



HONOR THY CHILDREN

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

BACK TO SCHOOL: TIME TO MAKE SURE YOU'RE READY TO VOLUNTEER

Prevention starts with understanding



Getting back to school means more volunteer opportunities are available. Now is a good time to ensure those who are serving your parish/school have an up to date background check as well as completion of the Archdiocese of Louisville's Safe Environment Training. The Archdiocese of Louis-

ville is committed to ensuring that children and youth who worship, study or participate in church-sponsored activities can do so in the safest and most secure setting possible. If you haven't already, now is the time to review your records and ensure those who are serving in a capacity that require a background check and attendance at a Safe Environment Training have satisfied those requirements. There is a listing of trainings on page two of this newsletter, but it is strongly advised that you visit www.archlou.org/safe for the most up to date

schedule of trainings. It is further recommended that you check this webpage often as times, dates and places are all subject to change due to weather, etc. Should you have any questions, feel free to contact Scott Fitzgerald, Archdiocese of Louisville Coordinator of Safe Environment Services via email (fitzgerald@archlou.org) or direct dial at 502.471.2132

PARISH RELIGIOUS EDUCATION SAFETY PROGRAMS

Another facet of creating a Safe Environment for our youth is educating those who don't attend our schools, but are active in our parishes. Parish catechetical leaders are reminded to introduce new age-appropriate videos to further enhance what is already in place.

Those programs include the "Safe Sheep in Our Flock Series for grades 1-4". This is a Catholic faith based program that delivers the sensitive subjects of "safe touch" with age-appropriate candor. There is also the "Wat Tadoo" video for grades 1 and 2 followed by the "Wat

Tadoo with Secrets" video for those in grades 3 and 4. For the older grades 5-8 we offer "Violence Prevention: Abuse: If It Happens To you" For more information on these or other curriculums please contact Scott Fitzgerald.

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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

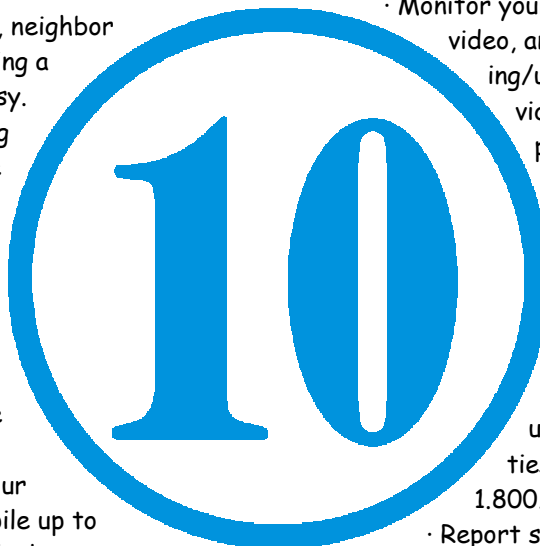
Those employed or volunteering with youth must undergo a background check every 5 years as well as attend the "Honor Thy Children Training" that addresses child abuse, how to recognize it and how to report it. See your parish/school Safe Environment Coordinator if you have not sat-

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.

TEN WAYS TO HELP PREVENT CHILD ABUSE

It's a question that is asked again and again, "How can I help prevent child abuse?" Here are ten simple answers to that question.

- Be a nurturing parent. Children need to know that they are special, loved and capable of following their dreams.
- Help a friend, neighbor or relative. Being a parent isn't easy. Offer a helping hand take care of the children, so the parent(s) can rest or spend time together.
- Help yourself. When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control take time out. Don't take it out on your kid.
- If your baby cries...It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby shaking a child may result in severe injury or death.
- Get involved. Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
- Help to develop parenting resources at your local library. Find out



whether your local library has parenting resources, and if it does not offer to help obtain some.

- Promote programs in school. Teaching children, parents and teachers prevention strategies can help to keep children safe.

- Monitor your child's television, video, and internet viewing/usage watching violent films, TV programs, and videos can harm young children.
- Volunteer at a local child abuse prevention program. For information about volunteer opportunities, call 1.800.CHILDREN.

· Report suspected abuse or neglect. If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local police department.

Should you ever have questions on reporting child abuse (or even prevention) feel free to contact Archdiocese of Louisville Victim Assistance Coordinator/Director of Counseling Services Martine Bacci Siegel at 502.636.1044 or via email (msiegel@archlou.org).

UPCOMING TRAININGS

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

8.17.15

Holy Spirit (Louisville)

8.24.15

St. Albert the Great

8.31.15

St. Dominic (Springfield)

9.10.15

St. Augustine (Lebanon)

9.14.15

St. Mary Academy

9.21.15

St. Gabriel

9.28.15

St. Joseph (Bardstown)

10.8.15

St. Agnes

10.12.15

St. John the Baptist (Brandenburg)

There are additional trainings scheduled. 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



THE FOUR TYPES OF ABUSE



Early detection of abuse in children not only saves lives, but goes a long way in determining the amount of time it takes to heal. There are four types of abuse and understanding each one will better help you recognize a child who is (or has been) abused:

Physical Abuse. Many of us automatically picture some sort of physical abuse if we hear someone speak of childhood abuse. Physical abuse includes deliberate aggressive actions on the child that inflict pain. Wounds, bruises, burns, and sore muscles are all examples of signs of physical abuse.

Like many boys in abusive homes, Matt lives in fear of his father coming home from work. He forgot to mow the lawn today after school and is worried that his father will become furious again, only to yell and hit him. He wonders if his father has been drinking, which will only make the hitting worse.

Neglect. Did you know that when parents are continually unavailable for their children it constitutes abuse? Neglect, or the absence of parental care, can have damaging effects on a child's well-being. It is also the most common form of child abuse. Because Linda's mother is gone again and there is no food in the fridge, she has

to figure out how she and her two younger sisters are going to eat today. They often go hungry and feel unsafe as well as unloved. They do not know how long their mother will stay when she

comes home, and often, they are left to fend for themselves. Parents may neglect children because they abuse a substance and are not aware enough to care for others or make plans for them. They may have a mental illness, like severe depression, that keeps them home lying in bed. While they may be present, they are not truly present for their children. Parents who neglect their children may not even have an addiction or illness. They may be consumed with a job, activity, or another person, to the extent that they are rarely available for their children or caring for their needs.

Psychological Abuse. Betsy's mother often makes harsh comments toward her. She tells her she is stupid and that's why her grades are so bad. She tells her she is getting fat and won't be able to find a husband one day. Betsy feels horrible about herself and has little hope for her future. These cruel comments from her mother make up psychological abuse. In fact, all behaviors toward children that cause mental anguish or deficits constitute psychological abuse. It is also termed 'emotional abuse' because damage caused to one's mental state inevitably creates emotional damage. Besides strong critical

statements, psychological abuse can also include: yelling frequently, withholding kindness or affection, prolonged periods of silence, and harsh jokes, to name a few examples. Like any type of abuse, there may be degrees in severity, but the actions still constitute abuse.

Sexual Abuse. When someone touches a child in a sexual way or commits a sexual act with him or her, they have committed sexual abuse. Sexual abuse includes any type of behavior toward a child that is intended for an offender's sexual stimulation. Fondling, forced sexual acts, or indecent physical exposure are some examples. Abuse includes one isolated event as well as incidences that go on for years. While many people have stereotypes of what a sexual offender may look like, the disturbing fact is that they are often relatives of the child. People that family or friends would never imagine are behaving in such ways are more often than not the culprits. Every time 8-year-old Gina is about to go to her grandfather's house for the summer, she starts acting nervous and telling her parents she doesn't want to go. They have no idea that she has been touched inappropriately by her grandfather and told not to say anything to anyone. It is important that her parents encourage her to share what is on her mind when they notice her reappearing anxiety. Again, should you have any questions concerning abuse or what it looks like, feel to contact Archdiocese of Louisville Victim Assistance Coordinator/ Director of Counseling Services Martine Bacci Siegel at 502.636.1044 or via email (msiegel@archlou.org).

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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.

SPORTS PROGRAMS AND SEXUAL ABUSE

When referring to child abuse awareness we sometimes overlook that this applies to sports teams as well. Former National Center for Missing and Exploited Children CEO John Ryan underscores the awareness when it comes sports programs saying 65 percent of predators who sexually abuse children are in positions of trust. They are often family members, neighbors or coaches and thought to be outstanding members of the community. "Youth centered organizations are a popular hunting ground for people who want to abuse children, especially those who have their guard down..." It is important that every athlete

knows they can speak up when something "doesn't feel right".



Sometimes athletes are worried that if they complain about a situation with a coach or an adult, the coach will no longer like them or give them good instruction. Or, they may think your teammates will get mad at them.

Parents should encourage their children to not be afraid to speak up. Everyone deserves respectful conduct.

While it is virtually impossible to define every behavior that might be classified as abusive, it is helpful to review definitions and examples of commonly encountered behaviors. Those can be found on page 3 of this newsletter.

It is the obligation of parents, coaches and other adult sport leaders to immediately act to stop improper behaviors whenever they are observed. All adults are responsible for preventing the infliction of harm to our children.