



Honor Thy Children

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

SEPTEMBER STRESS: BACK TO SCHOOL

Prevention starts with understanding

With the school year back in full swing, the stress level tends to rise for families juggling work, sports practices and other after-school activities.

Kosair Children's hospital encourages the following guidelines when it comes to discipline:

- Listen and talk with your child
- Let your child know what behaviors you expect
- Understand what behaviors to expect based on your child's age and developmental level

Distraction: Redirect the child's attention

Distraction means drawing the child's attention away from what he or she is doing. It works best with infants and toddlers who are too young to understand why they shouldn't be behaving in a certain way. Direct the child's attention to something different while making a simple comment about the unwanted behavior, such as "No touching that."

Timeout: Give the child time to cool down

Timeouts work best for children age 3 and older for tantrums, hitting, arguing, throwing things, etc. They do not work if used too often, in the wrong places or for a long period of time. The child should



know in advance that if bad behavior does not stop with one reminder, there will be a timeout. Adults should stay calm and not yell. Timeout should last for one minute per year of the child's age after the child calms down. Praise the child for calming down and briefly discuss the unwanted behavior.

Sticker charts: Chart good habits

Sticker charts can be good tools for reinforcing good habits and breaking bad habits. Create a chart or calendar that the child can help decorate. Explain to the child that he or she will receive a sticker or checkmark each day he or she

shows the habit or behavior you are trying to reinforce. This method works best for preschool- and young school-age children. It requires

time and attention from adults. Decide how many checkmarks or stickers equal an award. Make the goals rea-

sonable for the child to achieve.

House rules: Agree on family rules and consequences

Setting house rules works best for school-age and teenage children. Rules don't work if the child isn't involved in setting them up, or if the adults do not follow through on consequences for breaking the rules. Avoid trying to set up rules for everything. Make sure consequences are reasonable. Always be willing to listen to the child's reason if he or she feels a rule is unfair. When the rule is broken, calmly remind the child of the rule and the consequence.

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
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.

EFFECTS OF CHILD ABUSE

In order to prevent child abuse, we must understand it's effects. All types of child abuse and neglect leave lasting scars. Some of these scars might be physical, but emotional scarring has long lasting effects throughout life, damaging a child's sense of self, ability to have healthy relationships, and ability to function at home, at work and at school. Some effects include:

Lack of trust and relationship difficulties. If you can't trust your parents, who can you trust? Abuse by a primary caregiver damages the most fundamental relationship as a child—that you will safely, reliably get your physical and emotional needs met by the person who is responsible



for your care. Without this base, it is very difficult to learn to trust people or know who is trustworthy. This can lead to difficulty maintaining relationships due to fear of being controlled or abused. It can also lead to unhealthy relationships because the adult doesn't know what a good relationship is.

Core feelings of being "worthless" or "damaged." If you've been told

over and over again as a child that you are stupid or no good, it is very difficult to overcome these core feelings. You may experience them as reality. Adults may not strive for more education, or settle for a job that may not pay enough, because they don't believe they can do it or are worth more. Sexual abuse survivors, with the stigma and shame surrounding the abuse, often especially struggle with a feeling of being damaged.

Trouble regulating emotions. Abused children cannot express emotions safely. As a result, the emotions get stuffed down, coming out in unexpected ways. Adult survivors of child abuse can struggle with unexplained anxiety, depression, or

anger. They may turn to alcohol or drugs to numb out the painful feelings.

Should you have any questions or concerns around the effects of abuse reach out to Archdiocese of Louisville Victim Assistance Coordinator/ Director of Counseling Services Martine Bacci Siegel at 502.636.1044 or via email (msiegel@archlou.org).

UPCOMING TRAININGS

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

9.21.15

St. Gabriel School

9.28.15

St. Joseph (Bardstown)

9.30.15

St. Nicholas Academy

10.5.15

Holy Trinity School (Louisville)

10.8.15

St. Agnes

10.12.15

St. John the Baptist

10.19.15

St. Paul

10.26.15

St. John the Apostle (Brandenburg)

11.2.15

Annunciation (Shelbyville)

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



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REPORTING CHILD ABUSE IN KENTUCKY

The Commonwealth of Kentucky is a "mandatory reporting" state when it comes to reporting child abuse. Kentucky law states that it is the duty of everyone who has reasonable cause to believe that a child is dependent, abused or neglected to report this information.

KRS 620.030 states: (1) Any person who knows or has reasonable cause to believe that a child is dependent, neglected or abused shall immediately cause an oral or written report to be made to a local law enforcement agency or the Kentucky State Police; the Cabinet or its designated representative; the commonwealth's attorney or the county attorney; by telephone or otherwise...

In addition, the following persons may be required to submit a more detailed, written report: (1) Any person, including but not limited to a physician, osteopathic physician, nurse, teacher, school personnel, social worker, coroner, medical examiner, child-caring personnel, resident, intern, chiropractor, dentist, optometrist, emergency medical technician, paramedic, health professional, mental health professional, peace officer or any organization or agency for any of the above, who knows or has reasonable cause to believe that a child is dependent, neglected or abused, regardless of whether the person believed to have caused the dependency, neglect or abuse is a parent, guardian, person exercising custodial control or supervision or another person who has attended such child as a part of his professional duties...

KRS 620.030(1) also states:...Any supervisor who receives from an employee a report...shall promptly make a report to the proper authorities for investigation...

When someone reports they will also be given immunity. Both civil and criminal immunity from prosecution are given to any person making a report or assisting legal authorities or the child protection program in making an assessment, as long as that person is acting in good faith. KRS 620.050(1) states: "Anyone acting upon reasonable cause in the making of a report or acting under KRS620.030 to KRS 620.050 in good faith shall have immunity from any liability, civil or criminal, that might otherwise be incurred or imposed. Any such participant shall have the same immunity with respect to participation in any judicial proceeding or resulting from such report or action. However, any person who knowingly makes a false report and does so with malice shall be guilty of a Class A misdemeanor." The law further states that failure to report child abuse or neglect can result in criminal charges. There are penalties for not reporting. KRS 620.990(1) states: Any person intentionally violating the provisions of this chapter shall be guilty of a Class B misdemeanor. A Class B misdemeanor carries a penalty of up to 90 days in jail and/or a fine of up to \$250.

What can you expect after making a report?

Due to the nature of reports, the first step taken by DCBS is to determine whether the referral meets the criteria for abuse, neglect or dependency. An investigation/assessment is conducted as soon as possible on all cases, but in cases where the child may be in imminent danger, a worker will investigate/assess within the hour. Most cases will be initiated within 24-48 hours, depending upon the level of risk to the child. On abuse and neglect reports, the police

may also investigate to see whether a crime is being committed or whether the children need to be removed for their safety.

KRS 431.600 requires that all child sexual abuse investigations be conducted jointly DCBS and law enforcement. The establishment of local multi-disciplinary teams composed of professionals involved in such investigations, including DCBS, law enforcement, prosecutors, mental health professionals and doctors who conduct child sexual abuse exams, are encouraged to provide a community response to ensuring the protection of the child while coordinating the delivery of service to the family.

If the family must be separated for the child's protection, it is the goal of DCBS to reunite the family members under better circumstances. When it is possible, children are placed with relatives; this helps them maintain their family identity and makes the eventual transition back to their own home easier.

While the first priority is to protect children from abuse, neglect or dependency, it is not the only goal. DCBS wants to help strengthen families by providing planned, goal oriented services, which will increase parental capacity for adequate child care. Services are developed both to help parents alleviate problems which may have been causing maltreatment of their children and to acquire better parenting knowledge and skills. Again, should you have any questions concerning reporting, feel to contact Archdiocese of Louisville Victim Assistance Coordinator/Director of Counseling Services Martine Bacci Siegel at 502.636.1044 or via email (msiegel@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.

PROFILE OF AN ABUSER

How can you tell if someone is an abuser? Abusers can be anyone, parents, other family members, teachers, coaches, and family friends. Virtually anyone who has access to a child is in a position to mistreat the child. Sometimes, people who abuse demonstrate signals; parents who abuse their children may avoid other parents in the neighborhood, may not participate in school activities, and might be uncomfortable talking about their children's injuries or behavioral problems. Adults who sexually abuse children



typically know the kids beforehand. Rarely will a sexual abuser pick a child at random. The abuser may use this relationship to his or her advantage, telling the child to keep the relationship a secret or warning that the child will be hurt or in trouble if he or she tells anyone. Many times, people who abuse children were themselves abused as kids. This cycle of abuse can be hard to break and can pass down for generations within a family. If you suspect that someone you know, such as a babysitter or child-

care provider, is abusing a child, keep the child away from that person until authorities have been notified. If you suspect the person may abuse the child again, make sure any future contact between the child and that person is supervised. **Never threaten a person or take the law into your own hands.** Let the legal system decide an appropriate punishment for an abuser. Should you suspect abuse and have any questions reach out for help immediately or Archdiocese of Louisville Victim Assistance Coordinator/ Director of Counseling Services Martine Bacci Siegel at 502.636.1044 or via email (msiegel@archlou.org).