



Honor Thy Children

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

PARENTAL BULLYING

Prevention starts with understanding

October is National Bullying Prevention Month. Something that often gets overlooked is "Parental Bullying" When discussing bullying, the majority of people think of bullies as other students or a child's peers. In some cases, the bullies that cause the most damage are the parents. This can often be seen at athletic events where overzealous parents berate the opposing teams' players and coaches. Parents who push their children to compete will often degrade or humiliate them if they make mistakes or don't perform well enough to meet their standards.

Aggressive parenting is one of the most widely demonstrated forms of parental bullying. Aggressive parenting tactics are often considered harsh and unyielding. While the children who grow up in that type of environment are brought up to believe it is normal, it allows them to believe that aggression and humiliation are common and acceptable methods of teaching. Be-

rating children and humiliating them until they perform adequately can lower a child's self esteem and lead to depression and other emotional problems.

Children who are brought up in a home where capital punishment is common, often learn more out of fear than out of the desire to understand. Aggressive parenting tactics can include mental, emotional and physical forms of abuse. Parents force their children to do what they are told by threatening them with a variety of punishments ranging from lengthy periods of time outs to spankings.

In some circles of society, parents who scold or reprimand their children publicly are often considered to be overly aggressive. Parenting styles range from family to family. Not everyone will agree with another person's choices. Professionals in the field are often asked to weigh in on what the exact line is between overly aggressive parenting tactics and physical/verbal abuse.

It is common knowledge that the majority of people believe that abuse that occurs in the home can be even more damaging than that which occurs in a school setting. Children strive to gain the love and affection of their parents. When a parent uses an overly aggressive method of parenting, the child may begin to question their own value and doubt the parents' love.

Children who are bullied at home by their parents or older siblings, will often become bullies at school. When bullying behaviors are taught by parents, young children automatically begin to accept them as normal behavior. It isn't until they enter school that other forms of discipline are learned. Once bullying patterns are taught, either through parental discipline or verbal/emotional/physical abuse, they will remain with the child until they are unlearned or something more prominent

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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.

WINTER SPORTS SEASON

The fall sports season is now drawing to a close and the winter sports season is coming on line. Are your coaches and volunteers in compliance with Safe Environment guidelines? Now is the time to reach out to your athletic directors for a list of

coaches and/or volunteers. While not every coach and/or volunteer is always identified this early, a best practice is to compile a list of all teams that will be participating and any coaches that have been identified already. Communication with your athletic directors is paramount. Checking in



with them on a consistent basis is one way to ensure that all are in compliance.

Always be sure to ask each potential volunteer if they have (1) had a background check with the Archdiocese of Louisville after August 1, 2014 and

if they've attended Safe Environment Training. If they are unsure feel free to reach out to Scott Fitzgerald, Coordinator of Safe Environment Services via email (fitzgerald@archlou.org) or via phone (502.471.2132).

HOLIDAY STRESS AND ABUSE

There are just over 60 days until Christmas and unfortunately sometimes holiday stress leads to abuse. The holiday season can be both magical and incredibly stressful. High expectations, busy schedules, tight expenses, and family dynamics can lead to an explosion of stress and unfortunately a spike in child abuse. But with a little planning and patience, you can make this holiday season merrier and less exhausting.

Here are give simple tips for a stress-free holiday. Be realistic. Many parents have unrealistic expectations of how the holidays should go. Think Norman Rockwell meets every Christmas toy commercial you see on television. Then make it better. That's how we think the holidays will go. But in real life, kids get sick, parents can't find the latest and greatest toy, and the turkey ends up undercooked. So, set

UPCOMING TRAININGS

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

10.27.16

St. Stephen Martyr

11.7.16

Our Lady of Lourdes

11.14.16

St. Joseph (Bardstown)

12.3.16

St. Rita (SPANISH)

4p start time

More trainings are being scheduled for December and will be posted at www.archlou.org/safe when finalized

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

realistic expectations now and go easy on yourself. Not everything will be perfect, and that's okay. Spending time with those you care about and making memories (even if the memories involve frozen pizza). Make your own traditions. Establishing traditions is one of the most important things you can do as a parent. It shows your children you love them by establishing structure and routine. Traditions can be as simple as hugging goodbye or tucking a child in bed at night. Or it could be an annual tradition of driving through your neighborhood with hot cocoa to view

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PARENTAL BULLYING (CONT...)

takes their place. If the pattern were allowed to continue on past high school, it is quite probable that the same behaviors would be used on their own children as well. Therapists and psychologists believe that in most cases, a child who was bullied by his or her parents would, in turn, bully their own children. It has been proven through various studies that children who were physically abused by their parents, eventually abused their own children in the same fashion. Parents who bully their children do not realize the harm they are doing until they watch them begin to bully others. They also do not relate bullying to their disciplinary methods because they are acting in much the same way that their parents did. Behavioral studies performed over the

years show that children who have been raised in abusive homes often become abusers themselves. Psychologists who have witnessed the patterns, have been encouraging parents to change their discipline styles for several years.

Aggressive forms of discipline and bullying tactics are being frowned upon, mainly due to the fact that children who are exposed to them often repeat them in school or on the athletic field.

Teaching children by example and encouraging them to learn from their mistakes are positive ways for parents to turn their aggressive parenting habits into more productive experiences.

MONTHLY SAFE ENVIRONMENT TIP

Many people volunteering or working in our parishes/schools could have already attended the Safe Environment training and have a recent background check through selection.com.

Be sure to ask your members if they have already completed the training and had a background check prior to August 2014.

If they are unsure feel free to reach out to:
Scott Fitzgerald
Coordinator of Safe Environment Services
fitzgerald@archlou.org
or via phone
502.471.2132

HOLIDAY STRESS (CONT.)

the Christmas lights or watching "Elf" with a bowl of popcorn. How about eating tacos on Christmas Eve?

Whatever your traditions, choose to spend time on them this holiday season instead of rushing around to do everything you think you "should." Your time will be better spent and your stress level will decrease.

Set ground rules. Now's the time to decide the ground rules for your family's holiday season - especially around time and money. These are two of the biggest stressors during Christmas (and anytime). So ask yourself the following questions:

- What really matters to me this holiday season? (Don't spend your time or energy on things that aren't on this list.)
- How much money can I actually spend? (Setting a budget now is a great way to keep you from a financial free-for-all. While it's fun and easy to continue spending more and more on

gifts and dinners and meals, your credit card bill in January will thank you for your discretion.) There's no reason you have to attend every single holiday party to which you are invited or stop at every holiday sale available. Instead of filling up your social calendar and emptying your bank account, focus on what matters.

Sometimes holiday stress comes from the outside.

- Your kids think they should get everything they pick out in the toy catalog.
- Your sister believes you should buy everyone in the family an expensive gift.
- Your aunt doesn't understand why you can't make her fancy Christmas Eve bash.

Be honest and open when you are establishing the ground rules. In most cases, there's no reason to lie and you shouldn't have to apologize.

- Explain to your children that Santa

doesn't have a blank checkbook and neither do you.

- Tell your sister that you simply cannot afford to give gifts to everyone and would prefer giving inexpensive gifts to kids only.
- And tell your aunt that it's a tradition to spend Christmas Eve with your kids at home.

When January 1 rolls around, we'll all look back on what the holidays are really about, and it's not the gifts or the parties or the meals. So this Christmas, give yourself a break. As a caregiver, you feel pressure to make the season magical. But the most magical thing you could do is enjoy the time with your loved ones. So now is the time adjust your expectations, manage the expectations of those around you, and help reduce the stress of the holiday season.

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 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.

ELDER ABUSE - WHAT CAN I DO?

Elder abuse is recognized as a continually increasing and serious problem in our society. Unfortunately, due to under-reporting, variations in the definition of elder abuse, and the absence of a nationwide uniform reporting system, it is difficult to determine the scope of this issue. The National Center on Elder Abuse distinguishes between seven different types of elder abuse. These include physical abuse, sexual abuse, emotional abuse, financial/material exploitation, neglect, abandonment, and self-neglect. The most common forms of abuse are:

Physical abuse. Use of physical force that may result in bodily injury, physical pain, or impairment.

Sexual abuse. Non-consensual sexual

contact of any kind with an elderly person.

Emotional abuse. Infliction of anguish, pain, or distress through verbal or non-verbal acts.

Financial/material exploitation. Illegal or improper use of an elder's funds, property, or assets.

Neglect. Refusal, or failure, to fulfill any part of a person's obligations or duties to an elderly person.

Abandonment. Desertion of an elderly person by an individual who has physical custody of the elder or by a person who has assumed responsibility for providing care to the elder.

Self-neglect. Behaviors of an elderly person that threaten the elder's health or safety.

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. The majority of elder abuse victims are female, whereas the majority of the perpetrators are male. Overall, adult children are most often the perpetrators of elder abuse, followed by other family members and spouses. If you suspect elder abuse, you are legally 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.