



# Honor Thy Children

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

## TIME TO START THINKING HOLIDAY SAFETY

The Holiday season is fast approaching and one of the last things that come to mind is child sexual abuse. With a busy (many times full) house, people coming and going and sometimes flowing alcohol, the holidays unfortunately can be an ideal time for abusers to seek out their victims.

Most of us don't think this will ever happen to us because we only allow our kids to hang out with family or close friends. According to Darkness to Light, a non-profit committed to empowering adults to prevent child sexual abuse 90% of abused children know their abuser. Thirty

percent of that is by their own family members. There's no need to feel threatened at family gatherings but both parents and children should be prepared to set appropriate boundaries when it comes to family members and friends.

### Archdiocese of Louisville

Volume VII Issue I

October 2019

### 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)

### SITUATIONS TO AVOID AT HOLIDAY GATHERINGS

- Perhaps the most obvious is to avoid one-on-one situations. These are known to be the biggest risk to children.
- Be aware of people who are always quick to volunteer to help with your children. While most have good intentions of helping, trust your gut if something doesn't feel quite right.
- Physical touch should get your attention every time. If there is someone that is always tickling, poking or even rubbing shoulders take notice. These are all part of the grooming process and done in plain sight as predators will test the victim and those around to see if anyone notices.
- Be aware of those who allow children to "break the rules". For example, giving candy, presents, etc. Again, this is part of the grooming process. If a child breaks a rule then takes a gift, they most likely will not speak out against a predator.

### EMPOWERING CHILDREN DURING THE HOLIDAYS

- Let your children know no one has the right to make them feel uncomfortable by touch or any other means. This can include hugs from grandparents, aunts, uncles, etc. Remind them that their body is their own.
- Empower your children to talk about their bodies. Teach them the proper names of their body parts. This will further encourage them to come talk to you when something is wrong.
- Find a good place in your day or schedule some time to give your child your undivided attention and talk to them about coming to you anytime they feel uncomfortable or simply have questions and/or concerns. Make sure they know they can come to you anytime and be there when they do.
- Ensure they know they won't get into trouble for anything they bring to your attention. Often perpetrators will use threats to keep children from talking.

### Are You Safe Environment Compliant?

Are you working regularly with children?

If so you must have attended an Archdiocese of Louisville Safe Environment Training.

You must also have a satisfactory background check not older than 5 years.

See your Safe Environment Coordinator today to verify your compliance!

# 1

out of every 3 girls are sexually abused before 18.

*It's one out of 5 for the boys.*

# 95%

*of sexual abuse is preventable through education & awareness*

## CHILD SEXUAL ABUSE *BY THE NUMBERS*

There are nearly a half million registered sex offenders in the US

# 80,000 - 100,000

*...are missing.*

Most sexual abuse happens between the ages of...

# 7-13

The number of crimes a typical pedophile will commit in a lifetime

# 117

*1 out of 5 children are solicited sexually on line before the age of 18*

"Why do I have to attend this training?: That gets asked a lot and the answer is (1) the Archdiocese of Louisville is committed to ensuring that children and youth who worship, study or participate in church-sponsored activities can do so in the safest and most secure setting possible. (2) To remain compliant with the United States Conference of Catholic Bishop's Charter for the Protection of Children and Young People that reads as follows:

## From the USCCB Charter for the Protection of Children and Young People

Churches, schools, and youth organizations must ensure that children and youth who worship, study, or participate in activities sponsored by a parish can do so in the safest and most secure setting possible.

Parents and caretakers have the right to ask these institutions if they meet the requirements of the Charter before they allow their children to become involved with them.

An effective safe environment program will have the following components:

- A code of conduct for clergy and for any other paid personnel and volunteers in positions of trust who have regular contact with children and young people.
- Training for all adults who work with children that consists of:
  - Signs an adult may see in a child who is abused
  - Signs an adult may see in a person who abuses children
  - What actions an adult should take when they believe child abuse of any kind may be occurring

## 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.

11.11.19

Our Lady of Lourdes

12.2.19

Assumption High School

1.13.20

St. Gabriel

1.27.20

St. Joseph (Bardstown)

2.24.20

St. Paul

*More trainings are being scheduled for December, January, February and into March and will be posted at [www.archlou.org/safe](http://www.archlou.org/safe)*

*Keep checking this webpage for updates as trainings cancelled due to inclement weather will be posted here*

*Please note that due to the nature of material discussed at these trainings, children under 16 will not be allowed into the trainings and child care is not provided.*



### IMPORTANT:

*Upon completion of your training you **MUST** return your completion certificate to your parish/school.*

*Failure to do so may result in delays in getting credit for attending the session.*

# TALK ABOUT IT: HAVING OPEN CONVERSATIONS

## **CREDIT DARKNESS TO LIGHT:**

When we talk to children in age appropriate ways about our bodies, sex, and boundaries, children understand what healthy relationships look like. It also teaches them that they have the right to say "no." They become less vulner-

able to people who would violate their boundaries and are more likely to tell you if abuse occurs. Here are some helpful tips when talking to our children about sometimes uncomfortable topics.

## **TALKING TO KIDS ABOUT SEXUAL ABUSE**

- Teach children that it is "against the rules" for adults to act in a sexual way with them, and use examples.
- Teach them what parts of their bodies others should not touch.
- Be sure to mention that the abuser might be an adult friend, family member, or older youth.
- Teach children not to give out personal information while using the Internet, including email addresses, home addresses, and phone numbers.
- Start early and talk often. Use everyday opportunities to talk about sexual abuse.
- Be proactive. If a child seems uncomfortable, or resistant to being with a particular adult, ask why.



## **UNDERSTAND WHY CHILDREN ARE AFRAID TO TELL**

- The abuser shames the child, points out that the child let it happen, or tells the child that his or her parents will be angry.
- The abuser is often manipulative, and may try to confuse the child about what is right and wrong, or tell them the abuse is a "game."
- The abuser sometimes threatens to harm the child or a family member.
- Some children who do not initially disclose abuse are ashamed to tell when it happens again.
- Children are afraid of disappointing their parents and disrupting the family.
- Children often love the abuser, and don't want to get anyone in trouble or end the relationship.

## **MONTHLY SAFE ENVIRONMENT TIP**

The winter sports season is near. Are you coaching? Volunteering?

Are you Safe Environment compliant?

ANYONE working regularly with children **MUST** have completed the Archdiocese of Louisville's Safe Environment Training and have a background check not older than five years.

If you are unsure of your status or you're a parent that would like to check the compliance of your child's coach or volunteer, reach out to your parish/school Safe Environment Coordinator.

If you don't know who your parish/school Safe Environment Coordinator is, feel free to contact:

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

Additionally, field trip season is around the corner. Are you planning to be a chaperone?

Don't let non-compliance keep you from volunteering. Also waiting until the last minute if you haven't been to a Safe Environment Training could mean a training isn't available before you go. Prepare now!

**☑ DONE!**

**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](mailto: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 Pastoral Center 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.

Well over 175 were in attendance for a recent late October Safe Environment Training at St. Patrick Parish highlighting a strong fall presence at Safe Environment Trainings throughout the Archdiocese of Louisville.



*"I am a retired school teacher from Massachusetts and now a grandparent in Louisville. I have been to many of these types of trainings and this was hands down the best one I've ever attended! Thank you to the Archdiocese of Louisville for this great effort to protect our children!"*

*"As a parent this was so difficult to hear but kudos to our Archdiocese for this training and education. Very well done!!"*

The numbers are indicative of the commitment parish members and staff have made to keep our children safe. Remember, anyone working regularly with children and all paid staff must attend a Safe Environment Training and have a background check not older than five years.