



# Honor Thy Children

*Archdiocese of Louisville continuing education for the awareness and prevention of child abuse*

## APRIL IS CHILD ABUSE PREVENTION MONTH

Prevention starts with understanding



This month is Child Abuse Prevention Month. If you've ever thought about getting involved in raising awareness about Child Abuse now is the perfect opportunity. Here are a few ideas to help you get started making a difference in your community.

- Hold a block party in your neighborhood or organize a similar activity to help build strong connections between the people you live near and turn strangers into neighbors. Strong communities help reduce feelings of stress and isolation, especially among families that are new to the area or new to being parents, and give people someone they can turn to when they are over-

whelmed or in a crisis and need help. Call your local legislator and advocate for policies that protect against abuse

- Talk with local business leaders you know, an HR professional you are friendly with, or consider taking steps at your own company to institute policies that are family friendly, help prevent child abuse and neglect, and can actually improve a business' bottom line. [Click here for a helpful infographic why creating policies that help prevent child abuse and neglect is a good business decision.](#)
- Connect with the Prevent Child Abuse America chapter in Kentucky to find out what volunteer activities exist and get information specific to where you live about how you can make a difference for the children and families closest to you. In Kentucky you can contact PREVENT CHILD ABUSE KENTUCKY, 801 Corporate Drive, Suite 120, Lexington, KY 40503 Toll Free: 1-800-CHILDREN,

Lexington Local: 859-225-8879 or via email: [PCAKY@PCAKY.ORG](mailto:PCAKY@PCAKY.ORG)

Our children represent the future of our country, of our communities, and of ourselves, and if we all do something this month to improve the healthy development of children and prevent abuse and neglect, we will have succeeded in the carrying out the call of Child Abuse Prevention Month.

Should you have any question or comments on how you can get involved feel free to reach out to Martine Siegel, at 502/636-1044; [victimassistance@archlou.org](mailto:victimassistance@archlou.org) or the Chancery at 502/585-3291.



## Archdiocese of Louisville

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### If you need support or someone to talk to:

- ☺ Prevent Child Abuse Kentucky or Indiana: 800.CHILDREN/800.422.4453 [www.pcaky.org](http://www.pcaky.org) [www.pcain.org](http://www.pcain.org)
- ☺ Childhelp National Child Abuse Hotline 800.4.A.CHILD 800.422.4453 [www.childhelp.org](http://www.childhelp.org)

### Signs of Possible Sexual Abuse

- Unexplained pain, itching, redness or bleeding in the genital area
- Increased nightmares or bedwetting
- Withdrawn behavior
- Angry outbursts/mood swings
- Loss of appetite or difficulty swallowing
- Sudden/unexplained avoidance of certain people or places
- Sexual knowledge, language or behavior that is unusual for the child's age.

# HONOR THY CHILDREN TRAINING

Those employed or volunteering with youth must undergo a background check every 5 years as well as attend the "Honor Thy Children Training" that addresses child abuse, how to recognize it and how to report it. See your parish/school Safe Environment Coordinator if you have not sat-

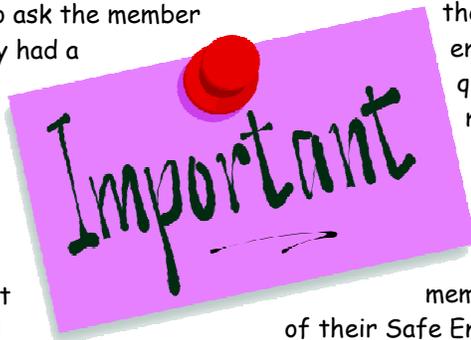
isfied either of these requirements. The "Honor Thy Children" training is a one time requirement and is normally completed within 30 days of beginning service. Each training session lasts 2 hours. The background check MUST be completed BEFORE any service/employment begins.

# SAFE ENVIRONMENT COORDINATORS

Some friendly reminders for Safe Environment Coordinators.

Before submitting a background check, be sure to ask the member if they've already had a background check submitted via selection.com (this would be August 2014 and later).

If unsure contact Scott Fitzgerald (fitzgerald@archlou.org) or 502.471.2132 to check the status. We also no longer accept outside Safe Environment Trainings. Reason being is we have a Code of Conduct specific to the Archdiocese of Louisville that is reviewed in the training and the member ultimately signs off that they understand.



As always if you are filling out the background check form in it's entirety for a member (as opposed to them doing it via an email link) you are required to have the member sign a release form and you need to maintain this form on file.

Also remind your members to return a copy of their Safe Environment Completion Certificate to you after they complete the Safe Environment training. Should you have any questions or concerns don't hesitate to contact Scott Fitzgerald Coordinator of Safe Environment Services via email (fitzgerald@archlou.org) or by phone 50.471.2132.

# PARENTING AFTER DOMESTIC VIOLENCE

When one person in a relationship uses any kind of abuse to control the other, this is domestic violence. You may have recently left a relationship that is abusive, or you may still be in one. Your children may have heard or seen the abuse, or they may have been targets themselves. Living with domestic violence takes a toll on all family members. Your children may still feel afraid, even if the danger is past. But with your help, they can

find ways to cope with stress, be safe, and heal. Some children living with abuse do not show signs of stress. Others struggle at home, at school, or in the community. You may notice increased fear or anger, clinging, difficulty sleeping, or tantrums. If the abuse goes on for a long time, children can experience more serious problems, like depression or anxiety, skipping school, or using drugs.

## UPCOMING TRAININGS

A current list of trainings is always available at [www.archlou.org/safe](http://www.archlou.org/safe) All trainings are at 6:30p unless otherwise indicated.

4.16.16 (10 am) - Saturday  
*Holy Family*

4.18.16  
*St. Albert the Great*

4.25.16  
*St. Patrick*

5.2.16  
*Corpus Christi (Simpsonville)*

5.24.16 (1:30 pm)  
*Assumption High School*

6.5.16 (5:30 pm - Sunday)  
*Flaget Center*

*Be sure to check [www.archlou.org/safe](http://www.archlou.org/safe) for a complete list. Dates are subject to change and of course weather delays also effect training dates*

What You Can Do? A strong relationship with a caring, nonviolent parent is important to help your children grow up in a positive way. You can help them by taking the following steps:

- Plan for safety. If you are still in an abusive situation, make a safety plan with your children. Teach them how to call 911, where to go for help, and never to get in the middle of an adult fight. Local domestic violence advocates can help you plan!
- Take care of yourself. Finding ways to cope with your own stress is good for you and for your children. Make

*CONT page 4 (parenting...)*

# HOW CAN I PREVENT ABUSE?



Every family has strengths, and every family faces challenges. When you are under stress—the car breaks down, you or your partner lose a job, a child's behavior is difficult, or even when the family is experiencing a positive change, such as moving into a new home—sometimes it takes a little extra help to get through the day. Protective factors are the strengths and resources that families draw on when life gets difficult. Building on these strengths is a proven way to keep the family strong and prevent child abuse and neglect. The following describes six key protective factors and some simple ways you can build these factors in your own family.

**Nurturing and Attachment:** Have your family show how much you love each other.

- Take time at the end of each day to connect with your children with a hug, a smile, a song, or a few minutes of listening and talking.
- Find ways to engage your children while completing everyday tasks (meals, shopping, driving in the car). Talk about what you are doing, ask

them questions, or play simple games (such as "I spy").

**Knowledge of Parenting and Child**

**Development:** Know parenting is part natural and part learned. Always learning new things about raising children and what they can do at different ages.

- Explore parenting questions with your family doctor, your child's teacher, family, or friends.
- Subscribe to a magazine, website, or online newsletter about child development.
- Take a parenting class at a local community center (these often have sliding fee scales).
- Sit and observe what your child can and cannot do.
- Share what you learn with anyone who cares for your child.

**Parental Resilience:** Have courage during stress and the ability to bounce back from challenges.

- Take quiet time to reenergize: Take a bath, write, sing, laugh, play, drink a cup of tea.
- Do some physical exercise: Walk, stretch, do yoga, lift weights, dance.
- Share your feelings with someone

you trust.

- Surround yourself with people who support you and make you feel good about yourself.

**Social Connections:** Have friends, family, and neighbors who help out and provide emotional support.

- Participate in neighborhood activities such as potluck dinners, street fairs, picnics, or block parties.
- Join a playgroup or online support group of parents with children at similar ages.
- Find a church that welcomes and supports parents.

**Concrete Supports for Parents:**

Family can meet our day-to-day needs, including housing, food, health care, education, and counseling. Know where to find help if you need it.

- Make a list of people or places to call for support.
- Ask the director of your child's school to host a Community Resource Night, so you (and other parents) can see what help your community offers.
- Dial "3-1-1" to find out about organizations that support families in your area.

**Social and Emotional Competence of**

**Children:** Ensure your children know they are loved, feel they belong, and are able to get along with others.

- Provide regular routines, especially for young children.

Make sure everyone who cares for your child is aware of your routines around mealtimes, naps, and bedtime.

- Talk with your children about how important feelings are.

- Teach and encourage children to solve problems in age-appropriate ways.

Remember: Everyone can take steps to make communities more supportive of families

**Archdiocese of Louisville  
Office of Safe Environment**

Martine Bacci Siegel, MSN, RN, CNS  
Maloney Center  
1200 South Shelby Street  
Louisville, KY 40220

Phone: 502.636.1044

Fax: 502.634.3381

E-mail: [msiegel@archlou.org](mailto:msiegel@archlou.org)

No child or adult should ever experience abuse by anyone, especially a church minister. We all have the right to be treated with dignity and to expect our church to reflect the goodness of God in all of its dealings.

We hope that this information is helpful to all in our communities who are working to prevent and respond to childhood sexual abuse. Please let us know if you need further assistance or information by calling or emailing our victim assistance coordinator, Ms. Martine Siegel, at 502/636-1044; [victimassistance@archlou.org](mailto:victimassistance@archlou.org) or the Chancery at 502/585-3291.

We must heed God's call to care for the most vulnerable among us and to continue our efforts toward wholeness and health in dealing with sexual abuse.

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## **PARENTING AFTER DOMESTIC VIOLENCE (CONT..)**

time to connect with friends, exercise, listen to music, take a bath, or do something else that helps you relax and refocus.

- Help your children feel secure. Keep your kids close to you when you can, and give them lots of eye contact, kisses, and hugs. Play together, even if just for a few minutes at a time. Provide routines such as bedtime reading and regular meal times.

- Stay calm. Children who have lived with violence will sometimes act in ways that make life more chaotic. Set clear limits and follow through, but keep your voice calm. Get help if you need it.

- Talk about it. Be willing to listen to your children talk about what has happened and how they feel. Tell

them the truth when they ask questions. Reassure them that you are working to keep your family safe.

- Help your children develop relationships. Positive relationships with peers and other supportive adults can help your children manage stress and stay strong and happy.

- Celebrate their strengths. Find the things your children are good at. Encourage them in school and other activities.

Remember: You are the most important person in your children's lives. Your children need to know that you are there for them, you love them, and you will do all you can to keep them safe.

### **ADDENDUM**

An article appeared in last month's newsletter titled "KNOW SOMEONE WHO IS BEING ABUSED?".

This article should have referenced that it was written for adult abuse.

One line in the article stated:

"Reassure the person that you'll keep whatever is said between the two of you". It is recommended that you do not make any promises when having knowledge of an abuse situation and this is not to conflict with mandatory reporting laws for minors in the state of Kentucky for known or suspected abuse.