



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

It's hard to fathom, but yes, back to school time is just around the corner. While most of us are thinking about school supplies and new schedules, one very important subject often gets over-looked, child abuse.

A new year is an excellent time to talk with children

about child abuse to ensure they are as safe as possible when starting a new chapter in their lives.

Below are some back-to-school tips to help parents feel educated and prepared.

They come courtesy of Lauren Book, M.S. Ed., author, educator and internation-

ally respected child advocate and Tara Zuckerman, Psy.D., a licensed psychologist who specializes in the treatment of anxiety disorders, autism spectrum disorders and attention deficit disorders.

Talks need to be more than "Stranger Danger": Studies have shown us at times when a child is being harmed, it's at the hands of someone they and their parents know and trust. Now more than ever it's more important for children to have open communication with the trusted grown-ups in their life.

Use the right words: The words we use, particularly with children, have implications for what kids understand and respond to. It's critical that parents choose language that allows children to express themselves without fear of judgment. Parents should talk with their children about "safe" and "unsafe" feelings, touch and situations. Just like crossing the road or not touching the stove when it's hot, "safe" and "unsafe" allow children to understand a situation without concern about punishment.

Picking up from a new friend's house: When picking up a child from a friend's house, it's common for parents to ask children if they had a good time in the presence of the other parents. It's better for parents to offer their own thanks for the invitation and then open a dialogue with their child when they are alone together.

Ask the right questions: Even with surly teenagers, it's critical to keep the lines of communication open. Back to school is a hectic time with everyone getting back into a regular routine and, in the midst of the chaos, it's even more important to make time for conversation. It's easy to make a habit of asking "How was your day?" Children (and teenagers) love to be asked open ended questions and actively heard. Questions might include "Tell me about your classroom. Who do you sit with? What do you like about your teacher?"

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.

SPORTS AND CHILD ABUSE

As many get back to school in the coming weeks, so will sports teams. It is important to remember that child abuse can take on many different forms in sports.

Abuse in the sports environment can include physical abuse, neglect, sexual abuse or emotional/psychological abuse by a coach or other adult as well harassment or abuse by peers. Examples of physical abuse can include forced or inappropriate training loads or exertion.

Forms of emotional abuse in sports include a verbal attack on a child's self esteem by a person in a position of power, authority, or trust such as a parent or coach. This occurs even if the attack is intended as a form of discipline or is not intended by the adult to cause harm

In its 2016 consensus statement on harassment and abuse in sports, the International Olympic Committee (IOC) emphasized psychological/emotional abuse as the "gateway" to other forms of non-accidental vio-

lence.

Often sexual abuse is a result of "grooming behavior" where a coach shows preferential treatment toward an athlete, and sometimes the parents, to gain favor and trust.

Locker rooms and travel are high-risk environments for abuse, as are any settings of isolated one-on-one contact between young athletes and adult volunteers or staff, such as individual training sessions.

Abuse in sporting programs has traditionally been overlooked, but as we've seen in the news that is no longer the case. More victims are empowered to speak out against abuse.

Some early indicators to take notice of are leaving or changing sport; declining motivation or enthusiasm; lack of concentration and other performance-related issues; avoidance of training with perpetrator; and increased rates of injury or illness and/or prolonged recovery times.

RED FLAG WARNING SIGNS

Learn "red flag" behaviors: While these warning signs do not always indicate abuse, they do cross appropriate athlete-coach boundaries:

1. Spending one-on-one time with children such as in private practice sessions.
2. Singling youth out for special attention or gift giving.
3. Touching children in ways not related to training for the sport.
4. Telling youth sexual or inappropriate jokes and stories.
5. Commenting on children's appearances when not related to the sport.



WHO IS YOUR SAFE ENVIRONMENT COORDINATOR?

*Are you Safe Environment compliant? Do you need to be?
Questions? Contact your Safe Environment Coordinator today!
Don't know who that is? Contact Scott Fitzgerald at the Archdiocese (502.471.2132)*

UPCOMING TRAININGS

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

7.30.18

St. Paul

8.6.18

St. Gabriel

8.8.18

Holy Trinity

(5:00 pm)

8.14.18

St. Gregory (Cox's Creek)

8.20.18

Holy Spirit

8.23.18

St. James (Elizabethtown)

9.10.18

St. Dominic (Springfield)

9.13.18

(SPANISH SPEAKING ONLY)

St. Rita

9.17.18

St. Mary Academy

9.20.18

St. Rita

(ENGLISH SPEAKING)

9.24.18

St. Martin of Tours

10.1.18

St. Francis Xavier (Mt. Washington)

Keep checking

www.archlou.org/safe for updates as trainings cancelled due to inclement weather will be posted here

TIME OUT - IT WORKS!

While summer is traditionally a time for vacations and relaxation, that's not always the case. Excessive heat, increased responsibility at work and having to find things for kids to do in the summer can increase sometimes already high stress levels and that can put some kids at risk for abuse or neglect.

The Kentucky Cabinet for Health and Family Services (CHFS) in conjunction with Prevent Child Abuse Kentucky (PCKA), one of the cabinet's community partners suggests these solutions if you feel yourself getting stressed out:

- Count to 10. It's a tried and true method to diffuse high emotions and clear your head before you say or do anything.
- Get some space. If you are so upset that you feel like screaming -- or more -- leave the room. Say, "I'm so angry; I need a minute to think." Then leave the room or send your child to his room so you can calm down and regroup. You'll get yourself under control, and it's a good example for your children.
- Be quick. Catch your child in the act. Delayed reactions dilute the effect of the punishment.
- Use selectively. Use timeout for talking back, hitting and safety-compromising problems. Don't overuse it.
- Keep calm. Your anger only adds fuel to the fire and changes the focus from the behavior of the child to your anger. This prevents you from being in control.
- Model disciplined behavior. Ask other adults around your children - even house guests - to do the same. Children are usually better behaved when their parents and caregivers are happier and more relaxed.
- Teach children to communicate, too. Ask them to talk about what's bothering them rather than reacting by hitting or yelling.
- Talk it out. If you're under stress, talking to someone is an easy and effective outlet. Looking to other parents for advice helps mothers; fathers and other caregivers feel less isolated in their problems. Online communities and resource sites can offer support and solutions.
- Stick with it. Once you punish or say "timeout," don't back down or be talked out of it. If you decide to use timeout to control hitting, for example, use it every time your child hits, even if he spends most of the day in timeout.

If you feel like you are at a point where there's nothing more you can do, feel free to reach out to Martine Siegel, Archdiocese of Louisville Director of Counseling Services at 502.636.1044 or via email (msiegel@archlou.org). She will be more than happy to recommend someone to talk to.

MONTHLY SAFE ENVIRONMENT TIP

If you work regularly with children (by law) you **MUST** have a background check within the last five years and (to be in compliance with the USCCB Charter), **MUST** have completed the Safe Environment Training

If you are unsure or can't remember if you've had the training, please see your Safe Environment Coordinator. If you don't know who that is contact

Scott Fitzgerald
Coordinator of
Safe Environment Services
fitzgerald@archlou.org
or 502.471.2132

Volunteers are the backbone of our parishes and schools. Your time and talent are sincerely appreciated. At the same time, keeping our children safe is a top priority.

Chances are if you think you need to be compliant, you probably do. Please see your coordinator to ensure you are, and make plans to attend one of the upcoming trainings listed on page 2 of this newsletter if you are not.



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.

REPORTING NON-EMERGENCIES IN KENTUCKY

Remember you can also report non-emergency concerns online. The online Kentucky Child/Adult Protective Services Reporting System makes it convenient to report non-emergency situations that do not require an immediate response from their staff.

The website is <https://prd.chfs.ky.gov/ReportAbuse/home.aspx> and it will be 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. Reporting suspected abuse or neglect is the law. This new online reporting system is simple to use and will improve access to reporting for all Ken-

tuckians by reducing wait times on a toll-free telephone hotline for non-



life-threatening incidences. Users are required to enter an email contact and will receive an immediate, automated response that their online referral has been made. Central intake staff will review reports as they are submitted. Users will receive a response message within 48 hours

only if their report has not been accepted because it doesn't meet the requirements for investigation. Reports that are accepted do not generate a follow-up email message.

The reporting portal has several mandatory input fields so our intake staff can get enough information about the incident, the alleged victim, the alleged perpetrator and any safety issues. Users who cannot register information in all the required fields should call the toll-free reporting hotline: (877) KY SAFE1, or (877) 597-2331.

Emergency situations when a child or adult is at risk of immediate harm should be reported to local law enforcement or 911.