It is about how people should treat themselves and each other. These 10 questions are so important that you will want to discuss them with the kids and adults you care about.

1. What's so SPECIAL about your body?

Your body is GREAT! It belongs to you. It was created just for you to live in. You have five incredible senses in your body to explore the world with: eyes to see, ears to hear, a nose to smell, a mouth to taste and skin to touch and feel. Our senses tell us if we are safe and happy or if we are in danger and need protection.

2. What is RESPECT?

Respect is showing that something is valuable and important. When a child respects his body, he takes care of it. When other people respect a child, they show it by treating him as if he was very special (which he is!). When someone respects you (or when you respect yourself) it makes you feel good and strong.

3. What is privacy?

Privacy is having something that belongs only to you. You don't have to share it! It could be time alone, like when you're in the bathroom, or when you

just want quiet time to think. It could be something you own, like a special toy or book.

4. What RIGHTS do kids have?

Kids have the right to be treated with respect by other kids and grownups. If someone hurts your body or your feelings, they aren't being respectful.

Kids also have the right to privacy. If someone won't let you make decisions about something that belongs to you, they aren't giving you privacy.

5. What are Private Parts?

Your body has many different parts on the inside and the outside that work together to help you to live and be healthy. (Your heart, your stomach, your feet and hands, for example.) Some body parts are called 'private parts'. They are usually covered by your clothes. You may have heard a lot of names for these parts, but they have correct names just like all your other body parts.

On boys, their private parts are

called ‘penis’ and ‘testicles’. Girls have a ‘vagina’ or ‘vulva’. Both boys and girls have ‘buttocks’ with a hole called an ‘anus’. (That’s where bowel movements come out.) Boys and girls also have ‘breasts’ and ‘nipples’ on their chests.

6. Is it ever okay to keep a secret?

A secret is a shared message between two people. If a secret is a ‘surprise’ (like a birthday party) it can be lots of fun. Not all secrets are fun surprises. If another person ever asks you to keep a secret about your body, or about something that doesn’t seem right to you, you do NOT have to keep that secret.

7. Do kids always have to obey bigger people?

‘Obey’ means to listen and do what you’re told, especially by adults. Kids should obey unless they are being told to do something that is wrong or harmful. It is all right to say ‘No’ to protect yourself from something that is dangerous or wrong.

8. What should a child do if someone HURTS his body or TOUCHES his private parts?

Sometimes a doctor has to examine a child’s body or give a shot which hurts. Sometimes a parent needs to put medication on a private part to heal a rash. These are examples of when it is OK to allow someone to hurt or touch you. The reason these people are doing this is so that you will be healthy.

If someone hurts your body when they are angry or drunk or being mean, it is wrong. If someone touches your private body parts, or tells you to touch theirs, this is called being sexual. It is wrong for adults or bigger kids to be sexual with younger ones.

Hurting children and being sexual with them is against the law. If a child can, he should try to get away or stay away from someone who is treating him this way. Even if the person is a relative or someone you care about, what they are doing is not

right. They may even try to trick you into believing that it is OK. The adult or bigger person is wrong and must receive help to stop their behavior. They can only get help if someone knows what they are doing and makes them stop it.

9. What should a child do if an adult or bigger person makes him FEEL bad about himself?

Sometimes, words can hurt a child very much. 'Put downs' and telling a child he's 'no good' can be harmful to a child's spirit. All human beings - especially kids! - need to be loved and cared for so they can grow to be healthy and responsible.

If you can, try to stay around the kids and adults who treat you with respect. This will help you to give yourself the respect you deserve.

10. Who can you TALK to if you are confused, scared or hurting?

Name the people in your life who you trust. It could be a parent, a grandparent, a school teacher, counselor, nurse or friend. There are people in your town - community workers and leaders - who care about children's feelings. Social workers and police are expected to listen to and help children and families to stay safe and healthy. Talk to the people you trust about this brochure and ask them questions. There are people in your life who want you to feel good about yourself and your world.

**Important Phone Numbers
For Every Youth to Know:**

- Police: **911**
- Child Protection:
1-855-333-7233
(Statewide Central Intake)



To contact your local rape crisis center, please call:

**If you would like more information, please call
New Mexico Coalition of Sexual Assault Programs, Inc.
(888) 883-8020 (outside the Albuquerque Area)
(505) 883-8020 (within the Albuquerque Area)
e-mail: nmcsap@swcp.com**

**Visit nmcsap.org for a current list of
sexual assault service providers.**

**For emergency situations call
RAINN 1-800-656-4673
They will connect you with service in your area.**

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New Mexico Rape Crisis Centers

Albuquerque
Rape Crisis Center of Central New Mexico
505-266-7712 Crisis: 505-266-7711

Farmington
Sexual Assault Services of Northwest
New Mexico
505-325-2805 Crisis: 505-333-3336

Las Cruces
La Pinon Sexual Assault Recovery Services
575-526-3437 Crisis: 888-595-7273

Los Lunas
Valencia Shelter Services
505-565-3100 Crisis: 864-1383

Portales
Arise Sexual Assault Services
575-226-7263 Crisis: 575-226-7263

Raton
Alternatives To Violence
575-445-5778 Crisis: 575-445-5775

Santa Fe
Solace Crisis Treatment Center
505-988-1951 Crisis: 800-721-7273

Silver City
Silver Regional Sexual Assault Support
Services
575-313-6203 Crisis: 866-750-6467

Taos
Community Against Violence
575-758-8082 Crisis: 575-758-9888

New Mexico Sexual Assault Nurse Examiner's Unit

Alamogordo
SANE Program of Otero and Lincoln County
575-415-0913 Emergency: 575-430-9485

Albuquerque
Albuquerque SANE Collaborative
505-883-8720 Emergency: 505-884-7263

Farmington
Sexual Assault Services of Northwest New
Mexico
505-325-2805 Emergency: 505-326-4700 or
1-866-908-4700

Las Cruces
Las Cruces La Pinon SANE Program
575-521-5549 Emergency: 888-595-7273

Portales
Arise Sexual Assault Services
575-226-7263

Roswell
I Can Survive Roswell Refuge SANE Program
575-627-8361

Santa Fe
Christus St. Vincent Regional Medical Center
SANE Program
505-913-4999 Emergency: 505-989-5952

Silver City
Silver Regional Sexual Assault Support Services
and SANE
575-313-6203 Emergency: 1-866-750-6474

Taos
Taos/Holy Cross Hospital SANE Program
575-751-8990 Emergency: 575-758-8883

***For a current listing of New Mexico Sexual Assault Program Coordinators
in your community refer to www.nmcsap.org. Click on the Find Help tab
and go to New Mexico Mental Health Centers.***