



Honor Thy Children

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

DOMESTIC ABUSE AND EFFECTS ON CHILDREN

Prevention starts with understanding

Children are exposed to or experience domestic violence in many ways. They may hear one parent/caregiver threaten the other, observe a parent who is out of control or reckless with anger, see one parent assault the other, or live with the aftermath of a violent assault. Many children are affected by hearing threats to the safety of their caregiver, regardless of whether it results in physical injury. Children who live with domestic violence are also at increased risk to become direct victims of child abuse. In short, domestic violence poses a serious threat to children if the violence is chronic.

For many children, exposure to domestic violence may be traumatic, and their reactions are similar to children's reactions to other traumatic stressors. Children's immediate reactions to domestic violence may include:

- Generalized anxiety
- Sleeplessness

- Nightmares
- Difficulty concentrating
- High activity levels
- Increased aggression
- Increased anxiety about being separated from a parent.
- Intense worry about their safety or the safety of a parent.

Long-term effects, especially from chronic exposure to domestic violence, may include:

- Physical health problems
- Behavior problems in adolescence (e.g., juvenile delinquency, alcohol, substance abuse)

Emotional difficulties in adulthood (e.g., depression, anxiety disorders, PTSD) Exposure to domestic violence has also been linked to poor school performance. Children who grow up with domestic violence may have impaired ability to concentrate; difficulty in completing school work; and lower scores on measures of ver-

bal, motor, and social skills. In addition to these physical, behavioral, psychological, and cognitive effects, children who have been exposed to domestic violence often learn destructive lessons about the use of violence and power in relationships. Children may learn



that it is acceptable to exert control or relieve stress by using violence, or that violence is in some way linked to expressions of intimacy and affection. These lessons can have a powerful negative effect on children in social situations and relationships throughout childhood and in later life.

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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.

ELDER ABUSE IN KENTUCKY

Elder abuse is often a silent crime. Most of us never see it because most victims are abused behind closed doors by their own family members. And, too often, people who do see it choose not to get involved because it's "none of my business."

Given work some volunteers do in homes of the elderly, it's important to understand the signs of Elder Abuse and report any suspicions you may have.

Elder abuse is a crime that knows no

boundaries. Elder Abuse can occur anywhere, anytime; it can affect all races, religions, ethnicities, cultures, and socio economic groups. It can occur in community settings such as private homes or in an institutional setting. The definition of abuse varies and mandatory reporting laws vary from state to state. There is no uniform reporting system; therefore cases of abuse, neglect and exploitation often go undetected each year. According to the National Center on Elder Abuse, The New York State Elder Abuse Prevalence Study found that for every case known to programs and agencies 24 were unknown. Kentucky is a mandatory reporting state. (Reference KRS 209.030) If you suspect elder abuse, you are le-



gally required to report it. You can report abuse at the 24 hour toll free hotlines at 1-877-597-2331 or 1-800-752-6200. Calls can be made anonymously.

During State Fiscal Year 2015, the Kentucky Department for Community Based Services received 30,037 calls for reports concerning adults 60 years and older. Those calls were screened and 12,618 met acceptance criteria for an adult protective services investigation under KRS 209.

Learn to recognize the following signs of self neglect, caregiver neglect, physical abuse, emotional abuse and financial abuse. Here are some examples:

Neglect

- Torn and dirty clothes that are not appropriate for the weather
- Hoarding
- Lack of glasses, dentures or hearing aid
- Bedsores
- Little or no food in the refrigerator, or decayed and moldy food

Physical Abuse

- Appears frightened or withdrawn
- Never leaves the house; never allowed visitors
- Never mentions family or friends

Sexual Abuse

- Upset when changed or bathed
- Fearful of a particular person
- Loss of bowel and bladder control

UPCOMING TRAININGS

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

1.23.17

Holy Spirit (Louisville)

2.9.17

Corpus Christi Classical (Simpsonville)

2.13.17

St. Andrew Academy

2.20.17

St. Albert the Great

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

Emotional/Psychological Abuse

- Sudden dramatic change in behavior: appears withdrawn, depressed, hesitant to talk openly
- Caregiver won't let victim speak for herself
- Caregiver scolds, insults, threatens victim

Financial Abuse

- Use of Automated Teller Machines (ATM) when the person has no history of using ATMs or cannot walk or get to an ATM
- A recent Will, when the person seems incapable of writing a Will
- Rights signed away on legal papers without understanding what the papers mean

EMOTIONAL ABUSE IN YOUTH SPORTS

Ideally, well organized youth sports programs provide a safe and wholesome environment where young people can have fun, make friends, and develop character, self-esteem, confidence, trust, and the accomplishment of goals.

Unfortunately there are times when children can become victims of abuse and many don't realize the damage that is being done. Just as damaging as a physical injury on the field, is the emotional abuse that occurs from playing.

Emotional abuse is behavior that attacks a child's emotional development and occurs when an individual treats a child in a negative

manner that impairs the child's sense of self-worth. This may be a parent, guardian, caregiver, coach, teacher, brother, sister, or a

friend. Emotional abuse is the most common form of injury in youth sports.

Examples of emotional abuse include: rejecting, ignoring, isolating, terrorizing, name-calling, making fun of someone, putting someone down, saying things that hurt feelings, and yelling. Emotional abuse in youth sports is also:

- Forcing a child to participate in sports
- Not speaking to a child after he/she plays poorly in a game or practice
- Asking why he/she played poorly when it meant so much to you
- Hitting a child when his/her play disappoints you
- Yelling for not playing well or for losing
- Criticizing and/or ridiculing a child

for his/her sports performance
Providing no love, comfort, guidance, or support

Saying such things as *You're stupid, You're an embarrassment, You're not worth the uniform you play in* are damaging and hurt young athletes' self-esteem and their value as a person. If said long enough or strong enough, a child may come to believe such statements and carry them into his/her adult life.

Having a philosophy of sportsmanship fosters emotionally healthy children. It is the belief that that a sport or activity will be enjoyed for its own sake, with fair play, respect, and a



sense of fellowship with one's teammates and competitors. It nurtures the idea that the well-being of a young person is more important than his/her perform-

ance or winning.

A destructive philosophy in youth sports is the opposite of a sportsmanship philosophy, such as:

- Win at all cost philosophy — *Winning is the only thing*

Making a child believe his/her self-worth relies on wins and losses. This belief is established when the first thing you ask is *Did you win? What was the score?*

Parental rage in youth sports is becoming a commonplace occurrence. A survey of 2,000 youth sports parents and coaches conducted by Liberty Mutual Insurance's Play Positive Program revealed that 55 percent of coaches have experienced parents yelling negatively at officials or their own kids, and two in five have experienced parents yelling negatively at

MONTHLY SAFE ENVIRONMENT TIP

Class trip season is nearing. Do your chaperones have BOTH Safe Environment Training and a current background check?

Background checks must be renewed every 5 years.

Should you have any questions or need additional guidance please contact Scott Fitzgerald, Coordinator of Safe Environment Services

502.471.2132

other kids. Also, in the survey 16 percent of parents say they witnessed a confrontation between parents, and 26 percent of parents say they have witnessed a verbally abusive coach.

Witnessing aggressive and abusive behavior, and being abused, has been linked to adverse health outcomes in adulthood. These include anxiety, depression, post-traumatic stress disorder, and physical disease. It also increases the likelihood that the young person will engage in risky behaviors, such as delinquency, aggression, and suicidal ideation.

Young people may not recognize what's happening to them is abusive, it is up to the adults — parents and coaches — to be clear what behaviors are sportsmanlike and what behaviors constitute emotional abuse and to protect youth from all forms of violence, injury, abuse, neglect, and exploitation.

It is the responsibility of parents to know how the coach treats their children. Does the coach exhibit sportsmanlike and emotionally healthy behavior? Parents should especially be aware of coaches who only measure their success according to the win-loss record.

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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.

HUMAN TRAFFICKING IN KENTUCKY

This month Kentucky Attorney General Andy Beshear joined Catholic Charities of Louisville and other organizations to raise awareness about one of the nation's fastest growing criminal enterprises - human trafficking. The 11th of each January is National Human Trafficking Awareness Day. January is National Human Trafficking Awareness Month. "Human trafficking represents the worst form of abuse, often to children, and it is increasing in Kentucky," Beshear said. "That's why my

office is partnering with the public and private sector to enhance and improve policy measures and training opportunities to increase resources and awareness to help end human trafficking." In just the last quarter of 2016, Beshear's office provided assistance on 14 possible incidences of human trafficking and acted as the sole investigative agency on five cases. For 2016 as a whole, the AG's Department of Criminal Investigations provided technical assistance to local law enforcement agencies on 32 pos-

sible human trafficking cases, resulting in the identification of two minors who were being trafficked for sex. "Human trafficking is a crime that is hidden in the seams of Kentucky communities, in rural and urban areas," said Marissa Castellanos, human trafficking program director for Catholic Charities of Louisville. To learn more about human trafficking and efforts to fight it, visit Catholic Charities of Louisville Rescue and Restore program website at <http://www.rescueandrestoreky.org>, or contact the Attorney General's Office of Child Abuse and Exploitation Prevention at 502-696-5300. The national hotline is 888-373-7888.

