



Honor Thy Children

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

BACK TO SCHOOL AND CHILD ABUSE

Prevention starts with understanding

The return to school is an exciting time for most, but for some it simply serves as a short respite from abuse at home. Listed here are some behaviors school

staff should be on the lookout for as they could be an indicator of a more serious problem. Remember, the Commonwealth of Kentucky is a mandatory reporting state. You **MUST** report any suspicions you have. If

you believe a child is being abused, neglected or is dependent, please call the Child Protection Hotline number below or the Protection and Permanency office in your county or call the **Child Protection Hot Line 1-877-KYSAFE1 (1-877-597-2331)**

The online Kentucky Child/Adult Protective Services Reporting System is available for professionals to report non-emergency situations that do not require an immediate response from our staff. The

website is monitored from 8 a.m. to 4:30 p.m. Eastern time Monday through Friday. Reports will not be reviewed during evenings, weekends or state holidays.



Here are a list of behaviors to look out for

1. **Changes in behavior.**

Abuse can lead to many changes in behavior. Abused children often appear scared, anxious, depressed, withdrawn or more aggressive.

2. Returning to earlier behaviors. Abused children may display behaviors shown at earlier ages, such as thumb-sucking, bedwetting, fear of the dark or fear of strangers. For some children, even loss of acquired language or memory

problems may be an issue.

3. **Fear of going home.**

Abused children may express apprehension or anxiety about leaving school or about going places with the

person who is abusing them or exhibit an unusual fear of a familiar person or place.

4. Changes in eating. The stress, fear, and anxiety caused by abuse can lead to changes in a child's eating behaviors,

which may result in weight gain or weight loss.

5. **Changes in sleeping.**

Abuse children may have frequent nightmares or have difficulty falling asleep, and as a result may appear tired or fatigued.

6. **Changes in school performance and attendance.**

Abused children may have difficulty concentrating in school or have excessive absences, sometimes due to adults trying to hide the children's injuries from au-

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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.

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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.

BACK (CONT.)

thorities.

7. Lack of personal care or hygiene. Abused and neglected children may appear uncared for. They may present as consistently dirty and have severe body odor, or they may lack sufficient clothing for the weather.

8. Risk-taking behaviors. Young people who are being abused may engage in high-risk activities such as using drugs or alcohol or carrying a weapon.

9. Inappropriate sexual behaviors.

Children who have been sexually abused may exhibit overly sexualized behavior or use explicit sexual language and may exhibit symptoms of a genital infection.

10. Unexplained injuries. Children who have been physically abused may exhibit unexplained burns or bruises in the shape of objects. You may also hear unconvincing explanations of a child's injuries.

UPCOMING TRAININGS

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

8.7.17

St. Joseph (Bardstown)

8.9.17

Holy Trinity (Louisville)

5:00 p.m. start

8.14.17

St. Martha

8.17.17

St. James (E-Town)

Always 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

DO & DON'T WHEN IT COMES TO CHILD ABUSE

DO

- Allow the child to use his/her own words to describe the incident.
- Assure the child they are not to blame for what happened
- Treat the child normally
- Take care of the child's emotional needs
- Listen and take notes
- Allow the child to talk about the incident if they bring it up
- Write down concerns and questions for CPS, police officers and therapists



DON'T

- Use your language to help the child describe what happened
- Try to interview or investigate
- Overreact
- Express fear, anger and anxiety
- Initiate conversation about the incident
- Let personal feelings influence the child
- Reward child for giving information



SPORTS & ABUSE AWARENESS

by Deborah Serani Psy.D.

Research shows that sexual abuse happens in all sports and at all levels. From beginning youth sports programs, across school, community and university settings, even to Olympic elite athletes. The sporting culture, with its larger-than-life coaches, fierce competition, the need for funding, and a "win at all costs" philosophy, creates an environment that contributes to the sexual exploitation of athletes.

Sexual abuse can be a physical or non physical act and a psychological experience. As a physical act, sexual abuse involves touching and non-touching behaviors. This can be done in coercive or seductive ways. As a psychological experience, the abuse of power and authority by the predator renders the young athlete powerless. First, a cycle of dependency is created between the predator and the child, involving special attention and friendship. Predators look to build a bond of loyalty, and then move to isolate and control the athlete. This specialness descends into sexual attention, where intimidation, guilt, secrecy and further dependency are manipulated. Sometimes the abuse occurs with threats and violence. Sometimes with deception or even with misdirected love. By the time the child wants to - or wishes - to disclose the nature of the sexual trauma, a sense of helplessness and hopelessness secures their silence. Statistics: Members of an athlete's sports community in positions of power and authority are often identified as sexual abuse predators. This includes coaches, trainers, athletic directors, physical therapists, bus drivers, chaperones, etc. Here are things to keep in mind:

The risk of sexual abuse is greater

when there are loose guidelines, unstructured and unsupervised practice times and high athlete vulnerability, especially in relation to age and maturation.

Research identifies risk situations as the locker-room, the playing field, trips away, the coach's home or car, and social events, especially where alcohol is involved. Team initiations or end-of-season celebrations are also risk factors.

Passive attitudes, non-intervention, denial, and/or silence by people in positions of power in sports culture increases the psychological harm of sexual abuse for the athlete.

Lack of bystander action also creates the impression for victims that sexual abuse is legal and socially acceptable - and that those involved in the sporting world will be powerless to speak out against it.

The Depressive Fallout of Sexual Abuse: Research demonstrates that sexual abuse in sports results in significant depression, psychosomatic illnesses, substance abuse, self harm, and suicide.

When children find it hard to understand betrayal by someone who should be trusted, the child will blame himself. This blaming of the self significantly crushes well-being and any hope for healing from sexual assault.

Sexually Abused athletes are re-victimized if they are rejected or disbelieved by their sports organization, community and society.

The depression, isolation and self-destructiveness an athlete experiences will also have an adverse effect on his or her family.

Children who make direct statements, indirect statements or display highly sexualized behavior are signaling their trauma. However, there are many who cannot, and descend into

MONTHLY SAFE ENVIRONMENT TIP

The fall sports season is upon us. Do you know who your coaches are?

Every coach should have a background check along with the Safe Environment Training (or at least plans to attend one of many this month)

Now is the time to reach out to your athletic director and ensure all coaches have are Safe Environment certified.

Are you compliant?

the depths of despair. If the process of healing does not take place, sexual trauma can last a

TIPS FOR PARENTS

- Communicate honestly and openly with your child. Encourage your child to keep no secrets from you.
- Reinforce safe boundaries for your child's physical, sexual and emotional life.
- Discuss trustworthy versus untrustworthy behavior in every day conversation.
- Keep an open dialogue going when your child is spending time with adults outside of your reach.
- Be present at practices and games so you can observe the interaction between your child and his or her coach.
- Be wary of coaches who tell you things about your child that in your heart you know are not true.

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.

SUSPECTED ELDER ABUSE

The Kentucky Cabinet for Health and Family Services Adult Protective Services Division has the legal responsibility for investigating complaints of abuse, neglect, and exploitation of adults. Abuse and neglect mean causing physical pain or injury, mental injury or the withholding of services that are necessary to maintain a person's health and welfare. Exploitation is the improper use of the adult's money. Family members or strangers may cause abuse, neglect or exploitation.

Although physical abuse is the most obvious example that can be given, there are many other forms of abuse and neglect that are subtler. Scaring with threats of violence in return for money, property, or other items of

value is a good example. Misuse of an elderly person's money or savings is another example.

Another occurrence is exploitation through withholding necessary health care, food, housing or clothing that someone has a duty to provide. Keeping an elderly person somewhere against their will might be another form of exploitation.

Any person having reason to believe that an adult is being abused, neglected or exploited **must** report this to the local Adult Protective Services office. Kentucky is a mandatory reporting state. A representative of that agency is then required to work with local law enforcement agencies to investigate the report.

If you know someone who is being

victimized or taken advantage of, you should report this to your local Department for Social Services office. The Department maintains a toll-free hotline on which suspected abuse may be reported. That number is 1-800-752-6200. If you report suspected abuse, your name will be kept confidential. You may also report it to your local county attorney, state police office, or other local law enforcement agency, which can investigate and assist in instances of abuse.