



Honor Thy Children

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

CORNERSTONES TO ABUSE PREVENTION

Prevention starts with understanding

While all families are different, there are several protective factors that offer a solid foundation when preventing 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 enhance child well-being. Below describes six key protective factors and some simple ways you can build these factors in your own family.



1. Nurturing and Attachment

- 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").

2. Knowledge of Parenting and Child Development

- 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.

- Sit and observe what your child can and cannot do.

- Share what you learn with anyone who cares for your child.

3. Parental Resilience

- 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.

- Share your feelings with someone

you trust.

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

4. Social Connections

- Participate in neighborhood activities such as potluck dinners, street fairs, picnics, or block parties.

- Join a playgroup or online support group of parents

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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
www.pcaain.org
- ☉ Childhelp National Child Abuse Hotline
800.4.A.CHILD
800.422.4453
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.

PREVENTION (CONT.)

with children at similar ages.

- Get involved at your child's school and after school activities (i.e. work the concession stand, volunteer with the PTO).

5. Concrete Supports for Parents

Make a list of people or places to call for support.

- Suggest your child's school to host a Community Resource Night, so you (and other parents) can see what help your community offers.

- Dial "2-1-1" to find out about organizations that support families in your area

6. Social and Emotional Competence of Children

- 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.

If you believe a child is being abused, neglected or is dependent, please call the Child Protection Hotline number below

Child Protection Hot Line

1-877-KYSAFE1

or

1-877-597-2331

Remember, Kentucky is a mandatory reporting state. The law states that it is the duty of everyone who has

reasonable cause to believe that a child is dependent, abused or neglected to report this information.

KRS 620.030 states:

Any person who knows or has reasonable cause to believe that a child is dependent, neglected or abused shall immediately cause an oral or written report to be made to a local law enforcement agency or the Kentucky State Police; the Cabinet or its designated representative; the commonwealth's attorney or the county attorney; by telephone or otherwise.

BY THE #'S

The following reflect child abuse trends statewide in Kentucky for calendar year 2016.

- **54,263** CPS reports met criteria for investigation or assessment in 2016 with a total of **75,710** children involved in those reports.

- **28,496** children were involved in the **15,612** reports found to be substantiated or in need of services in 2016

- Neglect is the most common form of maltreatment, with **21,407** children involved in incidents of neglect.

- Substance abuse was documented as a risk factor in **61%** of the reports with a finding of substantiation or services needed.

UPCOMING TRAININGS

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

5.15.17

St. Gabriel

5.22.17

St. Stephen Martyr

6.5.17

St. Margaret Mary

6.19.17

St. Leonard

Always be sure to check archlou.org/safe for a complete list. Dates are subject to change and of course weather delays also effect training dates

- Family violence was documented as a risk factor in **41%** of the reports with a finding of substantiation or services needed.

- Mental health concerns were documented as a risk factor in **40%** of the reports with a finding of substantiation or services needed.

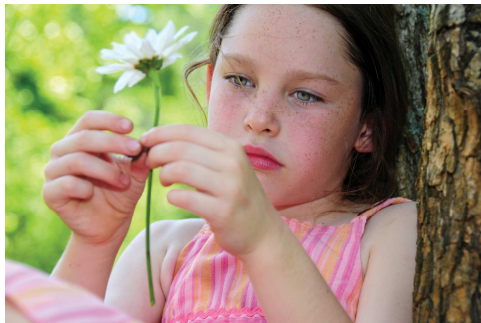
- **47%** of children in substantiated or services or needed reports were age 5 or younger.



SUMMER BREAK AND THE ABUSED CHILD

**ARTICLE CREDIT Sarah Burleton
NY Times bestselling author**

Not every child looks forward to summer vacation the same way that their peers do. Not every child counts down those last few minutes until the final school bell rings for the year. While the majority of their peers are looking forward to a summer of grilling out, family vacations, and lazy afternoons by the pool - the abused child leaves



school knowing that the next three months of their life are going to be anything but fun and relaxing.

School is an abused child's safe place and their refuge

away from the madness they call their home life. School provides the abused child 6-8 hours of freedom a day; freedom from the physical abuse, freedom from mental torture, and freedom to relax and breathe a little bit before they have to go home and face their abuser. An abused child knows fully well that an abusive parent will be less willing to leave marks on their body during the school year while under the eyes of watchful

teachers and school counselors. Even if they are bullied and teased at school, the abused child will tolerate it because anything is better than what they face at home every night. Summer breaks for me were terrible for all of the reasons above and then some. When that final bell rung for the last time in May, I trudged out of school as if my feet were made of lead. How could I be as excited as my

peers when I knew that I was facing three months alone with Mom with no break, no one to watch out for me, and no one to see the marks she

left on me? How could I be excited when I knew the mental and physical abuse I would endure during those three months? I would turn green with envy as I would listen to my peers brag about the summer vacations they were going to take and the fun times with family that they were looking forward to. I couldn't comprehend their happiness and I already knew that our summers were going to be very, very different.

MONTHLY SAFE ENVIRONMENT TIP

No child 16 and under can attend a Safe Environment Training.

*17 year olds and **18 year olds (still enrolled in high school)** may attend at the discretion of the parish/school but may not be alone with children or placed in a supervisory role with children.*

But do you know what would have helped? A knock on the door from a neighbor asking my Mom if she needed a break and getting me and my sister out of the house for a couple of hours would have been wonderful. And a visit from one of my peers from school, even once a week, would have made me feel less alone.

Enjoy your summers - I truly hope that each of yours is filled with fun and happiness. But don't forget about those kids who are dealing with hell at home. Simple gestures of kindness will make them feel less alone and hopefully help them get through the months they are stuck in the house with their abuser.

30 PREEMPTIVE SIGNS OF ABUSE TURNING DEADLY

ARTICLE CREDIT TO Christine Hammond, MS, LMHC

Abuse has a pattern similar to an addiction. Once the abuser has utilized an abusive method for a long period of time, the victim develops a tolerance to the abuse so it no longer has the same effect. This aggravates the abuser who then escalates.

It should be noted that there are seven primary ways a partner can be abused: mentally, spiritually, physi-

cally, emotionally, financially, verbally, and sexually. So abuse is not just about physical violence.

However, it is in the escalation that the abuser can become more obsessive, intense, erratic, and dangerous. Knowing these signs can be the difference between life and death.

The following checklist is slightly modified to be gender neutral but taken otherwise in whole from Gavin De Becker's book, *The Gift of Fear*.

Remember an abusing partner can be male or female, from all socioeconomic groups, from any demographic, and have a variety of traumatic history.

- The victim has intuitive feelings that they are at risk.
- At the inception of the relationship, the abusing partner accelerated the pace, prematurely placing on things as commitment, living together, and marriage on the agenda.

Archdiocese of Louisville Office of Safe Environment

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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 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.

DID YOU KNOW?

- The abusing partner resolves conflict with intimidation, bullying, and violence.
- The abusing partner is verbally abusive.
- The abusing partner uses threats and intimidation as instruments of control or abuse. This includes threats to harm physically, to defame, to embarrass, to restrict freedom, to disclose secrets, to cut off support, to abandon, and to commit suicide.
- The abusing partner breaks or strikes things in anger. They use symbolic violence (such as tearing a wedding photo, marring a face in the photo, etc.).
- The abusing partner uses alcohol or drugs with adverse effects (such as

memory loss, hostility, and/or cruelty).

- The abusing partner cites alcohol as an excuse or explanation for hostile or violent conduct ("That was the booze talking, not me; I got so drunk I was crazy").

- There has been more than one incident of violent behavior (including vandalism, breaking things, and/or throwing things).

- The abusing partner uses money to control the activities, purchases, and behavior of the victim.

- The abusing partner becomes jealous of anyone or anything that takes the victim's time away from the relationship; keeps the victim on a "tight leash," requires the victim to account for their time.

- The abusing partner refuses to accept rejection.

The abusing partner expects the relationship to go on forever, perhaps using phrases like "together for life," "always," and/or "no matter what."

- The Abusing partner consistently blames others for problems of their own making; refuses to take responsibility for the results of their actions. These characteristics do not have to be met before the abusing partner is determined to be a threat. However, the most important ingredient in determining the level of threat an abusing partner poses is the intuition of the victim. Listen to it, it might save a life.