

## **Training Outline (Staff)**

### **Training Time: 2-3 hours**

**Target Audience: Any adult who works directly with children.**

- I. Welcome and Prayer**
- II. Background of *Charter***
  - a. Catholic Bishops met in 2002 in Dallas and created the *Charter for the Protection of Children and Young People*.
  - b. All victims will be treated with respect and it is the primary duty of the Church
  - c. Teaching anti-victimization skills
  - d. Every school and parish must provide this life saving information
  - e. Harm can be prevented
  - f. Bishops want to stop abuse from happening NOW and in the future
  - g. Goal-create a community where everyone is safe from harm and respected throughout life
- III. Status of Children**
  - a. First case of child abuse was prosecuted under cruelty to animals laws
  - b. Texas passed the Texas Family Code in 1972 to protect children
- IV. Types of Child Abuse**
  - a. Physical
  - b. Emotional
  - c. Sexual
  - d. Neglect
- V. What is Sexual Abuse**
  - a. Does not have to include penetration
  - b. Being touched in sexual areas
  - c. Shown pornography
  - d. Made to pose for sexual photos
  - e. Subject to unnecessary medical treatment
  - f. Forced to perform oral sex
  - g. Raped or otherwise penetrated
  - h. Fondled, kissed or held in a way that makes a child feel uncomfortable
- VI. Recognizing Sexual Abuse**
  - a. Sudden or gradual change in the child's behavior, but these changes may also be present in other crisis like death or divorce
  - b. Victims can exhibit a various range of signs, symptoms and behaviors
  - c. There are only two true signs of sexual abuse---pregnancy and Sexually Transmitted Diseases (STD's)
  - d. Know your child
- VII. Signs, Symptoms & Behaviors**
  - a. Avoidance of specific person
  - b. Mood & behavioral shifts before and after meeting someone
  - c. Change in sleep patterns
  - d. Night sweats and/or nightmares
  - e. Changes in eating habits
  - f. Unusual fear of being in a particular area of the house
  - g. Development of social fears
  - h. Unusual aggressiveness towards family and friends
  - i. Increased delinquent behaviors in school

- j. Sophisticated sexual behavior inconsistent with child age and development
  - k. Fear of undressing in public
  - l. Regression of behaviors
  - m. Unexplained periods of panic
  - n. Depression
  - o. Expresses thoughts of suicide and death
  - p. Increased talk about an older friend
  - q. Bruises or cuts near genital areas
  - r. Complains of pain while urinating
  - s. Exhibits signs of genital infections or STD's
  - t. Sudden increase in health problems
  - u. Signs of being pregnant
  - v. Engages in persistent sexual play with others
  - w. Excessive masturbation
- VIII. Effects of Sexual Abuse**
- a. Shame, guilt & embarrassment
  - b. Confusion towards family relationships
  - c. Depression & anxiety
  - d. Emotional numbness
  - e. Substance abuse
  - f. Poor adult relationships
  - g. Promiscuity
  - h. Possible sexual abuse of others
  - i. Gender identity problems
  - j. Health problems
- IX. The Sex Offender**
- a. Does not look like a "monster" or "dirty old man"
  - b. They are usually someone who gains the trust of the child or parent
  - c. 90% of the victims know their offender and over 60% are family members
  - d. This is a society problem and not a church problem
  - e. Only 4% of offenders have been priest and less than 1% (.9%) have been from the Archdiocese of San Antonio (John Jay Study, 2003)
- X. Outcry & Reporting**
- a. The first time a child reports is the outcry
  - b. Listen, believe, do not blame the victim
  - c. By law you must report within 48 hours
  - d. Have as much information about the child/family as possible
  - e. Call CPS at 1-800-252-5400
  - f. [www.reportabuse.ws](http://www.reportabuse.ws) username: professional, password: report1
  - g. Call 911 if case is an emergency
- Only the staff that will implement the curriculum will need to hear the rest of the presentation.**
- XI. Implementation & Lures**
- a. Age appropriate safety rules
  - b. Examples of Lures
  - c. Probing questions