



# Honor Thy Children

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

## OLYMPICS BRING SEXUAL ABUSE TO LIGHT

Prevention starts with understanding

**CREDIT SELF.COM FOR THIS ARTICLE.** If you're not familiar with the sport of judo and Kayla Harrison, it's time to fix that. Judo is an official Summer Olympic sport, and it's a traditional style of Japanese wrestling that involves hand-to-hand combat. The London 2012 Summer Olympics were a big moment for judo. Why: 26-year-old Kayla Harrison became the first U.S. athlete—woman or man—to ever take home the gold medal in the sport. Oh, and did we mention she had a dislocated knee while scoring the gold, too? She's incredible, and the number one seed going into this summer's games in Rio. And Harrison is doing more than raising the profile of judo with her historic win: She's bravely raising awareness about sexual abuse. At the age of 16, Harrison revealed to her mother that she'd been sexually abused by one of her judo coaches for years. It was a scar-

ring experience that broke Harrison mentally, but one she openly talks about now to help other survivors work through their own trauma. In a new interview with [espnw.com](http://espnw.com), Harri-



son shared how she found her way through that difficult time in her life, telling the sports site, "There's nothing in this life that's going to be harder than what I've been through already. I may lose. But no one will break me." Harrison said though she bears no physical wounds from her sexual abuse, the scars of her experience are all over her heart. When the abuse was happening, she says keeping it a secret tore her apart. "When you live a lie, when

you lie to the people who are closest to you day in and day out, it eats away at you," she said. "I was at the point where I was ready to run away, I was ready to kill myself, or I was going to have to say something." At the age of 16, Harrison was on track to become an Olympic star, she said, but she was

emotionally a "train wreck": "I had a bright future in judo and I was excelling and I was starting to win on the senior level, but all the while I was changing as a person. I couldn't look people in the eye. I couldn't stand my brother and sister. I hated my mother. All I wanted to do was judo, all I wanted to do was hang out with my coach." After she told her mother about the abuse, she moved from Ohio to Boston to at-

*See Olympic Abuse (page 3)*

## 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.pcaain.org](http://www.pcaain.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.

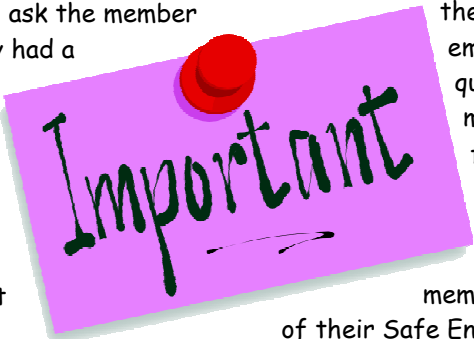
We also no longer accept outside Safe Environment Trainings. Reason being is we have a Code of Conduct specific to the Archdiocese of Louisville that is reviewed in the training and the member ultimately signs off that they understand.

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 504.71.2132.



# RELIGIOUS ED CURRICULUM

Helping our young people remain safe and identify potentially unsafe conditions remains paramount. The following curriculums are required to be taught to all children enrolled in religious ed classes. You may purchase these yourself or we have a limited supply on hand available for loan. They are as follows.

**GRADES 1-4: SAFE SHEEP IN**

**OUR FLOCK:** SAFE SHEEP is a Catholic faith based "safe touch" and

general safety program for primary grades. **SAFE SHEEP** is a "safe touch" and general safety program for primary grades. **SAFE SHEEP** delivers the sensitive subjects of "safe touch" with age-appropriate candor presented through engaging animation, ventriloquism, and humor. **(\$100.00 each) ORDER FROM:**

<http://safesheep.com>

**GRADES 5-8: VIOLENCE PREVEN-**

**TION: Abuse: If It Happens You:**

## 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.

8.25.16

*Holy Spirit (Louisville)*

8.29.16

*St. Albert the Great*

9.8.16

*St. Augustine (Lebanon)*

9.11.16 (SPANISH) (2:00 pm)

*St. Edward*

9.12.16

*St. Andrew Academy*

9.15.16

*St. Mary Academy*

9.19.16

*St. Nicholas Academy*

9.26.16

*St. Francis Xavier (Mt. Wash)*

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

This program is designed to help young teens understand that abuse, of all types, is more common than they think and if it happens to them, they need to tell a trusted adult. It examines the different types of abuse that can occur: physical, emotional, and sexual, and helps young teens understand that the victim is never at fault and did not cause or deserve the abuse. One of the biggest reasons victims don't speak out is because they think no one will believe them. This program assures

## OLYMPICS ABUSE (CONT...)

tend a new judo training facility and leave her abuser behind. But judo still felt like her "prison" rather than her "passion." "I felt like every time I went to judo, I could hear his voice and I could see him yelling at me and

I could picture my old life, and it haunted me and it tormented me and it just broke me down to the point where I was going to quit. It was too much. I couldn't do it. I wasn't that

strong," she told the site.

In Boston, her new coaches helped her find a psychologist, who helped her begin to see that she was a survivor, not a victim. She learned that the experience didn't define her. Harrison bravely faced her abuser in court, and he's now serving 10 years in prison. Harrison also started a foundation, Fearless Foundation, to help support survivors of sexual abuse. She told *espnW* that she shares her



story to hopefully break the taboo surrounding childhood sexual abuse. "One in four girls and one in six boys will be sexually assaulted by the time they're 18. And those are just the kids who say something," Harrison

said. "I wanted to speak out and say, it is real, it does happen, it happens in churches and it happens in neighborhoods and it happens in sports. The most important message that I could ever give to people who are going through what I went through, who are struggling in that really dark spot, is to promise them they are not alone." In Rio Kayla won her second gold medal at the Summer Olympics representing the US Judo Team.

## RELIGIOUS ED CURRICULUM

young people that while this can happen in some cases, the victim must continue to speak out until someone listens and takes what they say seriously. Use this program to educate your students and help them come forward if they have been abused. They have stopped selling this video, but the Office of Safe Environment has a limited number of copies available for check out. Call ahead to reserve yours.

Also available:

**Grades 1-2 WHAT TADOO:** With the help of two puppet frogs, What

and Tadoo, Thaddeus learns how to protect himself from strangers with four basic rules: Say No, Get Away, Tell Someone, and if needed, Yell. Highly recommended by prevention professionals, this program looks at the lures strangers use to entice children, and the "uh-oh feeling" they experience with certain touches. **(\$95) ORDER FROM: <http://empowerkids.com/>**

**WHAT TADOO WITH SECRETS**

**Grades 3-4** Seven year-old Juliette learns that secrets can be good or bad, and that telling bad secrets to a

### ***ARE THE RIGHT PEOPLE IN YOUR PARISH/SCHOOL SAFE SCREENED?***

Getting back to school can be a busy time for all involved. Even busier for volunteer and volunteer coordinators.

- Most fall sports teams are well into the practice season. Have all your coaches and assistant coaches completed a background check and attended Safe Environment training?

- A best practice is to liaison with your athletic director and have them supply you with a list of coach's names for each fall sports team. Coaches join teams at all times during the season. Can you be certain everyone has been cleared to work with youth?

- This is also a good time to review all volunteer positions (outside athletics) and ensure those who need to be are properly screened.

*Should you have any questions at all please contact Scott Fitzgerald via email [fitzgerald@archlou.org](mailto:fitzgerald@archlou.org) or via phone 502.471.2132.*

caring adult is the right thing to do. Professor Sir Hillary Von Carp and his wise frog friends, What and Tadoo, team up again to teach important lessons in making choices, distinguishing "good" secrets from "bad", and following basic rules for getting help or helping oneself. **(\$95) ORDER FROM: <http://empowerkids.com/>** Should you have any questions regarding these curriculums please contact Scott Fitzgerald via email ([fitzgerald@archlou.org](mailto:fitzgerald@archlou.org)) or via phone at 502.471.2132



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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](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.

## TALKING TO YOUR TEEN ABOUT SEXUAL ABUSE

As your teenager heads off to school, they're walking into a maze of adolescent experiences waiting to happen, including dating and sex. If you talk to your teen about sex and sexuality, they might react indignantly or recoil in horror ("Mom! Dad! Gross!"). Young people are often hesitant to open up to adults because they may fear being judged or may feel the conversation topic is uncomfortable. However, as a parent one of the best things you can do is talking, supporting, and listening to them about these topics. A majority of people who are sexually assaulted are first assaulted before the age of 25, and 40 percent of female sexual assault victims are as-

saulted before the age of 18. So where do you start? Begin by opening up a casual and calm



conversation about these topics. Frame the conversation as a way of loving your child. Start from a place of compassion and caring instead of a place of fear. Speak calmly and openly about sexual assault, and how

important it is for your teen to talk to their partner about boundaries (and respecting those boundaries). Even if your teen isn't dating anyone, it's still good to have these talks -- not just because they're likely to date someone later, but also because it's equally important to talk about bystander intervention.

Remember, conversations about sex, sexuality, and sexual assault are the beginning of what is hopefully ongoing communication between you and your teen. It might be awkward at first, but be patient and keep trying. Even if it doesn't feel like you're getting to where you want to be, you are making an impact just by modeling healthy communication in your own life.