



# Honor Thy Children

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

## TEN WAYS TO BE A BETTER DAD

*Prevention starts with understanding*

Involved fathers can help children lead lives that are happier, healthier, and more successful than children whose fathers are absent or uninvolved. Fathers who spend time with their children increase the chances that their children will succeed in school, have fewer behavior problems, and experience better self-esteem and well-being.

### What You Can Do?

1. Respect your children's mother. When children see their parents respecting each other, they are more likely to feel that they are also accepted and respected.
2. Spend time with your children. If you always seem too busy for your children, they will feel neglected no matter what you say. Set aside time to spend with your children.
3. Earn the right to be heard. Begin talking with your kids when they are very young, and talk to them about all kinds of things. Listen to their ideas and problems.
4. Discipline with love. All

children need guidance and discipline, not as punishment, but to set reasonable limits and help children



learn from natural or logical consequences. Fathers who discipline in a calm, fair, and nonviolent manner show their love.

5. Be a role model. Fathers are role models whether they realize it or not. A girl with a loving father grows up knowing she deserves to be treated with respect. Fathers can teach sons what is important in life by demonstrating honesty, humility, and responsibility.
6. Be a teacher. A father who teaches his children about right and wrong and encourages them to do their best will see his children make good choices. Involved fathers use everyday examples to teach the basic lessons of life.

7. Eat together as a family. Sharing a meal together can be an important part of healthy family life. It gives children the chance to talk about what they are doing, and it is a good time for fathers to listen and give advice.

8. Read to your children. Begin reading to your children when they are very young. Instilling a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.

9. Show affection. Children need the security that comes from knowing they are wanted, accepted, and loved by their family. Showing affection every day is the best way to let your children know that you love them.

10. Realize that a father's job is never done. Even after children are grown and leave home, they will still look to their fathers for wisdom and advice. Fatherhood lasts a lifetime.

## 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-

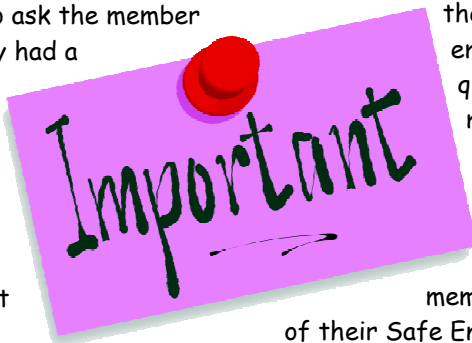
isfied either of these requirements. The "Honor Thy Children" training is a one time requirement and is normally completed within 30 days of beginning service. Each training session lasts 2 hours. The background check MUST be completed BEFORE any service/employment begins.

# 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 50.471.2132.

# TRUST YOUR GUT

Someone you love or care about may be acting in ways that worry or confuse you. Maybe you've noticed inappropriate behaviors that have a sexual tone or make others feel awkward, nervous, or embarrassed. Or, you might know of current sexual abuse, possibly involving child pornography that must be stopped. You don't need to wait until you're sure that abuse has occurred to report. In Kentucky, ANY person who

knows or has "reasonable cause" to believe that a child is a victim of child abuse or neglect has a duty to make a report to the Child Protection Hot Line at 1-877-KYSAFE1 or 1-877-597-2331, local law enforcement or Kentucky State Police. Have you ever seen someone playing with a child and felt uncomfortable? Maybe you thought, "I'm just over-reacting," or, "He/She doesn't really mean that." Don't ignore comments or

## 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.

6.27.16

*Holy Trinity (Fredericktown)*

7.19.16

*St. Bernadette*

7.25.16

*St. Gabriel*

8.3.16

*Holy Trinity (Louisville)  
(5:00 pm start)*

8.8.16

*St. Gregory (Cox's Creek)*

8.10.16

*Assumption High School  
(3:00 pm start)*

8.11.16

*St. James (E-Town)*

*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*

behaviors, learn to talk about them or ask more questions about what you have seen. The checklist below offers some warning signs. Do you know an adult or older child who:

- Refuses to let a child or teenager set any of his or her own limits (tells a teenager that only a parent can decide when privacy is allowed in the home, even in the bathroom)?
- Insists on hugging, touching, kissing, tickling, wrestling with or holding

*Cont (Trust Your Gut) page 3...*

## CONNECTING WITH YOUR TEEN

Many teens spend less time with their families than they did as younger children. As they become more independent and learn to think for themselves, relationships with friends become very important. Sometimes it may

feel like your teen doesn't need you anymore. But teens still need their parents' love, support, and guidance. For most teens, they crave independence, question rules and authority, test limits and can be impulsive. Teens can

also make mature decisions at times while childish ones at other times. So what can you do to help ensure a healthy relationship with your teen? Simple, everyday activities can reinforce your connection. Make room in your schedule for special times as often as you can, but also take advantage of routine activities to show that you care. Here are some helpful



hints.

Share some "ordinary" time. Look for everyday opportunities to bond with your teen. Even times spent driving or walking the dog together offer chances for your teen to talk about

what's on his or her mind.

Get involved, be involved, and stay involved. Go to games and practices when you can. Ask about homework and school projects. Learn about your teen's favorite websites and apps. Look for chances to join in your teen's latest hobby.

Get to know your child's friends.

Knowing your child's friends is an im-

portant way to connect with your teen. Make your home a welcoming place for your teen and his or her friends.

Be interested. Make it clear that you care about your teen's ideas, feelings,

and experiences. If you listen to what he or she is saying, you'll get a better sense of the guidance and support needed. Get to know your teen's friends and their parents, too, when possible.

Set clear limits. Teens still need your guidance, but you can involve your teen in setting rules and consequences. Make sure consequences are re-

lated to the behavior, and be consistent in following through. Choose your battles. Try to provide choices in the matters that are less important. Remember: Your words and actions help your teen feel secure. Don't forget to say and show how much you love your teen!

## TRUST YOUR GUT (CONT.)

a child even when the child does not want this affection?

- Is overly interested in the sexuality of a particular child or teen (talks repeatedly about the child's developing body or interferes with normal teen dating)?

- Manages to get time alone or insists on uninterrupted time alone with a child?

- Spends most of his/her spare time with children and has little interest in spending time with people his/her own age?

- Regularly offers to babysit many different children for free or takes children on overnight outings alone?

- Buys children expensive gifts or gives them money for no apparent reason?

- Offers alcohol or drugs to teenagers or children when other adults are not around?

- Frequently walks in on children/teens in the bathroom?

- Allows children or teens to consistently get away with inappropriate behaviors?

Should you notice any of these behaviors remember your duty to report.

Trust your gut. If you suspect abuse, make a report to the Child Protection Hot Line at 1-877-KYSAFE1 or 1-877-597-2331, local law enforcement or Kentucky State Police. You can also contact the Archdiocese of Louisville Victim Assistance Coordinator Martine Siegel at 502.636.1044 or via email: msiegel@archlou.org

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](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.

## HELPING A CHILD HEAL FROM SEXUAL ABUSE

There is no doubt that loving support is key to helping a child heal from sexual abuse or overcome a sexual behavior problem. But sometimes we can feel loving without knowing what loving steps we can take to help our children. As a parent or caretaker, here are some loving actions you can take to foster healing and recovery.

**1. Be calm** Respond to the child in a calm and matter-of-fact manner. Let the child know that no matter what happened or what they say, you'll still love them.

**2. Be open** Make sure your child knows that you are open and willing to talk. If your child has been abused, provide opportunities for conversation, but let your child be the one to bring the subject up. If they do, lis-

ten to them carefully, let them express their feelings, answer their questions as best you can and comfort them..

**3. Be supportive** When a child has sexually harmed another child, let the child know that you are open to talking and that they can be honest with you about their feelings. Reassure your child that you are "in their corner", that you love them, and that you will support them not only through your caring, but by getting them appropriate treatment and by encouraging them through the process of learning and practicing new behaviors.

**4. Be consistent** Use routine to provide predictability and reassurance. Anxiety, fear, distrust are just a few emotions children who have been im-

pacted by child sexual abuse experience. This can be as true for children who are struggling to overcome sexual behavior problems as it is for children who have been sexually abused.

**5. Be understanding** Understand that your child may go through a range of emotions and behaviors brought about by the abuse. Mood swings; changes in eating, sleeping and other habits; fear, anger, acting like a younger child are not uncommon responses to the trauma of sexual abuse.

Should you have any questions regarding healing please don't hesitate to contact our victim assistance coordinator, Ms. Martine Siegel, at 502/636-1044