

# Do you need help too?

## You are not alone.

Many kids just like you  
have had the same  
experience — and they  
got help. You can, too.

## Start by telling an adult you trust.

If someone is touching  
you or is getting close  
to you in a way that  
makes you uncomfortable,  
tell an adult you trust.  
Even though you  
may feel scared,  
**don't give up!**

today I will be writing  
about my experience at children's  
Cove

children's cove is like amazing  
they help you with what happened  
to you I was sexual abused when  
I was 9 and in 3rd grade my  
sister was the first person I told  
I was afraid to tell my parents  
so on my birthday they found  
out after dinner they ask me  
I was crying and told them  
everything 10-21-15 he was  
gone.

The next day I went  
to children's cove I believe I  
met this wonderful lady named  
melanie she was so pretty  
and so nice I loved her  
smile it made me feel like  
I could tell her anything  
after everything I felt brave  
I was having nightmares  
and then I stopped having  
them. I sang songs about  
how I am brave and know  
one can make me afraid  
any more thank you  
children's cove for everything  
remember your not alone  
you have to believe in  
me and believe in you too

This letter was written by a child from Cape Cod.



Providing Hope  
and Healing  
for Abused Children

Learn how to get help  
[childrenscove.org](http://childrenscove.org)