



# SDNB

*Salina Diocesan News Bulletin*

Volume 543

May 2026

## **OFFICE OF THE BISHOP**

**CONGRATULATIONS** to all the students from across our great diocese who will graduate in May.

**CONFIRMATION** dates with Bishop Vincke for 2026-2027 are now being set. We will use the same online Confirmation Request form as last year, available [HERE](#). Please have all date requests submitted by May 31<sup>st</sup>.

With the transition to the Restored Order of the Sacraments, some parishes will be scheduling Confirmation Masses on their own. That is perfectly acceptable. We only ask that you let us know when they are scheduled. Bishop will attend if his schedule allows.

Please email that information to [brenda.streit@salinadiocese.org](mailto:brenda.streit@salinadiocese.org).

**K. of C. STATE CONVENTION**, May 2<sup>nd</sup> - 4<sup>th</sup> in Wichita.

## **OFFICE OF VOCATIONS**

**PRIESTLY ORDINATION** for Deacon Luke Friess and Deacon Benjamin King will be **Friday, June 12, at 2:00 p.m.** at Sacred Heart Cathedral, Salina.

**VOCATIONS OFFICE** contact information:

Fr. Andy Hammeke 785-656-3747

Fr. Brian McCaffrey 785-236-0462

## **OFFICE OF COMMUNICATIONS**

**COMMUNICATIONS DEADLINES** - The deadline to submit content for the June paper is June 5th (in homes June 26th). The content deadline for July is July 2nd (in homes July 24).

You can contact the editor, Lori Garcia, at 785-262-9136 or by email: [lori.garcia@salinadiocese.org](mailto:lori.garcia@salinadiocese.org) or [theregister@salinadiocese.org](mailto:theregister@salinadiocese.org)

## **OFFICE OF EDUCATION**

**RETIREMENT** - Thank you to Susan Goodman, Education Coordinator, for her years of hard work with our Catholic Schools. She will be retiring in May, as her last day is May 14.

**TEACHER SURVEY** - We are wrapping up our last survey for the 26-27 school year as part of our school improvement process. Our teachers are providing feedback on their buildings, and I will have that summarized in the next month. I am looking forward to taking a look at the data from all stakeholders to get a better understanding of what areas our schools can target for improvement.

**ITALY PILGRIMAGE** - June 1-10, 2027 - Superintendent Geoff Andrews is once again leading a student pilgrimage to Italy. Visit <https://salinadiocese.org/office/catholic-schools/pilgrimage-to-italy-2027/> to learn more!

**RELIGION ASSESSMENT** - In late spring, students across the Diocese participate in the ARK (Assessment for Religious Knowledge). This is for students in Grades 2-12 and helps us to better align our religion curriculum.

**100% FEDERAL TAX CREDIT** - The State of Kansas recently opted into the Federal Tax Credit program for schools. This will allow donors to give \$1,700 to ACE, which is our partner as a Scholarship Granting Organization, AND pick which school you would like your funds to go to. Qualifying students can then apply to receive help with the cost of education.

**75% TAX CREDIT SCHOLARSHIP** – Kansas Tax Credit Scholarship - The Scholarship Granting Fund for the Catholic Diocese of Salina offers donors an opportunity to support Catholic education while receiving a 75% Kansas State income tax credit through the *Kansas Tax Credit for Low Income Students Scholarship Program*.

Important statewide update: For the first time since this program began, the State of Kansas has reached the annual \$10 million cap on available tax credits. This cap applies to all participating Scholarship Granting Organizations (SGOs) serving private, accredited schools across Kansas. Once the cap is reached, no additional tax-credit-eligible contributions can be accepted for that calendar year.

What this means for donors: Tax credits are issued on a first-come, first-served basis and reset each year on January 1. Because the statewide cap was reached this year, donors who wish to take advantage of the tax credit in the future are encouraged not to wait until October, November, or December, but instead to plan their gift early in the calendar year.

Impact locally: For the 2025–2026 school year, approximately \$90,000 was awarded through the Scholarship Granting Fund to Catholic schools in the Salina Diocese, assisting 120 qualifying students. These scholarship funds go directly to families to help offset the cost of a Catholic education.

Eligible donors may include individual income taxpayers, corporate income taxpayers, privilege taxpayers, and insurance premium taxpayers, subject to state guidelines. Donors are encouraged to consult their tax advisor to determine whether this opportunity is appropriate for their tax situation.

## **OFFICE OF EDUCATION (cont.)**

To learn more or to plan an early gift for 2026, please contact:  
Heather Hartman, Chief Executive Officer, Catholic Foundation at  
heather.hartman@salinadiocese.org

Your generosity helps ensure Catholic education remains accessible to families across our parishes and communities.

### *How the Kansas SGO Tax Credit Works – Example*

*Bob has an upcoming 2026 Kansas State income tax obligation of \$7,500.*

*To fulfill this obligation, Bob can either:*

*Write a check to the Kansas Department of Revenue in the amount of \$7,500, or*

*Write a check to the Scholarship Granting Fund for the Catholic Diocese of Salina in the amount of \$10,000 and receive a Kansas Tax Credit Certificate for 75% of the donation (\$7,500), which fulfills 100% of Bob's Kansas State income tax obligation.*

*As a result, Bob directs his state tax dollars to support Catholic school students and families rather than sending those dollars entirely to the state.*

*\*\*\*ANY individual income taxpayer, corporate income taxpayer, privilege taxpayer or insurance premium taxpayers are eligible for the tax credit\*\*\**

*Please consult your tax advisor to see if this is right for you.*

## **CATHOLIC FOUNDATION FOR DIOCESE OF SALINA**

**BISHOP'S ANNUAL APPEAL 2026:** Thank you for your generous support of the Bishop's Annual Appeal. The Appeal is off to a strong start, with over \$1.5 million raised from more than 2,600 donors across the Diocese. The next appeal letter will arrive in homes at the end of May.

If you have any questions, need additional materials, etc. please contact the development team – [development@salinadiocese.org](mailto:development@salinadiocese.org).

Received an Appeal Check in Your Offertory? If you receive a Bishop's Annual Appeal check in your offertory, please forward these as soon as possible to the foundation at P.O. Box 1696, Salina KS 67402. Timely forwarding helps us ensure donors are thanked quickly for their generosity. Thank you for your assistance!

### **Ongoing Efforts for Successful Appeal**

- Update the parishioners on your progress towards the goal
- Include in the Prayers of the Faithful, bulletins, social media, emails, etc.

**Parish Resources – [bit.ly/ParishBAA](http://bit.ly/ParishBAA)**

QR Code and Link for Bulletins, etc.- [appeal.givecfds.org](https://appeal.givecfds.org)



**SEMINARIAN DINNERS – Save the Dates!** Mark your calendars for the 2026 Seminarian Fundraising Dinners. Watch for formal invitations and RSVP information in the June SDNB.

Wednesday July 29<sup>th</sup> - Salina  
Thursday July 30<sup>th</sup> – Colby

**SCHOLARSHIPS** - The application period for the Monsignor Clement A. Kruse Scholarship, Marymount Memorial Educational Trust Scholarship, and Susie Deges Scholarship closed on March 1. Stay tuned for the announcement of recipients in an upcoming issue of *The Register*. Thank you for helping to spread the word about these scholarship opportunities!

### **CATHOLIC CHARITIES**

**PARISH INFORMATION:** The details below are intended to assist your parish and staff. For any questions or additional support, please reach out to Megan Augustine at [maugustine@ccnks.org](mailto:maugustine@ccnks.org) or 785-833-9380.

**Baby Bottle Campaign.** Thank you to every parish and Catholic school that has supported moms and babies through this year’s Baby Bottle Campaigns! Because of you, families receive items like diapers, wipes, car seats, blankets, and baby clothes. But more than that, they receive love, dignity, and a reminder that they’re not alone.

Upcoming Baby Bottle Campaigns:

- St. Thomas More Parish, Manhattan: May 1 – May 31
- Hays Area Parishes: Mother’s Day through Father’s Day (May 9 – June 21)
- Seven Dolors in Manhattan: Mother’s Day through Father’s Day (May 9 – June 21).

**Interested in Hosting a Campaign?** If your parish hasn’t hosted a campaign before, now’s a great time to start planning for 2026. You can choose a timeframe that fits your community—October during Respect Life Month is a perfect option to celebrate the gift of life.

**Parish Presentations.** Our Catholic Charities team is excited to schedule Parish Presentations! If your parish or parish group would be interested in welcoming Catholic Charities staff to share about our programs and services, we would be honored to visit with you. If interested go to <https://ccnks.org/community-engagement> and fill out the interest form.

**BULLETIN & GENERAL INFORMATION:** Feel free to use the information below in your weekly bulletin. We appreciate your help in letting parishioners know about the resources Catholic Charities offers. For any questions about this information, please contact Jeree Hughbanks, Communications Manager, at [jhughbanks@ccnks.org](mailto:jhughbanks@ccnks.org) or 785-833-9378.

**May Outreach Services Schedule** - Catholic Charities Outreach Services vans will be bringing boxes of food and hygiene items, as well as diapers, laundry detergent and other necessities to individuals and families in Abilene, Atwood, Belleville, Beloit, Beverly, Chapman, Clay Center, Colby, Concordia, Ellsworth, Enterprise, Herington, Hill City, Hoxie, Junction City, Lincoln, Mankato, Minneapolis, Norton, Oakley, Oberlin, Osborne, Phillipsburg, Plainville, Russell, Smith Center, Solomon, WaKeeney, and Washington. The May Outreach Services schedule is attached. You can also view the full, up-to-date Outreach Services schedule anytime at [www.ccnks.org/outreach](http://www.ccnks.org/outreach).

**Green Tie Celebration** - Catholic Charities' Annual Fundraiser, the Green Tie Celebration, will take place Saturday, July 18, at the Salina Country Club. This special evening will feature a delicious dinner, time for fellowship, and an auction filled with exciting opportunities — all in support of bringing hope and compassionate service to our neighbors in need across northern Kansas. To learn how you can be part of this unforgettable night and support this year's Green Tie Celebration, contact Megan Augustine at 785-833-9380 or [maugustine@ccnks.org](mailto:maugustine@ccnks.org). Mark your calendar — we can't wait to see you there!

**Grow Green – Manhattan** - A heartfelt thank you to all who generously donated to Catholic Charities during Greater Manhattan Community Foundation's Grow Green Day! Your contributions exceeded \$25,000 which will directly support families in need and make a significant impact. Your kindness and support truly make a difference. Thank you!

**Give to Grow – Beloit** - A heartfelt thank you to all who generously donated to Catholic Charities during the Solomon Valley Community Foundation Give to Grow Match Day! Your contributions exceeded \$2,700 which will directly help people in need. Your kindness and support truly make a difference. Thank you!

**Fund the Future – Belleville** - The Republic County Community Foundation's Fund the Future Day of Giving takes place on Wednesday, April 29 in Belleville! Catholic Charities of Northern Kansas is proud to be participating in this special day. Donations made to participating nonprofit endowed funds through the Republic County Community Foundation on this day will be matched up to 50%. Whether you support Catholic Charities online or in person on April 29, you help ensure our mission reaches neighbors in need across northern Kansas. To learn more and donate, visit [www.fundthefuturerc.com](http://www.fundthefuturerc.com).

## **OFFICE OF FAMILY LIFE**

**Family Consecration to the Sacred Heart of Jesus and Entrustment to the Immaculate Heart of Mary.** June is dedicated in a special way to the Sacred Heart of Jesus—making it a fitting time to entrust your home and family to His love and to seek the guidance and intercession of the Immaculate Heart of Mary.

## **OFFICE OF FAMILY LIFE (cont.)**

A home consecration is a beautiful and powerful act of devotion in which a family intentionally places their life under the lordship of Christ. Often, this includes the enthronement of an image of the Sacred Heart of Jesus in the home, a visible reminder that Christ is truly the center of family life—present in daily joys, struggles, and relationships.

Through this act, the family invites Jesus to reign in their hearts and commits to living a life of prayer, repentance, and trust in His mercy. In a similar spirit, we entrust ourselves to the Immaculate Heart of Mary, asking for her intercession and maternal guidance as we grow in fidelity to her Son.

The Church has long encouraged this devotion, recognizing the family—founded in Holy Matrimony—as a domestic church, called to reflect Christ’s love in the home.

It is important to remember that these devotions are meant to support, not replace, the liturgical life of the Church, especially our faithful participation in Sunday Mass. When lived well, they deepen our relationship with Christ and strengthen our commitment to live as His disciples.

This year, this invitation carries special significance as the bishops of the United States will consecrate our nation to the Sacred Heart of Jesus on June 12, 2026. Families are encouraged to unite their own consecration with this national act of prayer.

If you have ever wondered what a home consecration is, how to do it, or what prayers are involved, we invite you to learn more this month.

Be sure to check out:

The May issue of Faith Magazine

The May Register

The Diocese of Salina website

These resources provide a deeper understanding of consecration and entrustment, step-by-step guidance for your family, and the prayers used to dedicate your home to Christ.

Take this opportunity to renew your faith and make your home a place where Christ is honored, Mary is welcomed, and the love of God is lived each day.

## **OFFICE OF YOUTH MINISTRY-RELIGIOUS EDUCATION**

**PRAYER AND ACTION 2026** - Registration has begun for this summer’s Prayer and Action Program. Please see the website for registration forms and information.

Video to show what goes on at Prayer and Action - <https://youtu.be/G6xDURUuLTs>

Registration information - <https://salinadiocese.org/office/youth-ministry/prayer-and-action/>

**Jr. CYO CAMP 2026** - Camp will be held Saturday, September 5<sup>th</sup> - Monday, September 7<sup>th</sup>, and registration begins May 1<sup>st</sup>.

Registration Information - <https://salinadiocese.org/office/youth-ministry/junior-cyo-camp/>

**HOLY FIRE 2026** – Save the Date! Holy Fire will be on November 7<sup>th</sup>, in Hays. This is an event for our 6<sup>th</sup>- 8<sup>th</sup> grade students. There will be more information coming soon, but I wanted to get the date out to you.

**2026 CYO CONVENTION** – Save the Date! CYO Convention will be on November 14<sup>th</sup> - 15<sup>th</sup>, in Salina. More details are coming soon.

## **OFFICE OF SAFE ENVIRONMENT**

**SUMMER ACTIVITIES** – With summer programs (VBS, Totus Tuus, Prayer and Action, etc.) quickly approaching, please ensure that all individuals ministering with minors have completed the Safe Environment Curriculum, including the integrated background check through CMGConnect.

If you have any questions regarding Safe Environment training, background checks, or other safety concerns, please email [liz.aguayo@salinadiocese.org](mailto:liz.aguayo@salinadiocese.org) or call 785-827-8746 ext. 124.

**COMPLIANCE** – Please ensure your parish or school has submitted all required documentation to the diocese and that your CMG Connect database is up to date. The audit period ends June 30, 2026.

Thank you for your continued commitment to protecting children.

**CARES FOR KIDS' MONTHLY NEWSLETTER** - Attached please find the newsletter "Myth vs Reality: What you need to know about abuse" provided by Catholic Mutual. Please use this newsletter as an additional resource as you continue to provide safe environments in your parish and school communities.

# June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Engaged Encounter Wknd., Victoria 5-7	<b>6</b> TMP/M Golf Tournament, Hays
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Priestly Ordination for Dcn. Luke Friess & Dcn. Benjamin King, S.H. Cathedral, 2pm	<b>13</b> Engaged Encounter wknd., Victoria, 12-14
<b>14</b> Fr. Frank Coady's 50 <sup>th</sup> Ordination Anniversary celebration, STM, Manhattan, 4pm	<b>15</b>	<b>16</b>	<b>17</b> Confirmation, IHM, Hays, 7pm	<b>18</b> Lay Review Board, 4pm	<b>19</b>	<b>20</b>
<b>21</b> Father's Day	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Finance Council, 4pm	<b>26</b> June Moon, Manhattan, Colbert Hills CC, 5pm	<b>27</b> Confirmation, St. Francis of Assisi, Norton, 5:30pm
<b>28</b> Confirmation, St. Joseph, New Almelo, 8am Confirmation, St. John, Logan, 10:30am	<b>29</b>	<b>30</b>				

# Catholic Charities Outreach Services

## May 2026 Schedule

*Families who qualify can receive a large box of food, hygiene items, diapers and wipes, and other supplies and services as needed. All are welcome!*

Tuesday

5/5

**Osborne** - St. Aloysius Catholic Church

10:30am - 11:30am

Wednesday

5/6

**Junction City** - JC Naz Church

9:00am - 10:00am

**Phillipsburg** - St. Philip & James

10:00am - 11:00am

**Smith Center** - St. Mary's Catholic Church

10:30am - 11:30am

**Norton** - St. Francis of Assisi Catholic Church

12:00pm - 1:00pm

**Herington** - St. John Catholic Church

1:00pm - 2:00pm

**Hill City** - Immaculate Heart of Mary

2:00pm - 3:00pm

Wednesday

5/13

**Washington** - St. Augustine Parish

9:30am - 10:30am

**Colby** - Knights of Columbus

10:00am - 11:00am

**Ellsworth** - St. Bernard Catholic Church

11:30am - 12:30pm

**Mankato** - St. Theresa Catholic Church

12:00pm - 1:00pm

**Oakley** - St. Joseph Catholic Church

12:00pm - 1:00pm

**Lincoln** - Lincoln County Health Department

1:30pm - 2:30pm

**WaKeeney** - Christ the King Church

2:30pm - 3:30pm

**Beverly** - City Office of Beverly

3:00pm - 4:00pm

Wednesday

5/20

**Abilene** - St. Andrew Parish

9:00am - 10:00am

**Beloit** - St. John the Baptist Church

10:00am - 11:00am

**Atwood** - Sacred Heart Catholic Church

10:30am - 11:30am

**Solomon** - Immaculate Conception Church

10:30am - 11:30am

**Oberlin** - Gateway Civic Center

12:30pm - 1:30pm

**Clay Center** - St. Peter & Paul Parish

1:00pm - 2:00pm

**Concordia** - Our Lady of Perpetual Help

1:30pm - 2:30pm

**Hoxie** - St. Frances Catholic Church

2:30pm - 3:30pm

**Minneapolis** - 200 Block of N. Sheridan St.

3:30pm - 4:30pm

Wednesday

5/27

**Chapman** - St. Michael Catholic Church

9:00am - 10:00am

**Russell** - St. Mary Queen of Angels Church

9:00am - 10:00am

**Enterprise** - City Hall

10:30am - 11:00am

**Belleville** - St. Edward Parish

1:00pm - 2:00pm

**Plainville** - Sacred Heart Catholic Church

1:00pm - 2:00pm



*Any cancellations due to inclement weather will be announced by 4 p.m. the day before the scheduled outreach.*

*Scan this QR Code with your smartphone camera to view the full outreach schedule!*



Feeling anxious or sad?

# Hope can help!



Hope is a **FREE** chat service providing encouragement and strategies on how to manage everyday stress and anxiety using Chatbot technology.

- Hope is anonymous, private, and available 24/7/365
- Proven, faith-based, emotional, and mental support service
- Hope offers proven technology to offer custom mental health help when and where you need it. She is used by over 13 million users worldwide.

**If you are experiencing suicidal thoughts, please call, text, or chat the Suicide & Crisis Lifeline at 988, to speak to a real person.**

## TO CONNECT WITH HOPE:

Text "Hi" to Hope at 1-785-645-3355 or visit [facebook.com/HopeCCUSA](https://facebook.com/HopeCCUSA)  
Use Start Code: KANSAS



Catholic Charities of Northern Kansas is grateful for the generous support of Catholic Charities USA in bringing Hope to our communities.

[www.ccnks.org](http://www.ccnks.org)



# Fill the FREEZERS

We have freezers in all three Catholic Charities offices—but they're empty!

**We need your help to fill them!**

By *donating meat*, you can provide nutritious protein to families in need across northern Kansas.



## HOW TO DONATE MEAT:

1

### CALL AHEAD

Call ahead to ensure we have freezer space.

2

### WHAT WE ACCEPT

We accept **beef, pork, poultry, or venison** (*must be USDA or state-inspected*).

3

### PROPER PACKAGING

Meat must be **properly packaged and labeled** for food safety.

4

### DROP-OFF LOCATIONS

Bring donations to our **Salina, Manhattan, or Hays** offices.

HELP FEED  
HUNGRY  
FAMILIES



**Provide nutritious meals** to families receiving our food boxes who can't afford meat, making balanced meals difficult.



**Ease financial struggles** for those forced to choose between essentials like rent and protein-rich food.



**Support local families** across northern Kansas by ensuring they have access to quality meat.

**HAVE QUESTIONS OR NEED MORE INFORMATION?  
CONTACT MEGAN AUGUSTINE AT:**



785-825-0208



maugustine@ccnks.org



# DONATE YOUR PICKUP BAGS!

Got extra Dillon's Pickup bags lying around? Catholic Charities would love to take them off your hands! We use these bags to create hygiene kits for those in need in Northern Kansas.

**Drop off bags at the office nearest you!**

**Salina: 1500 S. 9th St.**

**Manhattan: 212 S. 4th St.**

**Hays: 1011 Centennial Blvd.**



Catholic  
Charities  
OF NORTHERN KANSAS

# SHOPPING LIST



## PANTRY ITEMS

- |  |  |
|--|--|
| <input type="checkbox"/> Cereal            | <input type="checkbox"/> Instant Oatmeal     |
| <input type="checkbox"/> Pancake Mix       | <input type="checkbox"/> Granola Bars        |
| <input type="checkbox"/> Peanut Butter     | <input type="checkbox"/> Jelly               |
| <input type="checkbox"/> Instant Potatoes  | <input type="checkbox"/> Tuna Helper         |
| <input type="checkbox"/> Macaroni + Cheese | <input type="checkbox"/> Spaghetti noodles   |
| <input type="checkbox"/> Spaghetti Sauce   | <input type="checkbox"/> Ramen Noodles       |
| <input type="checkbox"/> Canned Soup       | <input type="checkbox"/> Canned Vegetables   |
| <input type="checkbox"/> Jello Packets     | <input type="checkbox"/> Pudding Packets     |
| <input type="checkbox"/> Canned Fruit      | <input type="checkbox"/> Canned Tuna         |
| <input type="checkbox"/> Saltine Crackers  | <input type="checkbox"/> Jiffy Cornbread Mix |

## HOUSEHOLD ITEMS

- |   |   |
|---|---|
| <input type="checkbox"/> Full-Sized Shampoo | <input type="checkbox"/> Full-Sized Body Wash |
| <input type="checkbox"/> Bar Soap           | <input type="checkbox"/> Twin-Blade Razors    |
| <input type="checkbox"/> Deodorant          | <input type="checkbox"/> Full-Sized Lotion    |
| <input type="checkbox"/> Toothpaste         | <input type="checkbox"/> Tampons/Pads         |
| <input type="checkbox"/> Toilet Paper       | <input type="checkbox"/> Kleenex Boxes        |
| <input type="checkbox"/> Laundry Detergent  | <input type="checkbox"/> Multi-Purpose Wipes  |
| <input type="checkbox"/> Liquid Dish Soap   | <input type="checkbox"/> Diapers (Size 4-6)   |
| <input type="checkbox"/> Baby Wipes         | <input type="checkbox"/> Diaper Rash Cream    |

**Thank you for providing HOPE to our neighbors in need!**

# ***Catholic Mutual CARES for Kids***

## **Myth vs. Reality: What You Need to Know About Abuse**

Childhood abuse, a profound violation of trust and safety, touches the lives of millions, often without visible evidence. Myths surrounding abuse—emotional, psychological, sexual, or neglect—undermine prevention and healing. Below are ten common misconceptions that illuminate the reality and urgency of understanding the truth.

**Myth:** Abuse is always physical.

**TRUTH:** Abuse is not limited to bruises or broken bones. Emotional abuse—such as constant criticism, humiliation, or manipulation—can be just as damaging, often leading to anxiety, depression, and low self-esteem. Neglect, where a child’s basic needs are ignored, is another form of abuse that can severely impact development. Recognizing non-physical abuse is essential because these forms often go unnoticed and untreated.

**Myth:** Children often lie about abuse.

**TRUTH:** Studies consistently show that false allegations of abuse are rare. In fact, most children underreport abuse due to fear of retaliation, shame, or loyalty to the abuser. When a child discloses abuse, it should always be taken seriously and investigated thoroughly. Dismissing their claims can lead to further harm and silence.

**Myth:** Abuse only happens in poor or dysfunctional families.

**TRUTH:** Abuse knows no boundaries. It occurs in wealthy households, educated families, and communities that appear “perfect” from the outside. Believing this myth can cause society to overlook victims in affluent environments, leaving them without support or intervention.

**Myth:** No visible injuries mean no abuse is taking place.

**TRUTH:** Emotional scars are often deeper than physical ones. A child may appear healthy but suffer from severe psychological trauma, which can manifest as withdrawal, aggression, or developmental delays. Abuse is about power and control—not just physical harm.

**Myth:** Abusers are usually strangers.

**TRUTH:** Many abuse cases involve someone the child knows and trusts—parents, relatives, teachers, or caregivers. This familiarity makes it harder for victims to speak out and for others to suspect wrongdoing. Stranger danger campaigns, while important, should not overshadow the reality of abuse within trusted relationships.

**Myth:** Children who are abused will always become abusers.

**TRUTH:** While childhood trauma can increase risk factors, most survivors do not perpetuate abuse. Many break the cycle through therapy, support systems, and resilience. This myth unfairly stigmatizes survivors and discourages them from seeking help.



**Myth:** Boys are rarely victims of abuse.

**TRUTH:** Boys experience abuse at significant rates, but cultural norms often discourage them from reporting. Fear of being perceived as weak or emasculated keeps many silent. Abuse is not gender-specific, and boys deserve the same recognition and support as girls.

**Myth:** Children can easily escape abusive situations.

**TRUTH:** Children are dependent on adults for food, shelter, and safety. Leaving an abusive environment is rarely an option for them. Fear, manipulation, and lack of resources make escape nearly impossible without outside intervention.

**Myth:** Abuse is always violent.

**TRUTH:** Abuse can be subtle and insidious. Constant criticism, isolation, or withholding affection can erode a child's sense of self-worth over time. These behaviors may not leave physical marks, but they can cause lifelong emotional damage.

**Myth:** Time heals all wounds.

**TRUTH:** Time alone does not heal trauma. Without proper therapy and support, the effects of childhood abuse can persist into adulthood, leading to mental health struggles, relationship difficulties, and even physical health issues. Healing requires intentional care and intervention.

Misconceptions about childhood abuse perpetuate silence, stigma, and suffering. By understanding the truth, we can create safer environments, advocate for victims, and support healing. If you suspect abuse, act immediately. Awareness and action are the first steps toward breaking the cycle.

## References

- EndCAN. (2021, February 15). 11 myths about child abuse. <https://endcan.org/2021/02/15/11-myths-about-child-abuse/>
- National Children's Advocacy Center. (2021). 10 facts about child abuse [PDF]. <https://cacnc.org/site/assets/files/1631/10-facts-about-child-abuse.pdf>
- National Children's Alliance. (n.d.). National statistics on child abuse. <https://www.nationalchildrensalliance.org/media-room/national-statistics-on-child-abuse/>