



# Honor Thy Children

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

## RECORD TURN OUTS!



Another large crowd at the September 25th training at St. Andrew Academy

The Archdiocese of Louisville saw record turn-outs for the in person Safe Environment workshops held in August and September!

This further validates the Archdiocese of Louisville's commitment to making our parishes and schools as safe as possible when it comes to our kids!

Anyone working with children must have the following and it must be documented at your parish or school

Initial attendance at an "In Person" Archdiocese of Louisville Safe Environment Training

Satisfactory Archdiocese of Louisville issued background check (not older than five years)

5 year "refresher" training either at an in person or online course.

**(IMPORTANT: The online is for refreshers ONLY)**

**You must initially attend an in person session**

**SEE YOUR PARISH/SCHOOL SAFE ENVIRONMENT COORDINATOR TODAY TO ENSURE YOUR COMPLIANCE IS UP TO DATE!**

Archdiocese of  
Louisville

SEPTEMBER  
2023

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

**Are You  
Safe Environment  
Compliant?**

Are you working regularly  
with children?

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

Has it been 5 years since your  
initial in person training?  
You must complete your 5  
year refresher training

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

See your Safe Environment  
Coordinator today to verify  
your compliance!

# CHILDHELP®

## Speak Up Be Safe

### PREVENTION EDUCATION CURRICULUM

With school getting back into session, now is a good time to feature Childhelp's Speak Up Be Safe program that is taught in all Archdiocese of Louisville Schools through a generous grant from Kosair For Kids "Face It" grant.

Speak Up/Be Safe is the only evidence-based comprehensive child abuse prevention education curriculum that covers various types of abuse, with age-appropriate lessons for pre-kindergarten through 12th grade. It is used with confidence by schools, districts, advocacy centers, faith-based organizations, and other groups throughout the United States and over a dozen other nations.

The program designed to build safety skills to prevent and interrupt various types of abuse - physical, emotional, sexual, neglect, bullying, and cyberabuse.

It also focuses on enhancing the child's overall sense of confidence about safety. It promotes respect for self and peers that can be applied to general as well as potentially harmful situations.

The overarching goal of this curriculum is to provide students the skills to identify and approach a safe adult about unsafe situations.

## PROGRAM OBJECTIVES

### Grades Pre-K - 2

A primary focus for the earliest age groups is emphasizing that adults are responsible to keep children safe. Students learn basic concepts of personal safety and how to identify safe adults in their lives.

### Grades 3 - 5

Lessons emphasize that adults are responsible for child safety and that, by learning and using a few key safety rules, children can help those adults keep them safe. Students learn how to recognize potentially unsafe situations. They identify their safe adults and practice using the safety rules.

### Grades 6 - 8

While adults continue to be responsible for child safety, lessons acknowledge the growing responsibilities and privileges of students in this age group that can present opportunities for potentially unsafe situations. Students learn to recognize possible risks and practice resistance strategies they can use until they can talk to a safe adult.

### UPCOMING TRAININGS

Safe Environment Trainings are back this fall and into the winter

**10.17.23**  
St. Francis Xavier  
(Mt. Washington)

**10.18.23**  
St. Paul

**10.23.23**  
St. Bernard (Louisville)

**11.20.23**  
St. Albert

**11.27.23**  
St. Margaret Mary

We are scheduling additional trainings for November and December, but it is strongly advised that you not wait to attend a scheduled in person training if required to do so as trainings are subject to cancellation or postponement due to inclement weather.

Be sure to bookmark [www.archlou.org/safe](http://www.archlou.org/safe) for the latest status or changes in any training

Should any training be postponed or cancelled at the last minute, notice will be sent to the parish/school Safe Environment Coordinator and posted here

**IMPORTANT**  
Due to the nature of material presented **NO child under the age of 16 will be admitted** to any training



# SIMPLY PUT, LISTENING WILL GO A LONG WAY

When working to prevent abuse, something as simple as listening will go a long way. Listen to and honor children by giving them a voice. Teach them personal boundaries and respect for their bodies. Discuss

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



with children 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.

about. Create an environment of responsiveness and comfort so that children feel free to disclose. Create an environment that makes it clearly known that children will be listened to and believed. As youth workers (counselors, teachers, principals, catechists, priests, youth ministers, coaches), communicate the idea that children will be heard. Display posters, books, and pamphlets that indicate a level of sensitivity to child abuse. Intentionally raise the issues of "uncomfortable and confusing touches" with children. Invite them to tell you anything that may be bothering or troubling them. Most of all, be in tune with children that are in your care.



## MONTHLY SAFE ENVIRONMENT TIP



Even if you're unsure if you will be working with children, now is a good time to complete the required "in person" Safe Environment Training Workshop.

There is no "online" option for the initial training.

There are times when some are kept from serving because they've not completed the required training. If you feel you (may) be working with children down the road, a best practice is to attend a training as soon as you can.

Trainings are current for five years. After which, you're required to complete the five year refresher.

The refresher can be completed on line or by attending any in person scheduled training.

Contact your parish/school safe environment coordinator for more information. If you don't know who that is contact

**Scott Fitzgerald**  
Archdiocese of Louisville  
Coordinator of Safe  
Environment Services  
(sfitzgerald@archlou.org)  
or  
502.471.2132

**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)

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.

**CONNECT**  
*To Build Family Resilience*

- C** Call for Help
- O** Offer One-on-One Opportunities
- N** Navigate Your Networks
- N** Notice Triggers, Take Breaks, and Know When Things are Escalating
- E** Eat Together
- C** Care for Yourself
- T** Take Time to Talk

face it  
A MOVEMENT TO END CHILD ABUSE

Founded By  
**Kosair for Kids**

**Call for Help**

- Parenting is tough. We can all use a helping hand sometimes. Reach out for help when you or your family needs it.

**One-on-One Opportunities**

- Schedule one-on-one time with each of your children if only for 5-10 minutes each day where the focus is on that one child.

**Navigate Your Networks**

- Use community resources like schools, libraries, neighbors, and more to connect to people and places that can provide support to your family.

**Notice triggers, take Breaks, and know when things are escalating.**

- Learn which behaviors, actions, and words that might help you identify your child's impending meltdown or tantrum. Remember, children and teens react (in part) based on what they see from the adults around them.

**Eat Together**

- Family meals naturally create opportunities for sharing about the day, catching up, and discussing highlights and struggles. Get your kids involved in preparing meals with you, not just eating the meals you prepare.

**Care for Yourself**

- Caregivers cannot pour from an empty cup, so it is important to take care of yourself, too. Practice selfcare, which comes in a variety of forms and can take just five minutes a day.

**Take Time to Talk**

- Go for a walk or take time after dinner to catch up with your family. Talk with your child about their friendships, what they enjoy doing, and what they want to do when they grow up.

If you're feeling overwhelmed feel free to contact Martine Siegel, Archdiocese of Louisville, Director of Counseling Services (502) 636.0296 or email ([msiegel@archlou.org](mailto:msiegel@archlou.org)) for counseling referrals