



# Honor Thy Children

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

## KOSAIR CHARITIES AND FACE IT WORK TO PREVENT CHILD ABUSE IN KENTUCKY

*Prevention starts with understanding*

The Archdiocese of Louisville partners with Kosair Charities and the Face It Campaign to help educate not only parents but children in our schools about identifying and preventing abuse. A generous grant from Kosair and Face It campaign funds our Archdiocese of Louisville school wide "Speak Up/Be Safe" curriculum that teaches kids in K-12 on how to

are looking ahead to a commonwealth that ensures all of our kids are free from abuse. Through our Face It Campaign, Kosair Charities is committed to ensuring hardworking and dedicated nonprofits in Louisville and

cured state funding for the Child Fatality and Near Fatality External Review Panel and closed gaps in education around abuse and neglect for professionals who regularly interact with children. We continue to look up-

stream in our efforts to prevent child abuse and neglect by advocating for common sense policies that lead to large-scale, proactive differences. Kosair Charities is the safety net to ensure all children in Kentucky have better tomorrows.



identify abuse and report it. The informative "Kids are Kids" booklet is handed out at the mandatory Safe Environment Trainings and offers participants guidance on what to look for and how to help victims of abuse. Below is a guest column from Keith Inman who is president of Kosair Charities and also a parishioner at Holy Trinity Parish. This column appeared in the January 25, 2018 edition of the Courier Journal. As we embark on a new year, we at Kosair Charities

are looking ahead to a commonwealth that ensures all of our kids are free from abuse. Through our Face It Campaign, Kosair Charities is committed to ensuring hardworking and dedicated nonprofits in Louisville and

across Kentucky have the resources they need to end the plague of child abuse and neglect, and to end it now. The Face It Campaign works closely with over 40 partner organizations to prevent child abuse and neglect in our communities by focusing on education, awareness, practice, and policy improvements.

The Face It policy team has been hard at work identifying priority policy changes needed at the state level. In years past, we've se-

cured state funding for the Child Fatality and Near Fatality External Review Panel and closed gaps in education around abuse and neglect for professionals who regularly interact with children. We continue to look up-stream in our efforts to prevent child abuse and neglect by advocating for common sense policies that lead to large-scale, proactive differences. Kosair Charities is the safety net to ensure all children in Kentucky have better tomorrows. Each year during the Kentucky General Assembly, Face It partners actively work on several policies that focus on preventing and ending abuse. The 2018 priorities keep kids safe by prioritizing adequately funded systems, increasing transparency, and ensuring a child's voice in court is heard.

• We aim to keep kids safe from abuse and neglect

*(Cont... page 2 "Kosair"*

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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](http://www.pcaky.org) [www.pcaain.org](http://www.pcaain.org)
- ☉ Childhelp National Child Abuse Hotline 800.4.A.CHILD 800.422.4453 [www.childhelp.org](http://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.

## KOSAIR (CONT...)

with adequate funding and improvements in how we respond to and support families. For children who cannot remain safely with their parents, grandparents and other relatives often step up to help raise them, commonly known as kinship care. Kinship care offers a beneficial alternative to foster care and helps to relieve trauma children often face upon removal from their home. Regardless of where a child is placed, children do best when the entire system of child welfare prioritizes supporting families or swiftly finding a permanent family for children who can't return home.

• Our goal is to increase transparency by recommending moving functions related to appeals and cases within the Office of the Ombudsman to outside of the Cabinet for Health and Family Services. To ensure children are protected and cared for, to increase transparency and accountability, and reduce potential conflicts of interest, several states locate their

Ombudsman's office for children's services in an independent location. These measures would keep kids at the center of the Ombudsman's Office's decisions.

• We want to see policymakers keep kids safer from abuse by allowing adults to whom a child has disclosed abuse to testify in court. When adults are held accountable in the court system, kids are safer from abuse. If a child has been a victim of abuse, trauma and fear may affect their ability to testify in court. Their fear or inability should not prevent a judge from hearing accurate information about a child's experience, which is crucial in reaching an informed decision in child abuse cases. If a child has disclosed information about abuse to an adult, that adult could testify about that disclosure.

Everyone plays a role in ending child abuse and neglect in the commonwealth. Kosair Charities works on every level of the system to ensure children have the supports they need

### UPCOMING TRAININGS

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

3.5.18

*St. Gabriel*

3.19.18

*St. Andrew Academy*

4.9.18

*Incarnation*

*More trainings are in the process of being scheduled and will be posted as soon as confirmed.*

*Keep checking [www.archlou.org/safe](http://www.archlou.org/safe) for updates as trainings cancelled due to inclement weather will be posted here*

to be safe and healthy with opportunities to thrive. Learn more at [faceitabuse.org](http://faceitabuse.org).

### SPRING SPORTS & FIELD TRIPS

The recent warmer weather reminds us that the spring sports and field trip seasons are near. Are your coaches and chaperones Safe Environment compliant? There are multiple training opportunities coming up with more being scheduled. The most up to date list can always be found at [www.archlou.org/safe](http://www.archlou.org/safe) and remember every five years all church/school personnel who work with children must have a current background check.

*Do members in your parish/school know who the Safe Environment Coordinator is?*

*Do they know where to turn if they have Safe Environment questions?*

Should you have any questions or concerns regarding Safe Environment compliance don't hesitate to contact:

**Scott Fitzgerald, Archdiocese of Louisville**  
**Coordinator of Safe Environment Services**  
[fitzgerald@archlou.org](mailto:fitzgerald@archlou.org)  
502.471.2132



## SPORTS CHILD ABUSE

There are 4 main types of abuse: neglect, physical abuse, sexual abuse and emotional abuse. That abuse can occur in a sports setting as well. Here are some types of abuse and signs to look out for when it comes to child abuse in sports.

**Neglect in sport** could include a coach or supervisor repeatedly failing to ensure children are safe, exposing them to undue cold, heat or extreme weather conditions without ensuring adequate clothing or hydration; exposing them to unnecessary risk of injury e.g. by ignoring safe practice guidelines, failing to ensure the use of safety equipment, or by requiring young people to participate when injured or unwell.

**Physical abuse in sport** may be when the nature and intensity of training or competition exceeds the capacity of the child's immature and growing body. Are athletes required to participate when injured or when practices used by coaches imposed involve inflicting pain? More importantly a coach is never to touch a player inappropriately or in anyway that would cause harm to a child.



**Sexual abuse in sport** consists of coaching techniques which involve physical contact with children that create situations where sexual abuse can be disguised and may therefore go unnoticed. The power and authority of, or dependence on, the coach if misused, may also lead to abusive situations developing. Contacts made within sport and pursued e.g. through

texts, Facebook or Twitter have been used to groom children for abuse. **Emotional abuse in sport** may occur if children are subjected to constant criticism, name-calling, sarcasm, bullying, racism or pressure to perform to unrealistically high expectations; or when their value or worth is dependent on sporting success or achievement.

It is important to remember that Kentucky is a mandatory reporting state when it comes to child abuse. Should you suspect any abuse at any-time it is your responsibility to report the abuse by contacting the Kentucky Child Protection Hot Line at 1-877-KYSAFE1 (or 1-877-597-2331). Should you have any questions at any-time you may contact Martine Siegel,

### MONTHLY SAFE ENVIRONMENT TIP

The Archdiocese of Louisville **does not** accept Safe Environment training from other Dioceses.

The reason for this is we review policies and procedures specific to the Archdiocese of Louisville during the two-hour training.

As we near spring, now is the time to reach out to your athletic director, retreat coordinator(s), etc and identify any new coaches and field trips coming up.

Are all coaches, chaperones and retreat leaders Safe Environment compliant?

Should you have any questions about these or other Safe Environment compliance issues please reach out to

*Scott Fitzgerald*  
Coordinator of Safe Environment  
Services  
[fitzgerald@archlou.org](mailto:fitzgerald@archlou.org)  
or 502.471.2132

Archdiocese Victim Assistance Coordinator at 502.636.1044 or via email ([msiegel@archlou.org](mailto:msiegel@archlou.org)).

## BREAKING THE CYCLE

If someone has a history of child abuse, having their own children can trigger strong memories and feelings that they may have repressed. They may be shocked and overwhelmed by anger, and feel like they can't control it. But there are ways to manage emotions and break old patterns. Here are some suggestions for breaking the cycle.

**Learn what is age appropriate and what is not.** Having realistic expectations of what children can handle at certain ages will help avoid frustration and anger at normal child behavior. For example, newborns are not going to sleep through the night without a peep, and toddlers are not going to be able to sit quietly for extended periods of time.

**Develop new parenting skills.** Start by learning appropriate discipline techniques and how to set clear boundaries for your children. Parenting classes, books, and seminars are a way to get this information. They can also turn to other parents for tips and advice.

*(Cont... page 4 "Breaking")*

**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](mailto: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.

**BREAKING (CONT.)**

**Take care of yourself.** If someone is not getting enough rest and support or is feeling overwhelmed, they are much more likely to succumb to anger. Sleep deprivation, common in parents of young children, adds to moodiness and irritability—exactly what most are trying to avoid.

**Get professional help.**

Breaking the cycle of abuse can be very difficult if the patterns are strongly entrenched. If someone can't seem to stop themselves no matter how hard they try, it's time to get help, be it therapy, parenting classes, or other interventions. Their children will thank them for it.

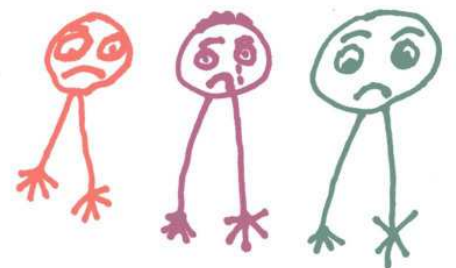
**Learn how to get emotions under**



**control.** The first step to getting emotions under control is realizing that they are there. If someone was abused as a child, they may have an especially difficult time getting in touch with their range of emotions.

They may have had to deny or repress them as a child, and now they spill out without any control.

Should you know someone who needs therapy or have questions, please reach out to Martine Siegel, Archdiocese of Louisville Victim Assistance Coordinator (502.363.1044) or via email ([msiegel@archlou.org](mailto:msiegel@archlou.org)) for help.



It shouldn't hurt to be a child.