



# Honor Thy Children

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

## PREVENTING ABUSE IN 2019

*Prevention starts with understanding*

Happy New Year! It was another big year for Safe Environment as over 3,200 people received the Safe Environment Training in calendar year 2018! Remember, if you are going to be around children on a regular basis you are required by the USCCB to be in compliance with **The Charter for the Protection of Children and Young People**. Compliance means you must have a current background check no older than five years old and have attended the Archdiocese of Louisville's Safe Environment Training. This training helps adults who may not have experienced abuse in their own lives recognize the signs of abuse in children they may encounter, whether that abuse happens in the context of the Church, a sports program, or a neighborhood. Many adults are not fully aware of their responsibility to report. For example, preventing abuse is just one of many subjects discussed in the two-hour training. The following is from the "Honor Thy Children" booklet that is given out at trainings. "Listen to and honor children by giving them a voice. Teach them personal boundaries and respect for their bodies. Discuss with chil-

dren what is appropriate and inappropriate touch. Explain to them that other people do not have the right to touch them in ways that make them uncomfortable. Help younger children identify "private parts," "bathing suit zones" with appropriate terminology for all parts of their body. Communicate to children that there is nothing wrong



with understanding their bodies and talking about their bodies. All bodies are beautiful, sacred, and holy. Adults often give mixed messages to children about their rights to have a say in who touches them and how they are touched. It is not uncommon, for example, for adults to pressure children into kissing or hugging aunts or uncles whom they may be hesitant to approach. Give children the right to decide who touches them, including family members.

As an adult, listen to and trust your own intuition and instincts. If you sense something is not right or seems odd, it may well be. Do not leave children in the care of someone you do not have a good feeling about." If you are unsure of your compliance status, please see your parish/school Safe Environment Coordinator. If you don't know who that is, please contact Scott Fitzgerald, Archdiocese of Louisville Coordinator of Safe Environment Services ([fitzgerald@archlou.org](mailto:fitzgerald@archlou.org)) or 502.471.2132

**"When is the next Safe Environment Training?"**

***"I can't seem to find a list anywhere?"***

**A common question so we've made it easy!**

**You can always find a complete (up to date) list of trainings at**

**[www.archlou.org/safe](http://www.archlou.org/safe)**

**Be sure to bookmark as any late cancellations (i.e. weather, etc) will be posted here.**



## 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](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.

# CHILD ABUSE IN SPORT: BACK IN THE SPOTLIGHT

Earlier this month the University of Michigan fired gymnastics coach Rhonda Faehn after outcry that she knew about former USA Gymnastics Team Doctor Larry Nassar's abuse of athletes and did not immediately report to police.

According to a timeline provided in 2017 by the Indianapolis-based governing body, Faehn, senior vice president for women's programs, was first told about what USA Gymnastics characterized as "athlete concerns" about Nassar on June 17, 2015.

While never implicated in the Nassar scandal, Faehn was ousted as the head as the head of the USA women's program in May after Olympic gold medalist Aly Raisman called for her to step down.

Raisman went on to tell the Indianapolis Star "I reported my abuse to Rhonda Faehn and so did Maggie Nichols, and I don't know what she did or didn't do with that information, but I didn't get contacted by the FBI for over a year, and in that time 50 to 100 gymnasts were molested." After Faehn was hired this month by the University of Michigan several Nassar survivors took to social media prompting the University to let her go.

These recent events bring sports child abuse back in to the spotlight.

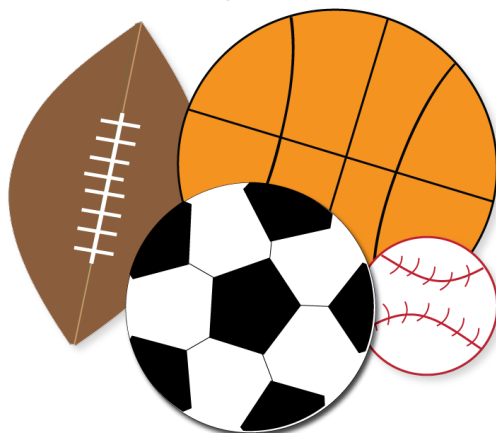
In its 2016 consensus statement on harassment and abuse in sports, the International Olympic Committee (IOC) emphasized psychological/emotional abuse as the "gateway" to other forms of non-accidental violence

This all reminds us that it is paramount that ALL coaches attend the Safe Environment Training and maintain a background check not older than five years.

It's easy to become complacent when many of our coaches have been in our parishes for a long time and often well known but as we address in our Safe Environment Training, most abusers are someone well known to both the child and the family who has gained trust over a period of time. This is often referred to as the "grooming" process.

Locker rooms, travel and even the playing field/court 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.

Children who have experienced abuse may show as loss of appetite, loss of interest in school or friends, changes in sleeping patterns, or decreased participation in extracurricular activities or sports. If you begin to see these initial symptoms, look closer and see if they want to leave or change a sport they've always liked. Also look for 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. While some of these symptoms may not always be directly related to abuse, they should be considered in any young athlete with an unexplained loss of interest in sport participation. As a parent of an athlete you're always encouraged to attend any Safe Environment Training to see what is expected of coaches and youth volunteers.

Don't hesitate to contact your school/parish athletic director to ensure you child's coach and other volunteers are fully compliant with the Archdiocese of Louisville's Safe Environment Program and they have a current background check on file. Parents are also encouraged to open a dialogue with their child so they will feel comfortable talking about a situation should it arise.

## 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.

~~1.30.19~~  
~~Holy Trinity Louisville~~  
**CANCELLED DUE TO INCLEMENT WEATHER. A MAKE UP DATE TBD**

2.11.19  
St. Andrew Academy

2.25.19  
St. Margaret Mary

3.11.19  
St. Albert the Great

3.25.19  
St. Athanasius

4.15.19  
St. Joseph (Bardstown)

4.29.19  
Holy Spirit (Louisville)

More trainings will be scheduled during the month of May and into the summer, but you're best served to attend a training as soon as you know you will be required to do so.

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

Should you be concerned about your child begin by asking them an open ended question such as "Are things going well for you?" "Is there anything you want to talk about?" Once the door is open to communication you can begin asking more direct questions.

Remember Kentucky is a mandatory reporting state. If you suspect abuse you MUST report it by calling 1-877-KYSAFE1 or 1-877-597-2331 (Toll-Free)



# "I WOKE UP" ONE PARENT'S STORY ABOUT CHILD SEXUAL ABUSE

*The following is an opinion piece by Ronald L. Book who is a Florida lobbyist and chairman of Lauren's Kids, a foundation that aims to prevent child sexual abuse through education and awareness. Lauren's Kids was founded by Book's daughter, Lauren Book, a Florida state senator and child sexual abuse survivor. CREDIT USA TODAY*

Nearly 17 years ago, I woke up from a nightmare I didn't realize I was in. If you're a parent whose child has suffered sexual abuse at the hands of someone you know and trust, you will understand what I mean. Sitting in a family counselor's office, the world as I knew it came crashing down as I learned that my eldest daughter, Lauren, had been sexually, emotionally and physically abused nearly every day from the ages of 12 to 16.

I worked hard to provide my family with a wonderful life and to create a loving and safe environment for my children to grow. I made sure to get references and background checks on everyone interacting with my daughters or son. But I was unable to protect Lauren from the monster living in my own home.

It never occurred to me that sexual abuse could happen to my family, let alone to my children. That is the message I want to send to every other parent out there: Don't think this can't happen to you or your children. Child sexual abuse happens in every ZIP code, in every religion and at every socioeconomic level.

## **A MONSTER LIVING IN OUR HOME**

In the Adverse Childhood Experiences Study, conducted by the Centers for Disease Control and Prevention and Kaiser Permanente, nearly 25 percent of women and 16 percent of men reported childhood sexual abuse — which means there are also many parents in our country whose worst nightmare came to life, just like mine did.

It seems every day a new abuse case dominates the headlines, from the Jeffrey Epstein allegations in Flori-

da to USA Gymnastics to the Ohio State University wrestling allegations, and countless less-publicized stories. Clearly, the way we teach children about abuse prevention must change. And, as parents, our views about abuse must also evolve.

The person who destroyed my daughter's childhood was not a stranger, not a man loitering around the playground or someone claiming a lost puppy. Instead, she was a seemingly loving and dedicated woman living inside my home who was deemed trustworthy to care for my three children. But people deceive us. According to a 2012 report by the University of New Hampshire's Crimes Against Children Research Center, in 91 percent of sex offenses against juveniles, the perpetrator is someone the child knows and often trusts.

We thought we knew and trusted Lauren's abuser beyond the shadow of a doubt. She lived in our home and was like family to us — she even came on our family vacations.

But rigorous vetting, references and a background check couldn't protect Lauren from the monster living in our home. Our nanny, Waldina Flores, was a pedophile who destroyed my daughter's childhood with frequent sexual, physical and emotional abuse. Waldina moved into our home when Lauren was 11, then the grooming started. A few months later, at 12 years old, the abuse began. When she was 16, Lauren gathered the bravery to disclose the abuse she had been suffering.

Waldina fled, and the police found her in a different state coaching a girls' soccer team — looking for her next victim. My daughter endured the emotionally draining legal process, but Lauren's abuser was eventually sentenced to 25 years in prison. I always considered myself close to my children. I thought they knew they could tell me anything. But for five years, my daughter was forced to keep a terrible secret out of shame,

*Cont....see "Woke Up" page 4*

## **MONTHLY SAFE ENVIRONMENT TIP**

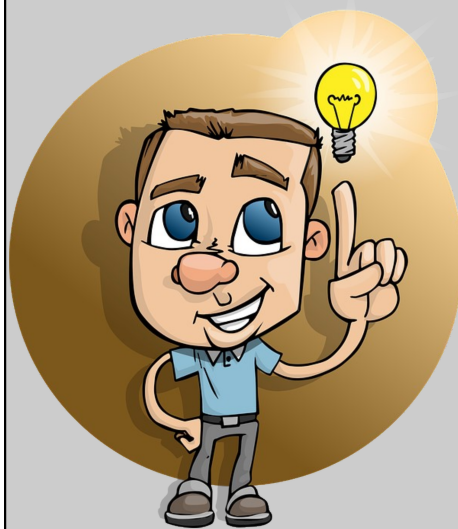
August marks the five year point since a large number of employees and volunteers who work regularly with children had their background check run when the Archdiocese of Louisville transitioned to selection.com

If you will continue to work regularly with children this year past the month of August now is a good time to reach out to your Safe Environment Coordinator and renew your background check avoiding the August rush. A time when many new parents, coaches, etc. are trying to complete theirs.

Remember to be in full compliance the USCCB's Charter for the Protection of Children and Young People, you must have a current background check no older than five years and have completed the Archdiocese of Louisville's Safe Environment Training.

Your parish/school Safe Environment Coordinator can help. If you don't know who that is or if you have further questions feel free to contact:

**Scott Fitzgerald**  
Coordinator of Safe Environment  
Services ([fitzgerald@archlou.org](mailto:fitzgerald@archlou.org))  
or phone (502) 471.2132





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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](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.

## (CONT....) WOKE UP

guilt and fear of not being believed. Predators are master manipulators and excel at brainwashing their victims. As parents, we can't just wait for a sign to appear — we must know what to look for and keep our eyes open. I taught my children to listen to the adults in their lives, that they must always be obeyed and respected. What we didn't talk about were the exceptions to that rule, about unsafe secrets and unsafe touches. I wish I told my kids that no adult should ever ask a child to keep a secret from their parents. I wish I told them more directly that their body belongs to them, and that if anyone ever touches them in a way that feels

uncomfortable or confusing, it is always OK to say no and to come to me.

### **PREVENTING FUTURE CHILD SEXUAL ABUSE**

I used to think I would never overcome the "what ifs" that keep me up at night, and the all-encompassing rage I feel over what happened. Sometimes I still feel that way, but there is hope and healing.

That's the message my daughter works to send to survivors in her role as the founder of Lauren's Kids, a foundation that aims to prevent child sexual abuse through education and awareness. It's something I want to convey to parents, as well. In part, this mission has resulted in the Lauren's

Kids Guide to Hope and Healing, a free resource to help families report, respond to and recover from sexual abuse.

To all the survivors of child sexual abuse, know that I support and believe you. My daughter and I will always fight for you. To all the parents grappling with their horrific new reality, know that I stand with you. The fury, guilt and sadness will never fully go away, but we can channel our anger to create sustainable change and protect other children from abuse.