



Honor Thy Children

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

HOW DO I KNOW WHEN TO SPEAK UP?

Prevention starts with understanding

Child sexual abuse is almost always a gradual process, not a single event. The more you understand about how and why it happens, the more effective you can be at preventing or stopping it. Here are some tips to help you make a plan now to step in before a child is harmed or protect a child from further harm.

Perhaps you are feeling uncomfortable about something that might have occurred between an adult and a child. You may only have vague details or feel uncertain about what is really going on. Many people say that their first step was to trust their gut feeling that something just wasn't right. If you are having mixed feelings about speaking up, remember in Kentucky, ANY person who knows or suspects that a child is a victim of child abuse or neglect has a duty to make a report to the statewide hotline (1.877.597.2331) How can you tell if abuse is occurring? If your child

complains of or has unexplained bruises, redness, bleeding, sores, or milky fluids in or around the genitals, anus or mouth, you need to bring your child to a doctor for a physical exam.

Some concerning signs might be having a new "special" friend, receiving



money or gifts from someone, or refusing to talk about a "secret" they are keeping with an older child or adult. People who sexually abuse children often begin a "relationship" with a child by paying special attention to them, giving them special gifts or privileges or testing the child's willingness to keep secrets. Children don't always tell, even when directly asked.

This can be very hard for parents to understand. Studies have shown that the vast majority of children who have been sexually abused never tell an adult about the abuse until they are adults themselves.

There are lots of reasons why children don't tell. They may not recognize what happened as abuse. They may feel that it is their fault. They may have been told they will get in trouble or someone will be hurt if they tell. They may be embarrassed or feel guilty. They may

think that what happened is "normal" or happens to everyone. If they are very young, they may not have the words to tell. If a child is intentionally harming themselves through cutting, burning, using drugs or alcohol, running away or being promiscuous, you need professional help, regardless of

See SPEAK UP (page 3)

Archdiocese of Louisville

Volume VII Issue I

September 2017

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.

NEGLECT IS ABUSE

A neglected child may be malnourished, always sick, or never at school. Neglect comes in different forms such as physical and emotional neglect. Statistics show that more girls suffer than boys, with younger children neglected most.

Child neglect is defined as a type of maltreatment related to the failure to provide needed, age-appropriate care. Unlike physical and sexual abuse, neglect is usually typified by an ongoing pattern of inadequate care and is readily observed by individuals in close contact with the child. Once children are in school, personnel often notice indicators of child neglect such as poor hygiene, poor weight gain, inadequate medical care, or frequent absences from school. Professionals have defined four types



of neglect: physical, emotional, educational, and medical. What to look for? A number of neglected children present as suffering from medical conditions, failure to thrive or malnutrition, which in severe forms may be life-threatening. More observable signs include the following: dirty skin; offensive body odor; unwashed, uncombed hair; tattered, under or oversize and unclean clothing; clothing that is inappropriate to weather or situation; frequent lack of supervision. You should consider the possibility of neglect when the child...

- Is frequently absent from school
- Steals or begs for food or money
- Lacks needed medical or dental care, immunizations or glasses
- Is consistently dirty and has severe body odor
- Lacks sufficient clothing for the

weather

- Abuses alcohol or other drugs
- States that there is no one at home to provide care

As mentioned, there are four types of neglect.

Physical neglect includes the refusal of seeking necessary health care, child abandonment, which is the desertion of a child without arranging for reasonable care or supervision, inadequate supervision, the rejection of a child leading to expulsion from the home and failing to provide for the child's safety as well as his or her physical and emotional needs.

Other physical neglect includes inadequate nutrition, clothing, or hygiene; conspicuous inattention to avoidable hazards in the home; and other forms of reck-

less disregard of the child's safety and welfare (e.g., driving with the child while intoxicated, leaving a young child in a car unattended).

Educational neglect occurs when a child is allowed to engage in chronic truancy, or is of mandatory school age but not receiving schooling. Additionally, another form is the refusal to allow or failure to obtain recommended remedial education services or neglect in obtaining or following through with treatment for a child's diagnosed learning disorder or other special education need without reasonable cause.

Emotional neglect includes inadequate nurturing and affection, spousal abuse in the child's presence, allowing a child to use drugs or alcohol, refusal or delay in providing needed psychological care as well as the encouragement or permitting of other

UPCOMING TRAININGS

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

9.28.17

St. Augustine-Lebanon

10.2.17

St. Nicholas Academy

10.12.17

St. Albert the Great

10.23.17

St. James (Louisville)

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

maladaptive behavior (e.g., chronic delinquency, severe assault) under circumstances where the parent or caregiver has reason to be aware of the existence and seriousness of the problem but does not intervene.

Medical neglect is the failure to provide for appropriate health care for a child. The child may exhibit signs of poor health, such as fatigue, infected cuts, and constant itching or scratching of skin.

Understanding neglect requires an awareness of related social problems such as poverty, substance abuse and domestic violence. Interventions to treat children and families affected by neglect require thorough assessments and customized treatment.

SPEAK UP (CONT.)

whether this behavior stemmed from being sexually abused. If your child's writing, drawings, play or dreams include sexual or frightening images or if your child is engaging in adult-like sexual behaviors with toys, objects or other children, you should seek professional help.

Is your child stressed? Some signs are more subtle and can be caused by other factors or changes in a child's life. If your child is having behaviors more appropriate for a younger child (for example sucking their thumb after they had stopped), is having nightmares, sleep problems, extreme fears, sudden or unexplained personality changes, stomach aches, etc. these can be signs of sexual abuse but also can be signs of other stresses in a child's life.

WHERE TO FIND HELP

Child sexual abuse has been reported up to 80,000 times a year, but the number of unreported instances is far greater, because the children are afraid to tell anyone what has happened, and the legal process of reporting can be difficult. The problem should be identified, the abuse stopped, and the child should receive professional help. The long-term emotional damage of sexual abuse can be devastating to the child. Finding the right help can sometimes be challenging. There are psychiatrists, psychologists, psychiatric social workers, psychiatric nurse practitioners, counselors, pastoral counselors to name some. How can you tell the difference?

Child and Adolescent Psychiatrist

A child and adolescent psychiatrist is a licensed physician (M.D. or D.O.) who is a fully trained psychiatrist and who has two additional years of advanced training beyond general psychiatry

Should you have any questions or concerns about reporting please reach out to Martine Siegel, Archdiocese of Louisville, Victim Assistance Coordinator via email (msiegel@archou.org) or phone 502.636.1044.

with children, adolescents and families. Child and adolescent psychiatrists who pass the national examination administered by the American Board of Psychiatry and Neurology become board certified in child and



adolescent psychiatry. Child and adolescent psychiatrists provide medical/psychiatric evaluation and a full range of treatment interventions for emotional and behavioral problems

MONTHLY SAFE ENVIRONMENT TIP

Save yourself time and your parish/school money.

Ask your staff member/volunteer if they've already had a background check with selection.com (*post August 2014*) when they first approach you.

If a member is coming from another school/parish (*within the Archdiocese of Louisville*) they may already have a background check completed and you can be granted immediate access by contacting Scott Fitzgerald, Coordinator of Safe Environment Services (fitzgerald@archlou.org)

and psychiatric disorders. As physicians, child and adolescent psychiatrists can prescribe and monitor medications.

Psychiatrist

A psychiatrist is a physician, a medical doctor, whose education includes a medical degree (M.D. or D.O.) and at least four additional years of study and training. Psychiatrists are licensed by the states as physicians. Psychiatrists who pass the national examination administered by the American Board of Psychiatry and Neurology become board certified in psychiatry. Psychiatrists provide medical/psychiatric evaluation and treatment for emotional and behavioral problems and psychiatric disorders. As physicians, psychiatrists can prescribe and

See HELP (page 4)

**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.

HELP (CONT.)

monitor medications.

Psychologist

Psychologists possess a doctoral degree (Ph.D., Psy.D) in clinical psychology. Psychologists are licensed by most states. Psychologists can provide psychological evaluations and treatment for emotional and behavioral problems and disorders. Psychologists can also provide psychological testing and assessments. They cannot prescribe medication.

Social Worker

Social workers have a master's degree (M.S.W.). In most states social workers can take an examination to be licensed as clinical social workers. Social workers provide different forms of psychotherapy. Parents should try to find a mental

health professional who has advanced training and experience with the evaluation and treatment of children, adolescents, and families. Parents should always ask about the professionals training and experience. However, it is also very important to find a comfortable match between your child, your family, and the mental health professional.

Should you have any questions about finding the right help for your child, you can always contact Martine Siegel via email (msiegel@archlou.org) or by phone (502.636.1044).

TRAINING UPDATE

Since July

over 1,300

people completed
Safe Environment Training!

That's 1300+ more people that are
keeping our vulnerable persons safe!

Thank You!!

