It's even harder to imagine something like this happening to someone you love.

Protecting your child starts with having an open and ongoing dialogue about body safety and child sexual abuse. For tips on having this important conversation, and for guidance on what to do if you suspect your child has been sexually abused, visit childrenscove.org.

This letter was written by a child from Cape Cod. We admire her courage and resiliency and are grateful to her and her family for sharing their story. She hopes her words will give courage to another child, help parents prevent harm to their children, and raise awareness.