



HONOR THY CHILDREN

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

MAINTAINING APPROPRIATE BOUNDRIES WITH YOUTH

Prevention starts with understanding

Staff Members who are closely involved with adolescents must understand the difference between appropriate and inappropriate interactions. Appropriate interactions are those that create a safe environment in which adolescents may grow, learn, seek help in solving problems and conflicts, and develop social skills. Inappropriate interactions cross the boundaries separating adolescent from adult needs and create a relationship that becomes peer-to-peer rather than adult-to-child. Staff offenders may be judged by adolescents and others to be the "best"

staff members, are very popular with adolescents and are often recognized for contributions. Staff members who have frequent one-to-one con-



tact with adolescents or who work in extracurricular activities can be at risk for inappropriate interactions or adolescent allegations or inappropriate interactions. Helpful Hits for Staff Members:

1. Establish the parameters of the relationship
2. Reaffirm the helping

nature of the relationship

3. Be Prepared to develop a specific plan for addressing the adolescents' needs and to involve other adults in implementing the plan.

Effective Youth Serving Professionals:

1. Understand their own emotional needs. Staff Members who are in emotional need are the most vulnerable to the seductive dependency of an unprofessional relationship.
2. Understand propriety issues related to helping relationships. Professional and personal boundaries become blurred when staff members take adolescents to lunch, write and receive personal notes or make physical contact.
3. Understand the emotional and physical development of adolescents. Adolescents who believe no one listens to them often transfer feelings of affection to the staff member.

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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- Withdrawn behavior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 90 minutes. The background check MUST be completed BEFORE any service/employment begins.

KEEPING THE FAMILY STRONG

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 prevent child abuse and neglect. Here are six key protective factors and some simple ways you can build these factors in your own family.

Nurturing and attachment: Show your family how much you love each other. Take time at the end of the day to connect with children with a hug, a smile or a few minutes of listening and talking. Find ways to engage your children while completing everyday tasks such as driving in the car, sharing meals or shopping.

Increase your knowledge of parenting: Explore parenting questions with your family doctor, your child's teacher, even family or friends.



Sometimes just sitting and observing what your child can and can't do goes a long way in educating yourself. Be sure to share with anyone who cares for your child.

Parental Resilience: Have courage during stress and the ability to bounce back from challenges. Take

some quiet time to reenergize. Take a walk or a bath. Find a quiet place to enjoy a cup of tea. Share your feelings with someone else or surround yourself with people who support you and

make you feel good about yourself.

Social Connections: Increase your connections with friends, family and neighbors who can help out and provide emotional support. Participate in neighborhood activities such as pot-lucks, street fairs or block parties. Find a church or community center that welcomes parents.

Develop a list of concrete support resources: Make a list of people or places to call for support. Work with your parish/school/community center and develop a list of organizations that provide family support. Perhaps host a community resource night to network with other parents.

Social & Emotional Competence of Children: Ensure children know they

UPCOMING TRAININGS

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

5.27.15

Assumption High School (12:30p)

6.1.15

(SPANISH)

St. Joseph (Louisville)

7.6.15

St. Paul

8.5.15

Holy Trinity (Louisville)

8.10.15

St. Gregory (Cox's Creek)

8.11.15

Assumption High School (1p)

8.17.15

Holy Spirit (Louisville)

8.24.15

St. Albert the Great

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

are loved, feel they belong and are able to get along with others. Provide regular routines, especially for the young ones while making 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 and teach them to solve problems in age appropriate ways.

HUMAN TRAFFICKING A REAL CONCERN

Human trafficking of children is a growing concern not only around the world but here at home in the Commonwealth of Kentucky. It occurs when a trafficker uses force, fraud, or coercion to compel another person to engage in commercial sex or work in a form of labor against his or her will. A child under age 18 engaged in commercial sex is a victim of sex trafficking, even if the youth's participation is not forced or coerced.



Although community-based services for family support and child abuse prevention are not specifically designed to respond to child trafficking, many of these providers are encountering children and youth who have been trafficked.

In addition, abused and neglected children experience circumstances that can make them more vulnerable to targeting and recruitment by traffickers and pimps.

Cases of human trafficking have been reported in all 50 states. Victims may be U.S. citizens or foreign nationals, male or female; even young children are sometimes victims of trafficking. Child trafficking may involve, prostitution, stripping, pornography, forced begging, magazine crews and other door-to-door sales, au pairs or nannies, domestic workers, restaurant work, hair and nail salons, agricultural work, drug sales and cultivation

How do you identify a victim of human trafficking? Every human trafficking case is different. Consider the possibility of human trafficking when a child or youth, fails to attend school regularly or has unexplained absences, frequently runs away from

home or makes references to frequent travel to other cities. Physically a child may exhibit bruises or other signs of physical trauma. Mentally he or she may show withdrawn behavior, depression, anxiety, or fear. Other warning signs could show a child lacks control over his or her schedule and/or identification or travel documents. Does the child look hungry, malnourished, deprived of sleep, or inappropriately dressed (based on weather conditions or surroundings)? Does the child

shows signs of drug addiction? Do they appear to have coached or rehearsed responses to questions? Signs that may indicate sex trafficking include a sudden change in clothing, personal hygiene, relationships, or possessions. They also demonstrate behavior that is uncharacteristically promiscuous, or references to sexual situations that are not age appropriate. A "boyfriend" or "girlfriend" who is noticeably older. Also, attempts to conceal recent scars should be cause for concern.

A victim of labor trafficking may express the need to pay off a debt, express concern for family members' safety, work long hours and receive little or no payment or care for children not from his or her own family. What to do if you suspect a child is a victim of human trafficking? It can take a long time to gain a child or youth's trust and determine whether he or she is being trafficked. It's not your responsibility to make this determination. Report any suspected trafficking to the proper authorities. In an emergency, call your local police department or 911. To report suspected human trafficking crimes or

to get help from law enforcement, call U.S. Immigration and Customs Enforcement at 1.866.347.2423 or submit a tip online at <http://www.ice.gov/tips> To report suspected trafficking crimes, get help, or learn more about human trafficking from a nongovernmental organization, call the National Human Trafficking Resource Center at 1.888.373.7888 or visit

www.traffickingresourcecenter.org. To report sexually exploited or abused minors, call the National Center for Missing and Exploited Children's (NCMEC) hotline at 1.800.THE.LOST

or report incidents online at <http://www.cybertipline.org>.

Conduct interviews gently and out of the presence of the suspected trafficker(s). Be aware that the child's parent or caregiver may be the child's trafficker. Use an interpreter if the victim does not speak fluent English. Contact an independent and trusted source for help. Do not use relatives, neighbors, or friends of the suspected victim.

Understand that the child may be reluctant to open up due to fears of retribution by the trafficker or shame about the abuse or the work he or she has been forced to do. It's important to know trafficked youth may not see themselves as victims and may appear hostile, angry, or protective of their traffickers. Be sensitive to cultural and religious differences and avoid questions about immigration; this can be intimidating. Should you have any questions regarding human trafficking you can contact Marissa Castellanos, who works with works with trafficking victims at Catholic Charities of Louisville. You can contact her via, email mcastellanos@archlou.org.

Archdiocese of Louisville Office of Safe Environment

Martine Bacci Siegel, MSN, RN, CNS
Maloney Center
1200 South Shelby Street
Louisville, KY 40220

Phone: (502) 636.1044

Fax: (502) 634.3381

E-mail: msiegel@archlou.org

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.

TECHNOLOGY CHECK IN

As technology becomes more interwoven in everyday life, it's easy to overlook opportunities to chat with youth about the never-ending pitfalls they can encounter in cyberspace. Even if you've already had "the talk" with your kids, it's never a bad time to check in with them and see where they are at. Here's some helpful guidelines when "checking in".

While they are on the computer casually sit down with them and learn what they are doing. Have them show you some of the sites they visit. The earlier you make this practice the norm, the better off your child will be. Ask them to show you the sites they use. Maybe ask to see a friend or two. See what they are posting on their

profile. If they refuse, that might be a red flag. Also form networks with the parents of your friends. Much like they form networks, form your own network so you can alert each other if you see suspicious activity. Remind your child to never post your personal information, such as a cell phone number, home number, home address, or location on any social networking site or through mobile apps like Snapchat or Instagram. Snapchat pictures do not go away. Remind them to NEVER share passwords with anyone, including their best friend. The only people who should know their passwords are you. Also, for the younger ones, reiterate if they wouldn't say something to another person's

face, don't text it or post it online. Always use the privacy settings of social networking sites. Sit down with your child and go through this with them. Finally advise them, if anything makes them feel uncomfortable online, while gaming or when using their cell phone, encourage them to talk with you right away.

