

THE SHEPHERD

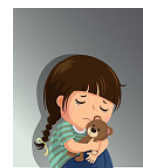
"I am the good shepherd, and I know mine and mine know me, Just as the Father knows me and I know the Father; and I will lay down my life for the sheep"
~John 10: 14-15

April- Child Abuse Prevention Month

We are called through scripture and teaching to protect the life and dignity of the human person. Throughout the year, but especially in the month of April, we all are asked to increase awareness, to educate ourselves and the community, and to seek healing for those who have been so tragically impacted. It is my hope that all will find opportunity to promote this mission and protect those who are in need.

In order to prevent child abuse, we need to understand what it is. Child abuse is when a child is intentionally harmed by an adult or another child-it can be over a period of time, but it can also be one and done action. It can be physical, sexual, or emotional and it can happen in person or "on-line". It can also be a lack of love, care and attention – this is called neglect. Types of abuse can include:

- o bullying/cyberbullying
- o child trafficking
- o child sexual exploitation
- o domestic abuse
- o emotional abuse
- o grooming
- o neglect
- o non-recent abuse
- o on-line abuse
- o physical abuse
- o sexual abuse



Child abuse, including child sexual abuse, has occurred throughout our society for many years. Child abuse is widespread. It cuts across all cultures, religious and socioeconomic groups. If you are worried about a child, it may be hard to know what to do. For more information on types of child abuse, how to spot the signs of child abuse and what you can do to keep children safe please [click here](#). If you need someone to talk to, or need immediate assistance, please use the contact information below.



Any allegation of the abuse of a minor, may be reported to the
Kansas Protection Report Center
 800.922.5330
KBI Crime Hotline
 800.572.7463
 or
ClergyAbuse@kbi.ks.gov
 The Diocese of Salina fully participates in all criminal investigations related to abuse perpetrated by a member of the clergy or other church official.

For the safety of children and healing of those who have suffered abuse, the Diocese of Salina provides
Hotline: 866.752.8855 #1067
Website: www.reportandprotect.com
Email: reportabuse@salinadiocese.org
Reports will be responded to promptly by the Victim Assistance Coordinator.

*"Rescue me, Lord, from my foes,
 for I seek refuge in you."*
 - Psalm 143:9



Safe Environment Office
 Diocese of Salina

To report an incident of sexual abuse and related misconduct by a Bishop or Religious Superior currently or in the past, the Catholic Bishop Abuse Reporting Services provides
Hotline: 800.276.1562
Website: reportbishopabuse.org

All reports are confidential with the exception of those involving the abuse of minors which will be immediately reported by the Diocese to the proper authorities, as required by Kansas State Law and Diocesan Policy.

NEWS AND NOTES

from the Safe Environment Office

Parenting can be tough, and caring for a child is one of the most important jobs a parent has, this includes keeping a child safe from harm. Unfortunately though our children don't come with instruction manuals. So as parents we need training. The more training we have the more prepared we will feel as we raise our children and the more able we are to handle upsets and surprises. Connecting on several levels with your children will go a long way in preventing abuse. See the list below for ways to connect with your child so when a situation does arise you are prepared to handle it. For more information and resources visit www.faceitabuse.org

C **CALL FOR HELP :** We can all use a helping hand sometimes. Reach out for help when you or your family needs it. No matter what is going on in your life or the lives of your family members, it is helpful to be prepared with local hotline information in case of a crisis or emergency.

O **OFFER ONE ON ONE OPPORTUNITIES:** Schedule one on one time with each of your children - even if only for 5-10 minutes each day. Normalize that it is okay to not be happy all the time. Help your child take note of the times that you and your family are happy. It is normal to have good days and bad days.

N **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. Many are available through online platforms.

N **NOTICE TRIGGERS AND TAKE BREAKS:** Learn which behaviors 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. When you are calm, you provide the best support.

E **EAT TOGETHER:** Family meals create opportunities for sharing about the day, catching up, and discussing highlights and struggles. Get your kids involved in preparing meals, not just eating the meals you prepare. Cooking together can bring a family together.

C **CARE FOR YOURSELF:** Caregivers cannot pour from an empty cup, so it is important to take care of yourself too. Practice self-care. Listen to your favorite song, read, meditate, or enjoy your favorite activity. When we can take time to care for ourselves, we are in the best form to care for those we love.

T **TAKE TIME TO TALK:** Find time to talk with your child about their friendships, what they enjoy doing, and what they want to do when they grow up. Instead of asking questions like, "how was your day", try asking questions like, "what was your favorite part of today?" or "if you could do today over, what would you change?"

The church is the Body of Christ. All members of the Church are linked to one another. We ALL have a responsibility to ensure the safety of children in our parishes, schools, families and local communities. The Diocese of Salina has taken great strides in fulfilling our promise to protect children, educate our communities, and bring healing to those who have suffered abuse.

Are there people who sit next to you at mass each week who do not currently minister to minors, but could benefit from being educated on how to protect children? Please encourage them to contact the Safe Environment Office - 785-827-8746.

The more people who are educated on child sexual abuse, the safer our children will be!

PROMISE
To Protect



Pledge
To HEAL

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CATHOLIC DIOCESE
of SALINA