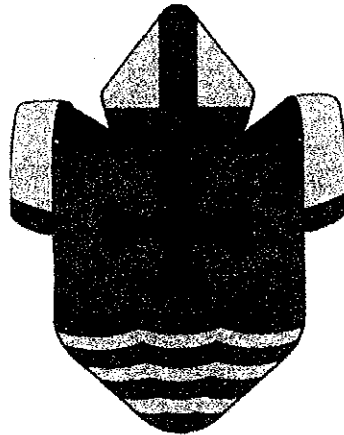


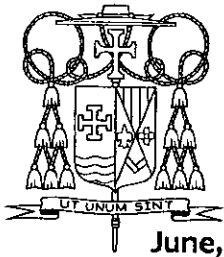
# Catholic Diocese of Jackson

Protection of Children Curriculum & Lesson Plans  
For Grades K-12



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Revised 2007



## CATHOLIC DIOCESE OF JACKSON

237 AMITE STREET • P.O. Box 2248  
JACKSON, MISSISSIPPI 39225-2248

June, 2007

OFFICE OF THE BISHOP

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The Diocese of Jackson is committed to being a community that cares for children. I sincerely appreciate the care and love you give our children and youth and all that you give of yourself to the Protection of Children Program. Through your support our children and youth will become the leaders upon which our Church will rely in the future.

The enclosed Protection of Children training summarizes the major points that children should know in order to prevent physical, verbal and sexual abuse from occurring, and to respond appropriately if it does occur. Based on Gospel values, the safe environment curriculum introduces to children and youth the basic concept of body safety and self-protection skills, but it is only a source of information. Parents, teachers and volunteers must help children and youth feel they can speak openly and honestly about their concerns and make time to keep the dialogue open about this important topic.

We are providing you several lesson plan options to be presented to grades K-12 on the prevention of physical, verbal and sexual abuse:

- Option I      Protection of Children (September, 2003)
- Option II     Smart Kids Safe Kids (June, 2007)
- Option III    Audio Visual Material (Resource List Enclosed)

Please note that the ten Principles and Concepts are still presented on an age appropriate level for all lesson plans. These Principles and Concepts are foundational and aid in fostering a positive atmosphere for developing respect for self and others – physically, emotionally and spiritually. (Page 2, Principles and Concepts)

The enclosed material covers class presentations by grade level. If you have questions about how the lessons should be presented, please contact Vickie Carollo at 601/960-8471 or by email at [vickie.carollo@jacksondiocese.org](mailto:vickie.carollo@jacksondiocese.org).

May God bless you as we all work together to keep children safe from harm.

Sincerely in the Lord,

Joseph N. Latino  
Bishop of Jackson

## CURRICULUM GUIDE LESSON PLANS

PreK	-	Catholic Diocese of Jackson Protection of Children
K	-	Smart Kids Safe Kids
1 <sup>st</sup>	-	Video Options a. <u>Break the Silence: Kids Against Child Abuse</u> b. <u>It's Your Body: You're in Charge!</u> c. <u>McGruff on Self-Protection: Preventing Child Abuse and Neglect</u>
2 <sup>nd</sup>	-	Catholic Diocese of Jackson Protection of Children
3 <sup>rd</sup>	-	Smart Kids Safe Kids
4 <sup>th</sup>	-	Smart Kids Safe Kids
5 <sup>th</sup>	-	Video Options a. <u>If it Happens to You: Dealing with Abuse</u> b. <u>Safety N.E.T. Kids</u>
6 <sup>th</sup>	-	Catholic Diocese of Jackson Protection of Children
7 <sup>th</sup>	-	Smart Kids Safe Kids
8 <sup>th</sup>	-	Video – <u>Child Abuse: Family Matters</u>
9 <sup>th</sup>	-	Catholic Diocese of Jackson Protection of Children
10 <sup>th</sup>	-	Smart Kids Safe Kids
11 <sup>th</sup>	-	Video <u>Breaking the Silence: Preventing the Sexual Abuse of Minors – Part I</u>
12 <sup>th</sup>	-	Video <u>Breaking the Silence: Preventing the Sexual Abuse of Minors – Part II</u>

**Protection of Children  
Catechesis for Preschool – Grade 8**

**Principles & Concepts for Teachers and Parents:**

1. Each human being is created in the image and likeness of God. Our bodies are sacred and holy.
2. We are blessed with families and loving communities to help us grow.
3. We must differentiate between safe, unsafe and unwanted touch.
4. Because each person is made in the image of God, each person must be treated with dignity and respect. This respect includes respectful privacy of our own bodies.
5. The God-given gift of choice has consequences.
6. Some actions or behaviors are wrong or sinful. Behavior or actions that harm self or others physically, psychologically or spiritually are wrong.
7. We must differentiate between good and bad play and avoid keeping secrets.
8. Each of us experience good and bad human relationships and friendship. Some people manipulate or misuse friendship.
9. Children must be provided with basic information to enable them to be safe and protected by the adults in their lives. The task of keeping children safe is shared by families, extended families, their neighborhood and community and their schools and church.
10. Children must identify a number of trusted adults to go to for help.

**Protection of Children  
Catechesis for Grades 9-12**

**Principles & Concepts for Teachers and Parent:**

1. Each human being is created in the image and likeness of God. Our bodies are sacred and holy.
2. We are blessed with families and loving communities to help us grow.
3. We must differentiate between safe, unsafe and unwanted touch.
4. Because each person is made in the image of God, each person must be treated with dignity and respect. This respect includes respectful privacy of our own bodies.
5. The God-given gift of choice has consequences.
6. Some actions or behaviors are wrong or sinful. Behavior or actions that harm self or others physically, psychologically or spiritually are wrong.
7. We must differentiate between appropriate and inappropriate contact and avoid keeping secrets.
8. Each of us experience good and bad human relationships and friendship. Some people manipulate or misuse friendship.
9. Youth must be provided with basic information to enable them to be safe and protected by the adults in their lives. The task of keeping children and youth safe is shared by families, extended families, their neighborhood and community and their school and church.
10. Youth must identify a number of trusted adults to go to for help and know procedures for reporting abuse.

# **Protection of Children Diocese of Jackson**

## **Teacher/Catechist Packet Elementary**



Diocese of Jackson

# Diocese of Jackson Protection of Children Program

## Elementary Teacher/Catechist Packet

Prepared by the Diocese of Jackson  
Department of Education  
October 2003

Portions of these materials are used by  
permission of the Archdiocese of New Orleans and the Archdiocese of Mobile

**PROTECTION OF CHILDREN PROGRAM  
DIOCESE OF JACKSON**

**ELEMENTARY TEACHER/CATECHIST PACKET CONTENTS**

	<u>Page</u>
Contents	2
Agenda	3
Prayer	4-5
Introduction	6
Sex Abuse Fact or Myth Quiz	7-8
Myths Quiz - Answers	9-10
Highlights of the Bishops' Charter for the Protection of Children	11
Indicators Of Child Abuse	12
Summary of Procedures for Reporting to Civil Authorities and Diocese of Jackson	13
Sample DHS Form for Reporting Suspected Child Abuse	14-15
Appropriate and Inappropriate Contact with Minors	16
Speaking with Young People About Child Abuse	17-18
Protection of Children Catechesis for Preschool – Grade 8	19
Preschool - Grade 1 Catechetical Concepts	20
Preschool - Grade 1 Lesson Plan	21
Preschool - Grade 1 Activity Sheets	22-23
Grades 2-4 Catechetical Concepts	24
Grades 2-4 Lesson Plan	25
Grades 2-4 Activity Sheets	26-28
Grades 5 – 8 Catechetical Concepts	29
Grades 5 - 8 Lesson Plan	30
Grades 5 - 8 Activity Sheet	31

**PROTECTION OF CHILDREN PROGRAM  
DIOCESE OF JACKSON**

**ELEMENTARY TEACHER/CATECHIST  
TRAINING AGENDA**

Prayer

Introduction - Why Are We Here?

Sex Abuse Fact or Myth Quiz

Myths Quiz - Answers

Points of the Bishops' Charter for the Protection of Children

Indicators of Child Abuse

Summary of Procedures for Reporting to Civil Authorities & Diocese of Jackson

Sample DHS Reporting Form for Reporting Suspected Child Abuse

Appropriate and Inappropriate Contact with Minors

Speaking to Young People about Child Abuse

Protection of Children Catechesis for Preschool – Grade 8

Catechetical Concepts for Preschool – Grade 8

Lesson Plans/Activity Sheets for Preschool – Grade 8

Dates for Student Training: October during Respect for Life Week

Keeping a Log of Who Has Been Trained

## Prayer of Praise to the Lord Jesus Who Loves Children

**LEADER:** Brothers and sisters, let us praise and thank the Lord who took little children into his arms and blessed them. Praise be the Lord now and forever!

**ALL:** Amen

**LEADER:** Jesus welcomed children, believed in their dignity, and held them up as a model for all who are seeking the kingdom of God.

**READER:** Listen to the words of the holy gospel according to Luke:  
**Luke 18:15-17** (Silent reflection)

**ANTIPHON:** Psalm 139

**ALL:** Yahweh, you know me and examine me.

**RIGHT:** Yahweh, you examine me and know me  
You know if I am standing or sitting,  
You read my thoughts from far away,  
Whether I walk or lie down, you are watching,  
You know every detail of my conduct.

**LEFT:** It was you who created my inmost self,  
And put me together in my mother's womb;  
For all these mysteries I thank you;  
For the wonder of myself; for the wonder of your works.

**RIGHT:** You know me through and through,  
From having watched my bones take shape  
When I was being formed in secret,  
Knitted together in the limbo of the womb.

**LEFT:** You had scrutinized my every action,  
All were recorded in your book,  
My days listed and determined,  
Even before the first of them occurred.

**RIGHT:** God, how hard it is to grasp your thoughts!  
How impossible to count them!  
I could no more count them than I could the sand,  
And suppose I could, you would still be with me.

**LEFT:** God examine me and know my heart,  
Probe me and know my thoughts;  
Make sure I do not follow pernicious ways,  
And guide me in the way that is everlasting.

**ALL:** Yahweh, you know me and examine me.

---

**LEADER:** The Lord Jesus held up to all his followers the simplicity and trust of children as a condition for entering the kingdom heaven. Let us therefore call on Jesus in prayer;

## PRAYER INTERCESSIONS:

**Response: Lord, in children let us welcome you.**

1. Lord Jesus, born of the Virgin Mary, you sanctified childhood;  
Grant that the children of our parish and school families may grow as you did-in wisdom,  
age and grace. **We pray to the Lord... (response)**
2. Through their parents and the Church you show these children the tenderness of your  
own love. Grant that those entrusted with their care will be tireless in watching over them.  
**We pray to the Lord ... (response)**
3. Even as a child you had to undergo persecution and exile.  
Grant that all children who are victims of the evil of these times may find help and  
protection. **We pray to the Lord. .. (response)**

**LEADER:** God of all creation, receive our prayers. By the power of the Holy Spirit help us to be  
instruments of your redeeming love in the lives of the children who have been entrusted  
to our care. Grant our prayers in the name of Jesus, whose resurrection we proclaim now  
and forever.

**ALL:** Amen

**LEADER:** Lord Jesus Christ,  
You loved children so much that you said:  
"Whoever welcomes a child welcomes me."  
Hear our prayers and, with your unfailing protection,  
Watch over these children who are your own.  
May they grow in Christian maturity and,  
By the power of the Holy Spirit  
Become Christ's witnesses in the world.  
Grant that they will strive always for what is right and good  
And one day, by your grace, reach their home with you.

We ask this through Christ our Lord.

**ALL:** Amen

**LEADER:** May the Lord Jesus who loves children  
Bless us and keep us in his love,  
Now and forever.

**ALL:** Amen.

## Introduction

In a pastoral effort to respond to a heightened need for the protection of our children, the Diocese of Jackson is requiring a catechesis be given to children in all grades of our Catholic Schools and Parish Religious Education Programs. This catechesis is required to be completed during Respect Life Week, the first week in October each school year. Principles for Child Protection Catechesis, Teaching Objectives for Parents and Teachers and Learning Objectives for Students form the foundation for lessons to be taught in the classroom to support parents in providing the education and guidance children need to be safe.

All priests, deacons, school administrators, teachers, youth ministers, parish catechists, support personnel, coaches and volunteers will be required to attend training in the prevention and recognition of all forms of abuse against children. In addition, parents will be given information to help provide their children the guidance needed to be safe. Finally, all persons who work with children in the Diocese of Jackson will be required to have background checks.

In their pastoral letter entitled "Walk in the Light: A Pastoral Response to Child Sexual Abuse," our Catholic bishops expressed their desire to share the following words with children.

"Dear Children,  
When Jesus walked on the earth, he loved little children. Our Holy Father has said, 'How important children are in the eyes of Jesus!' Jesus treated children with kindness and respect. He understood when they were hurt. Like Jesus, we care when you hurt, especially when a grown-up has caused your hurt. We know that you are God's very special gift. God loves you, and we love you. You are our hope for the future."

The welfare of children, their well-being and safety, is our rationale for catechesis to enable them to protect themselves.

## Protection of Children Program

### Sexual Abuse & Assault: Fact or Myth Quiz

Test your knowledge:

1. Child molesters typically use physical force and / or threats to gain compliance from their victims.  
Fact? Myth?
  2. Most child molesters find their victims by frequenting such places as school yards and playgrounds; therefore all parents should be extremely concerned for their children's safety in such places.  
Fact? Myth?
  3. Most child molesters are "dirty old men."  
Fact? Myth?
  4. Child molesters are only attracted to children, and therefore, are not capable of engaging in appropriate sexual relationships with consenting adults.  
Fact? Myth?
  5. Victims of child molestation are harmed only when offenders use force to make victim have sex with them.  
Fact? Myth?
  6. Children often lie by making up stories about sexual abuse.  
Fact? Myth?
  7. If a child doesn't tell anyone about the sexual abuse, then she/he must have liked it.  
Fact? Myth?
  8. Children generally recover from the effects of sexual abuse on their own. It is best to keep the abuse a secret, so that they don't have to endure talking to anyone else about it.  
Fact? Myth?
-

9. A rape offender commits his offense for sexual gratification.

Fact?

Myth?

10. Offenders could stop their sexually offending behavior on their own, if only they really wanted to stop. All it takes is the desire to do so.

Fact?

Myth?

11. Men who rape do so because they cannot find a consenting partner.

Fact?

Myth?

12. Some men rape because they are under the influence of drugs or alcohol.

Fact?

Myth?

13. If a rape victim doesn't fight back, then she/he must have enjoyed it.

Fact?

Myth?

---

*Taken from the information provided on the website of  
Connecticut Sexual Assault Crisis Services, Inc.  
East Hartford, CT.*

## Myths

### All fourteen questions / statements from the quiz are myths.

1. Child Molesters typically use physical force and/or threats to gain compliance from their victims.
  1. Only 10-15% of child molesters use force or threats.
  2. Most Child molesters find their victims by frequenting such places as school yards and playgrounds; therefore, all parents should be extremely concerned for their children's safety in such places.
  2. Most child molesters offend against children they know and/or with whom they have a relationship.
  3. Most child molesters are "dirty old men."
  3. Majority of sex offenders are men, typically in their late 20's/early 30's and lead average life styles.
  4. Child molesters are only attracted to children, and, therefore, are not capable of engaging in appropriate sexual relationships with consenting adults.
  4. Most child molesters fall into 2 categories: Regressive offenders are primarily interested in adults but regress and seek inappropriate comfort from a child. They represent the majority of molesters. Fixated child molesters (about 35%) are attracted to children as their primary sexual interest.
  5. Victims of child molestation are harmed only when offenders use force to make the victim have sex with them.
  5. Victims can suffer, many forms of physical and emotional harm including fear, shame, guilt, embarrassment, and rejection.
  6. Children often lie by making up stories of sexual abuse.
  6. Cases of children making up stories are rare.
  7. If a child doesn't tell anyone about the sexual abuse, then he/she must have liked it.
  7. Children won't tell because they are ashamed, afraid, protective of parents, afraid they will be blamed.
  8. Children generally recover from the effects of abuse on their own. It is best to keep abuse a secret, so that they don't have to endure talking to anyone else about it.
  8. The level of trauma that is incurred is based on many factors. With appropriate support, children can work through their trauma.
  9. A rape offender commits his offense for sexual gratification.
  9. Rape is not about sex, but rather, anger, control, and power.
-

10. Offenders could stop their sexually offending behavior on their own, if only they really wanted to stop. All it takes is the desire to do so.

11. Men who rape do so because they cannot find a consenting partner.

12. Some men rape because they are under the influence of drugs or alcohol.

13. If a rape victim doesn't fight back, then she/he must have enjoyed it.

14. If a rape victim does not say "no", then she / he must have enjoyed it.

10. Sex offenders are not able to stop their offending on their own.

11. Most rape offenders are married or have relationships with consenting adults.

12. Some offenders may be under the influence of drugs and/or alcohol which may lower their inhibitions, but it cannot be blamed or used as an excuse for rape.

13. Many victims do not fight back out of fear.

14. Victims often do not say no for a variety of reasons including fear of being killed or severely injured.

## **PROMISE TO PROTECT, PLEDGE TO HEAL: CHARTER FOR THE PROTECTION OF CHILDREN AND YOUNG PEOPLE**

The Charter includes:

1. Plan to reach out to victims of child abuse by clergy and deacons as well as to victims' families.
2. Each diocese will name an assistance coordinator to oversee the pastoral care needed by victims.
3. A review board consisting mostly of laypersons and non-diocesan employees will assess claims of child abuse by clergy and deacons and will review related diocesan policies and procedures.
4. All alleged child abuse by clergy and deacons involving a victim who is still a minor must be reported to civil authorities.
5. The offending priest or deacon will be permanently removed from ministry "for a single act of sexual abuse of a child."
6. A diocese will, establish a "safe environment program" which will focus on the education of children, parents, employees, ministers, educators and volunteers.
7. Background checks are mandated for all diocesan and parish personnel who have regular contact with minors.

**Protection of Children Program  
Diocese of Jackson**

**Indicators of Child Abuse**

***These are possible indicators and do not necessarily mean sexual abuse.***  
*(developed with information compiled through the resources of the Louisiana Council on Child Abuse Baton Rouge, La.)*

Type of Abuse	Physical Indicators	Behavioral Indicators
Physical Abuse	unexplained bruises or marks unexplained burns unexplained fractures, lacerations or abrasions	self-destructive behavioral extremes uncomfortable with physical contact seems to be afraid to be at home chronic runaway (adolescents) complains of soreness or moves uncomfortably wears clothing inappropriate to weather to cover body
Physical Neglect	abandonment unattended medical needs poor supervision consistent hunger, inappropriate dress, poor hygiene lice, distended stomach emaciated	regularly appears fatigued or listlessness, falls asleep in class steals or begs from classmates reports that no caretaker is at home frequently absent or tardy self-destructive school drop out (adolescents)
Sexual Abuse	torn, stained, or bloody underclothing pain or itch in genital area difficulty walking or sitting bruises or bleeding in external genitalia venereal disease frequent urinary or yeast infections excessive masturbation	withdrawal, chronic depression excessive seductiveness role reversal, overly concerned for siblings poor self-esteem, self-devaluation, lack of confidence peer problems, lack of involvement massive weight gain attempts at suicide (adolescents) unable to control emotions inappropriate sex play for premature understanding of sex intimidated by physical contact
Emotional Abuse	speech disorders delay in physical development substance abuse some physical illnesses	habit disorders antisocial exhibits neurotic traits extreme passive aggressive behavior delinquent behavior (adolescents)

## **SUMMARY OF PROCEDURES FOR REPORTING SUSPECTED CHILD ABUSE**

### **I. To Mississippi Civil Authorities**

**A. Reports are to be made to The Department of Human Services:  
1-800-222-8000 or (601) 359-4991 or in an emergency to the appropriate police authority.**

Mississippi Law requires that any person who has "reasonable cause to suspect" that a child is a neglected child or a abused child shall cause an oral report to be made immediately to the Department of Human Services.

#### **The report should contain:**

- 1 Name and address of the child;
- 2 Name and address of his/her parents or other persons responsible for his/her care;
- 3 The child's age;
- 4 Nature and extent of the child's injury, including any evidence or previous injuries;
- 5 Any other information that might be helpful in establishing the cause of the injury and the identity of the perpetrator;
- 6 Name and address of the suspected perpetrator if known.

**B. An oral report should be followed up by a written report and sent to Department of Human Services, 750 North State Street, Jackson, MS. 39202.**

#### **The written report should contain:**

- 1 Name and address of child;
- 2 Name of parents;
- 3 Name and address of suspected perpetrator;
- 4 Date and time of suspected abuse;
- 5 Relationship of suspected abuser to child;
- 6 Name and addresses of witnesses;
- 7 Brief statement of Facts indicating abuse;
- 8 Date and time of report;
- 9 Signature of person reporting, phone number and address.

.....  
**II To Diocesan Authorities (if the perpetrator is a Parish/Diocesan employee/ or volunteer)**

**A. Notify the Vicar General at (601) 969-2290 or the Investigative Associate at (601)355-8634.**

**B. Send a copy of the written report made to DHS to the Diocesan Chancellor. The address of the Diocese is as follows: P.O. box 2248, Jackson, MS 39225-2248**

Department of Human Services  
750 North State Street  
Jackson, Mississippi, 39202

Sample form for reporting Suspected Child Abuse by diocesan or parish personnel while performing their ministry of the Jackson Diocese.

Please print (or type) and if possible use black ink.

1 This report is being submitted by:

Name: \_\_\_\_\_  
Address \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_

2 Date of Report: \_\_\_\_\_

3 Person(s) suspected of abuse

Name: \_\_\_\_\_  
Title: \_\_\_\_\_  
Parish: \_\_\_\_\_  
Age if known: \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_  
Address: \_\_\_\_\_  
City \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_

4 Suspected victim(s) of abuse

Name: \_\_\_\_\_  
Parents name (if under 18): \_\_\_\_\_  
Address: \_\_\_\_\_  
Parish or agency: \_\_\_\_\_  
Age of victim: \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: \_\_\_\_\_  
Date of report made to Department of Human Services: \_\_\_\_\_

5 Describe incident of suspected child abuse, including date, time, location:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6 Identify eyewitnesses to the incident, including names, addresses and phone numbers, if available:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7 Medical treatment or counsel sought:

Where: \_\_\_\_\_  
When: \_\_\_\_\_

**8 Other information which may be helpful to the investigation.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please mail the completed form to the Department of Human Services at the address given above

**\* If the alleged perpetrator is a diocesan or parish employee please send a copy of this report to the  
Chancellor, Catholic Diocese of Jackson, P. O. Box 2248, Jackson, MS. 39225**

**Protection of Children Program  
Diocese of Jackson  
Appropriate and Inappropriate Contact with Minors**

1. No form of physical discipline is acceptable and is prohibited as a way for behavior management of minors as directed by the Diocese.
2. Appropriate affection is important for a child's development and is a positive part of Church life and ministry. There are forms of affection between Church personnel and minors that are regarded as appropriate examples for most Church sponsored and affiliated programs:

Side hugs  
Shoulder to shoulder or "temple" hugs  
Pats on the shoulder or back  
"High-fives" and hand slapping  
Verbal praise  
Touching hands, faces, shoulders and arms of minors  
Arms around shoulders  
Holding hands while walking with small children  
Sitting beside small children  
Kneeling or bending down for hugs with small children  
Holding hands during prayer  
Pats on the head when culturally appropriate  
(Example: This gesture should typically be avoided in some Asian communities.)

3. Some forms of physical affection have been used by adults to initiate inappropriate contact with minors. In an effort to provide the safest possible environment for minors, the following examples of affection are not to be used in Church sponsored and affiliated programs:

Inappropriate or lengthy embraces  
Kisses on the mouth  
Holding minors over two years old on the lap  
Touching bottoms, chests or genital areas  
Showing affection in isolated areas of the program such as bedrooms, staff only areas, or other private rooms  
Sleeping in bed with a child  
Touching knees or legs of minors  
Wrestling with minors  
Piggyback rides  
Any type of massage given by minor to adult  
Any type of massage given by adult to minor  
Any form of unwanted affection  
Compliments that relate to physique or body development

*Taken from information provided by the Diocese of Austin.*

## Protection of Children Program Diocese of Jackson

### SPEAKING WITH YOUNG PEOPLE ABOUT CHILD ABUSE

Remember in "talking" with young people, seek first to listen and understand what the young people might be thinking or feeling.

Ask them about their questions, concerns, and issues. Their issues are certainly not all the same as ours.

Try to understand what young people have heard from the media, teachers, parents, and friends. So much of what they hear from friends and family can be distorted. Unfortunately, much of the bad news that they are hearing in the media will be accurate.

Please remember in speaking with groups or individuals that some young people will have abuse in their background. Always be sensitive to this. Be pastoral. This is an opportunity to express feelings, fears, confusions, and doubts.

#### **! Before speaking with Young People**

Pray. Ask God for the guidance and wisdom you will need.

Take time on your own to honestly assess your thoughts and feelings about child abuse, especially sexual abuse by adults who are in positions of trust like clergy, principals, teachers, youth ministers. You may find it helpful to process these thoughts and feeling with a mentor or spiritual director. It is important to know where you are with the issue.

If you are not comfortable with talking about child /sexual abuse, find someone who is.

#### **! When we speak, be honest. Here are some things you might consider speaking to ...**

Lack of honesty has caused some of our problems. Secrecy may have been intended to spare both victims and perpetrators from embarrassment, but it has led only to greater harm in most cases. All professions are made up of human beings. We see both good and bad behaviors in all of the professions.

The sexual abuse of children is found in the general population, including other churches, in professions where there are coaches and teachers as well as other youth-serving organizations. Let young people know that those who are victims of abuse are victims of violence and that one victim is one too many. When abuse by a member of the clergy or church personnel occurs, victims often lose trust in authority and church. The church seeks to restore any broken relationship. This is sometimes difficult. This is the humanness of the Church. It is good to reiterate, the school, the religious education classes, the youth ministry program are part of the Catholic Church. It is not healthy to separate "the church" from these other areas. We are all church.

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Talk to young people about the importance of getting help for their friends (or selves) that are victims of abuse. Make sure conversation does not lead to "blaming the victim." It is wrong to say "he's 15, he should have known better" or "why did she keep seeing him if he was abusing her ... it's her fault too." The adult is always in the position of power. That should be made clear.

Be clear about child abuse. Lots of things are getting jumbled in the media. It is helpful to give young people accurate information. Let young people know what is being done in this diocese to safeguard them. Let them know that there is a diocesan policy about those who sexually abuse a child and what it says.

## **! Reminders**

Be age appropriate. Talking with Pre-Kindergarten and Kindergarten will be a whole lot different from talking with middle school six grade students and certainly different from high school students.

Keep your sense of humor -- Help the group to be mindful of the effect of inappropriate jokes that are inevitable.

Affirm young people for asking their questions, and stating their opinions. Affirm the courage in victims who have come forward. When appropriate review the principles of "good touch," "bad touch."

The church is larger than the persons in charge of the church. We need to help young people see that their faith is larger than individuals or specific crises. The church is ultimately the relationship of our believing community with God across time.

## **! Be a Good Role Model**

This would be a good time to highlight things you have done to make the young people feel safe. They can learn much about an environment of safety from your modeling. They should know from watching you:

- Adults are always present when there are activities and events for young people.
- Adults purchase or bring for the group's use things that are appropriate to young people.
- The "Buddy System" of a young person with another young person when away from campus is a good safety requirement.
- It is not appropriate for an adult to share a bed with young people when on a trip, or for a young person to sit on an adult's lap.
- If a young person is uncomfortable with a hug, then we do not hug or ridicule that person.
- You meet with young people in areas that are accessible and visible.
- You carefully select volunteers in consultation with others to ensure the quality of adults working with your young people.
- It is always a safe practice to have two adults in the area.

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~~These are all things to keep in mind when working with young people in parishes and schools.~~  
They are not meant to be a check list of items to be read to students but rather information to assist the adult leaders to be in an ongoing dialogue with the young people they serve.

# Protection of Children

## CATECHESIS for PRESCHOOL – GRADE 8

### Principles & Concepts for Teachers and Parents

1. Each human being is created in the image and likeness of God. Our bodies are sacred and holy.
2. We are blessed with families and loving communities to help us grow.
3. We must differentiate between safe, unsafe and unwanted touch.
4. Because each person is made in the image of God, each person must be treated with dignity and respect. This respect includes respectful privacy of our own bodies.
5. The God-given gift of choice has consequences.
6. Some actions or behaviors are wrong or sinful. Behavior or actions that harm self or others physically, psychologically or spiritually are wrong.
7. We must differentiate between good and bad play and avoid keeping secrets.
8. Each of us experience good and bad human relationships and friendship. Some people manipulate or misuse friendship.
9. Children must be provided with basic information to enable them to be safe and protected by the adults in their lives. The task of keeping children safe is shared by families, extended families, their neighborhood and community and their school and church.
10. Children must identify a number of trusted adults to go to for help.

### Learner Outcomes of Catechesis

1. I am God's child.
2. I must receive and give respect in the ways I talk and act and in the ways others treat me.
3. I learn the difference between true friendship and false friendship.
4. My body is private and must be respected.
5. I learn the difference between good play and bad play.
6. I learn the difference between good touch and bad touch.
7. Secrets are not good when they separate us from others and harm us.
8. People make good choices and bad choices and I learn how to tell the difference.

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9. When someone does something wrong, I must tell someone I trust.
10. I name people to whom I will go for help.

## **Protection of Children PRESCHOOL - GRADE 1 CATECHETICAL CONCEPTS**

*Review and familiarize yourself with the following concepts. These are the fundamental understandings that the lesson is designed to instill within the students. If you use videos be sure to preview those before presenting the lesson.*

1. God made me special and others must respect me and I must respect myself.
2. We have families, friends, and a church family to help us grow in love.
3. Safe touch makes a person feel loved and cared for. Unsafe and unwanted touch makes a person feel uncomfortable and unhappy. Unsafe and unwanted touch must be avoided and immediately reported to a parent or trusted adult.
4. We show respect for ourselves and others by how we talk and how we act. Each person must show special respect for the private areas of our bodies. Areas of the body covered by shirts and shorts are private.
5. Good choices help us be happy and bad choices on our part or on the part of others can cause great unhappiness. We must make good choices even if others are making bad choices.
6. Small children, older children, and adults can do things or behave in ways that are wrong. We avoid and report bad or wrong behaviors to be safe.
7. Secrets are not good and can harm us. We must tell secrets to a trusted adult. Good games and play are fun for each person. Bad play is not play, it is wrong.
8. We learn to tell good friends from bad friends. Some friends love and help us. Other friends are not truly friends. Good friends do not ask us to do bad things or things that harm us.
9. I am surrounded by people who love me and who will help me be safe. My parents and family members and trusted adults in my life help to keep me safe. If anyone ever harms me in any way, I will find help.
10. My parents and family members and other trusted adults will listen to me and help me. I will make a list of three trusted adults I can go to with any problem in addition to my parents and family members. My parents and I will make this list together.

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*Adapted and developed from information provided by the National Federation for Catholic Youth Ministry*

# Protection of Children

## PRESCHOOL - GRADE 1

### LESSON PLAN for CATECHESIS

1. Invite the children to talk about and identify some of the safety signs they see. If you have any posters or pictures of safety signs (stop signs, etc.) show them to the children and discuss how each one helps us to be safe. Tell the children that today we will make some safety signs and a safety sheet to help them keep safe.
  2. Using Handout of circles (hand inside circle signs) make a stop and go sign. Either red and green construction paper can be used or white tag board that the children color red and green can be used. Glue them on opposite sides of a wooden stick. After the children have completed the tasks, tell them we will play a safety game. List a number of safety situations familiar to the children from class or safety rules and have the children hold up "Stop" Sign or "Go" sign to identify safe or unsafe situations (e.g. ran on playground and knocked down a student, chasing after a ball into the street, helping a friend carry their books up the stairs, holding an adult's hand when crossing a street etc.). Incorporate the safety sign in your classroom or at home and continue to use it to point out safe and unsafe situations and actions in the days ahead.
  3. Next have the children make the Hand Signs (Handout with hands inside circle). One sign has a hand with a heart in it. This is the sign for "Good Touch". The other sign is a circle with a hand and a line through it like the international traffic symbol for "NO". This sign is for "Bad Touch". Glue the two signs on a wooden stick. Once again play safety game with examples of good and bad touch (shaking hands with a friend, hitting a classmate, hugging people we love, biting someone) Be sure to incorporate and continue this instruction in the days ahead at school and at home.
  4. Tell the children we are going to make a safety sheet to keep them safe. Pass out the sheets to each child. Point out that there are several safety signs on the sheet we would like them to remember.
  5. Remind children about the safety signs we made and help them locate the signs on their posters. Point out another important sign - "No Secrets". Secrets can harm us, so we always tell our parents, a family member, or another trusted adult.
  6. Help the children locate the boy and girl figures on the poster. Explain that the parts of the bodies covered by a bathing suit are private and may not be touched by others (with the obvious exceptions of hygiene and medical procedures). The children should be encouraged to color the picture of the child depicted to resemble themselves (hair, skin color, etc.).
  7. There are three lines at the bottom of the sheet. This is homework for their parents. When they take their sheets home, their family members will choose three trusted adults they can talk to besides their parents if they ever have a problem. Their parents will print the names of the other trusted adults on the sheet.
  8. Encourage children to display their sheet on the refrigerator to remind them of what to do to keep safe.
  9. (Optional Activity) Present videos "Speak Up and Say 'No'" and/or "For Pete's Sake Tell". Explain that 'bad touch' can be from anyone and that they should talk to parent or trusted adult if it ever happens to them. Emphasize that they are not 'bad' if someone touches them. Use the teacher guides provided with the videos.
- 
10. Review the list of Teaching Objectives and discuss any other issues mentioned, given the understanding and maturity level of the students.

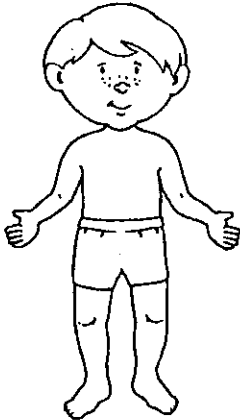
Name: \_\_\_\_\_



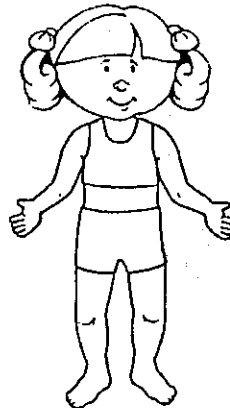
Good Touch is OK.



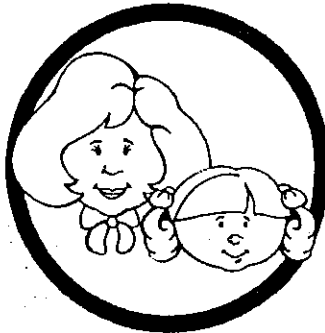
Bad Touch is NOT OK.



My Bathing Suit  
Covers the  
Private Parts  
of My Body.

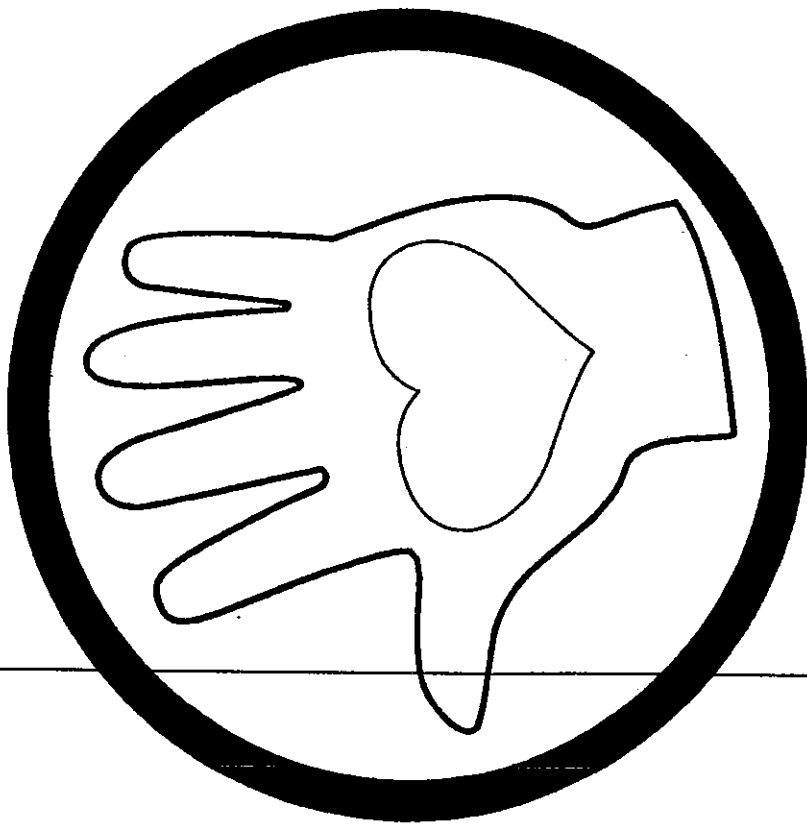


Secrets Can Harm Me.  
I Will Tell My Parents.



Three Other People Who Can Help Me Are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## **Protection of Children GRADES 2, 3, and 4 CATECHETICAL CONCEPTS**

*Review and familiarize yourself with the following concepts. These are the fundamental understandings that the lesson is designed to instill within the students. If you use videos be sure to preview those before presenting the lesson.*

1. God created me and I am unique and unrepeatable. Because I am created in God's image and likeness, I must give and receive respect.
2. Our families and trusted adults and teachers work together to help us grow.
3. Safe touch makes a person feel loved and cared for. Unsafe or unwanted touch makes a person feel uncomfortable and unhappy. Unsafe and unwanted touch must be avoided or immediately reported to a parent or trusted adult.
4. We show respect for ourselves and others by how we talk and how we act and interact. Inappropriate language, jokes, and actions are not acceptable. The privacy of our bodies may never be violated by anyone of any age.
5. We identify good and bad choices and determine how they affect us and others. Sometimes other people make bad choices that *affect* us, so we must tell and get help.
6. Adults and even children sometimes engage in actions or behaviors that are wrong and sinful. The harmful consequences of these actions and behaviors can damage our bodies, our minds, and our spirits. They must be avoided or reported to a trusted adult.
7. Secrets can separate us from others and harms us in many ways.
8. Games and play activities with friends should be fun and enjoyable. Some play and games can be wrong and very harmful and must be avoided and reported to a trusted adult.
9. We must learn who is a good friend and who is not. When people misuse our friendship by asking us to do something wrong, they are not friends. It is painful to be mistreated or misused by someone we think is a friend. We must report any misuse or mistreatment to a trusted adult.
10. Even though the world is not always a safe place, my parents and other trusted adults will keep me safe. While there are people who make bad choices and who harm others, there are good and loving people to help me.
11. My parents and family members and other trusted adults will listen to me and help me. I will make a list of three trusted adults I can go to with any problem in addition to my parents and family members. My parents and I will make this list together.

# Protection of Children

## GRADES 2, 3, & 4

### LESSON PLAN for CATECHESIS

1. Ask children what they think it means to be safe. What are some of the things we do to be safe?
  2. Talk about what we have heard lately on television about children, abductions, children being hurt and how they feel about it. Ask students to name the safety rules their parents have given them. Help the class to realize that these are family safety rules because our safety and the safety of others in our family are something God wants all of us to take care of.
  3. Ask children why they think God wants us to make sure that we take care of ourselves and the others in our family, our friends, and all of God's creation. We are gifts from God. People give us gifts because the love us and want us to be the best persons we can be. When someone gives us a gift, we take care of it because it is from someone who cares about us and who we care about. For that reason we keep it safe and use it well and in the way it was meant to be used. We are gifts to each other. God wants us to take care of each other by keeping each other safe and by helping us to do what needs to be done to be the best we can be.
  4. We are required to make good choices. The choices we make affect not only us but other people as well. Play the "Jesus says" game. Talk about how it takes courage to make good choices. Talk about how sometimes when we make the wrong choice or mistake or someone else makes a bad choice or mistake we want to keep it a secret.
  5. Secrets can be good when we are trying to surprise someone in a good way. Secrets are 'bad' when hiding a mistake of something done that was wrong...yourself or others. There should always be someone to whom you can tell a secret ... good or bad. When something has been done to you, that hurts you, you have to report it to a trusted adult.
  6. There are things we know that will help us to remember to always do our best to keep safe. Give out the handout. Read through the list of objectives. Talk about these things one by one.
  7. When you get to the last item on the sheet explain that God wants us to be the best we can be so he gives us grownups in our lives who love us and help us. Even though the world is not a safe place, parents and adults you can trust will keep us safe. While there are people who make bad choices and who harm others, there are good and loving people to help us.
  8. Help children to identify these people. Allow the children to color the three little people and tell them to take home their sheet. They are to talk with their parents to identify three trusted adults (other than their parents) whom they can go to with a problem.
  9. Encourage the children to display their poster on the refrigerator at home to remind them of what to do to keep safe.
  10. (Optional Activity) Present videos "Speak Up and Say 'No'" and/or "For Pete's Sake Tell". Explain that 'bad touch' can be from anyone and that they should talk to parent or trusted adult if it ever happens to them. Emphasize that they are not 'bad' if someone touches them. Use the teacher guides provided with the videos.
  11. Review the list of Teaching Objectives and discuss any other issues mentioned, given the understanding and maturity level of the students.
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# KEEPING SAFE

## I am God's Child!

I must receive and give respect in the ways I talk  
and act and in the ways others treat me

I learn the difference between true friendship and false friendship

My body is private and must be respected

I learn the difference between good play and bad play

I learn the difference between good touch and bad touch

Secrets are not good. Secrets can separate us  
from others and can harm us.

People make good choices and bad choices  
and I learn how to tell the difference.

When someone does something wrong,  
I must tell someone I trust.

My parents and I name three people I can go to for  
help besides my parents:

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# GAME: "Jesus Says"

<p><b>GAME INSTRUCTIONS:</b> This game is played exactly like "Simon Says." Before you begin, explain to the children they must be good listeners to play this game. Practice a few commands with them first.</p>	<p><b>JESUS SAYS:</b> Put your hands on your head if you are a child of God. (Pause) Ok, take them down</p>	<p>Cover your eyes when you see somebody steal something.</p>	<p><b>JESUS SAYS:</b> Feed the hungry.</p>
<p><b>GAME VARIATION:</b> Have children play this game with a partner. BOTH children sit down if one makes a mistake. Note that Jesus never tells us to do something wrong. Wrong choices by others can hurt us.</p>	<p><b>JESUS SAYS:</b> Blow out a candle</p>	<p><b>JESUS SAYS:</b> Make the Sign of the Cross.</p>	<p><b>JESUS SAYS:</b> Close your eyes so you can feel how a blind man feels. (Pause) Open your eyes.</p>
<p><b>JESUS SAYS:</b> You just made up with someone after an argument. Shake hands.</p>	<p><b>JESUS SAYS:</b> Pull somebody's hair.</p>	<p>Put your hands in pockets.</p>	<p>Stamp your foot.</p>
<p>Hit your partner.</p>	<p>Call someone a bad name.</p>		

<p><b>JESUS SAYS:</b> Raise your right hand if you want to help your teacher in class.</p>		<p><b>JESUS SAYS:</b> Knock and it shall be opened unto you.</p>	<p>Shake your head "No" when your dad asks you to do something.</p>	<p>Stick out your tongue.</p>
<p><b>Make a fist.</b></p>		<p><b>JESUS SAYS:</b> Carry a heavy thing for someone.</p>	<p><b>JESUS SAYS:</b> Put your hands over your ears so you can't hear some gossip. (Pause) Ok, take them down.</p>	<p>Make a face at your neighbor.</p>
<p><b>JESUS SAYS:</b> Put your hand behind your back to remind you never to take what doesn't belong to you.</p>		<p>Whisper in your partner's ear a secret you aren't supposed to tell.</p>	<p><b>JESUS SAYS:</b> Give someone a pat on the back for something good he or she did.</p>	<p><b>JESUS SAYS:</b> Love one another - give someone in your family a hug.</p>
<p><b>Touch your toes.</b></p>		<p>Cross your fingers and tell a lie.</p>	<p>Hop on one foot.</p>	<p><b>JESUS SAYS:</b> Kneel down and say a prayer.</p>

## **Protection of Children GRADES 5, 6, 7, and 8 CATECHETICAL CONCEPTS**

*Review and familiarize yourself with the following concepts. These are the fundamental understandings that the lesson is designed to instill within the students. If you use videos be sure to preview those before presenting the lesson.*

1. We are all created in the image and likeness of God. My body is the temple of the Holy Spirit.
  2. Our families and trusted adults and teachers share a concern for our safety.
  3. We learn to differentiate between safe and unsafe or unwanted touch. We are called to chastity and we have a responsibility to avoid and immediately report any unwanted or unsafe touch to a parent or other trusted adult.
  4. We show respect for ourselves and others by the way we talk, act, and live. We must identify respectful and disrespectful language and actions and avoid anyone who fails to respect us. In particular, the areas of our bodies covered by shirts and shorts are private and must not be violated.
  5. God gives us the gift of free will. All actions have consequences. We must learn how to discern the implications of the choices we make every day. When we experience the bad choices of others, we must report the offense and get help.
  6. The virtue of chastity helps us understand and identify actions or behaviors which are wrong or sinful. Children, young adults must avoid actions or experiences or behaviors which offend against chastity.
  7. Secrets can be very harmful to us physically, emotionally, and spiritually. Always question secret play, secret games and determine how the secrets can cause great harm.
  8. There are many different kinds of friendship. Healthy relationships and friendships can help us to understand ourselves, God and others. We can meet false friends who mistreat us or take advantage of our trust and friendship. Poor relationships and false friendships can deeply harm us psychologically, emotionally, spiritually and even physically. People who manipulate or misuse our friendship are not friends. We must report any relationships which can be harmful to us.
  9. Good communication with my parents and family members helps keep me safe. I can also help keep younger siblings and others safe by being observant and concerned.
  10. My parents and family and other trusted adults will listen to me and help me. Make a list of three trusted adults who will listen to me and help me. I will make a list of the three trusted adults I can go to with any problem in addition to my parents and family members. My parents and I will make the list together.
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**Protection of Children**  
**GRADES 5, 6, 7, & 8**  
**LESSON PLAN for CATECHESIS**

1. Ask the students if they are aware of any current news stories or events relating to the endangerment or abuse of children.
  2. Explain that families and schools share a special responsibility for helping keep them safe. An important part of being safe is to have information and caring support of families and trusted adults. (You might talk about the Amber Alert System and how communities are a part of providing safety for children and young people.)
  3. Ask students what safety cautions or rules their parents have given them to protect themselves.
  4. Explain to the student that we will read and discuss a "Keeping Safe" handout together to give them information and safety precautions to be protected.
  5. Read through and discuss the "Keeping Safe" handout. Be sure to emphasize respectfulness throughout the discussion. Also emphasize that healthy friendships and relationships are not manipulative or exploitive.
  6. Encourage the students to continue good and trusting relationships with parents and to learn to identify other trusted adults in their families or community who can help and support them.
  7. On the last line of the handout is space for the students and their parents to identify and list three trusted adults other than their parents to whom they may go for help. Their final task is to complete the handout at home with their parents and put it in a prominent and accessible place.
  8. Optional Activity Play the video "Your Right to Respect" from In God's Image: A Catholic Vision of Human Sexuality. Explain to the children after the video that "bad touch" can be from anyone and that they should talk to their parents or to the 'trusted adults' if it happens.
  9. Finally, review the list of Catechetical Concepts and discuss any issues or understandings you feel were missed or need to be reinforced based upon the questions from children and consistent with the understanding of maturity level of your students.
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Name: \_\_\_\_\_

## KEEPING SAFE

- ! We are all created in the image and likeness of God.  
My body is the temple of the Holy Spirit.
- ! Our families and trusted adults and teachers share concern for our safety.
- ! We learn to differentiate between safe, unsafe and unwanted touch.  
We are called to chastity and we have a responsibility to avoid  
or immediately report any unwanted or unsafe touch to a parent or trusted adult.
- ! We show respect for ourselves and other by how we talk, act and live. We must identify respectful  
and disrespectful language and actions and avoid anyone who fails to respect us. In particular,  
the areas of our bodies covered by shirt and shorts are private and must not be violated.
- ! God gives us the gift of free will. All actions have consequences.  
We must learn how to discern the implications of the choices we make every day. When we  
experience the bad choices of others, we must report the offense and get help.
- ! The virtue of chastity helps us understand and identify actions or behaviors, which are wrong or  
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offend against chastity.
- ! Secrets can be very harmful to us physically, emotionally and spiritually. Always question secret  
play, secret games and determine how the secret may cause great harm.
- ! There are many different kinds of friendship. Healthy relationships and friendships can help us to  
understand ourselves, God and others. We often meet false friends who mistreat us or take  
advantage of our trust and friendship. Poor relationships and false friendships can deeply harm  
us psychologically, emotionally, spiritually and even physically. People who manipulate or misuse  
friendship are not friends. We must report any relationship which can be harmful to us.
- ! Good communication with parents and family members help keep me safe. I can also help keep  
younger siblings and others safe by being observant and concerned.
- ! My parents and family members and other trusted adults will listen to me and help me.  
My parents and I choose three trusted adults I may go to for help:

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# **Protection of Children Diocese of Jackson**

## **Teacher/Catechist Packet Secondary**



Diocese of Jackson

# Diocese of Jackson Protection of Children Program

## Secondary Teacher/Catechist Packet

Prepared by the Diocese of Jackson  
Department of Education  
October 2003

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**PROTECTION OF CHILDREN PROGRAM  
DIOCESE OF JACKSON**

**SECONDARY TEACHER/CATECHIST  
PACKET CONTENTS**

	<u>Page</u>
Agenda	2
Prayer	3-4
Introduction	5
Sex Abuse Fact or Myth Quiz	6-7
Myths Quiz - Answers	8-9
Points of the Bishops' Charter for the Protection of Children	10
Indicators of Child Abuse	11
Summary of Procedures for Reporting to Civil Authorities & Diocese of Jackson	12
Sample DHS Reporting Form for Reporting Suspected Child Abuse	13-14
Appropriate and Inappropriate Contact with Minors	15
Appropriate Behavior for Adults Working in Adolescent Programs	16
Speaking with Young People About Child Abuse	17-19
Protection of Children Catechesis for Grades 9-12	20
Lesson Plan for Grades 9-12	21-24
Brochure "Sexual Abuse Prevention Statement to High School Adolescents"	

**PROTECTION OF CHILDREN PROGRAM  
DIOCESE OF JACKSON**

**SECONDARY TEACHER/CATECHIST  
TRAINING AGENDA**

Prayer

Introduction - Why Are We Here?

Sex Abuse Fact Or Myth Quiz

Myth Quiz Answers

Points of the Bishops' Charter for the Protection of Children

Indicators of Child Abuse

Summary of Procedures for Reporting to Civil Authorities & Diocese of Jackson

Sample DHS Reporting Form for Reporting Suspected Child Abuse

Appropriate and Inappropriate Contact with Minors

Speaking with Young People about Child Abuse

Protection of Children Catechesis for Grades 9-12

Lesson Plan for Grades 9-12

Brochure – "Sexual Abuse Prevention Statement to High School Adolescents"

Dates for Student Training: October during Respect for Life Week

Keeping a Log of Who Has Been Trained

## Prayer of Praise to the Lord Jesus Who Loves Children

**LEADER:** Brothers and sisters, let us praise and thank the Lord who took little children into his arms and blessed them. Praise be the Lord now and forever!

**ALL:** Amen

**LEADER:** Jesus welcomed children, believed in their dignity, and held them up as a model for all who are seeking the kingdom of God.

**READER:** Listen to the words of the holy gospel according to Luke:  
**Luke 18:15-17** (Silent reflection)

**ANTIPHON:** Psalm 139

**ALL:** Yahweh, you know me and examine me.

**RIGHT:** Yahweh, you examine me and know me  
You know if I am standing or sitting,  
You read my thoughts from far away,  
Whether I walk or lie down, you are watching,  
You know every detail of my conduct.

**LEFT:** It was you who created my inmost self,  
And put me together in my mother's womb;  
For all these mysteries I thank you;  
For the wonder of myself; for the wonder of your works.

**RIGHT:** You know me through and through,  
From having watched my bones take shape  
When I was being formed in secret,  
Knitted together in the limbo of the womb.

**LEFT:** You had scrutinized my every action,  
All were recorded in your book,  
My days listed and determined,  
Even before the first of them occurred.

**RIGHT:** God, how hard it is to grasp your thoughts!  
How impossible to count them!  
I could no more count them than I could the sand,  
And suppose I could, you would still be with me.

**LEFT:** God examine me and know my heart,  
Probe me and know my thoughts;  
Make sure I do not follow pernicious ways,  
And guide me in the way that is everlasting.

**ALL:** Yahweh, you know me and examine me.

**LEADER:** The Lord Jesus held up to all his followers the simplicity and trust of children as a condition for entering the kingdom heaven. Let us therefore call on Jesus in prayer;



**PRAYER INTERCESSIONS:**

**Response: Lord, in children let us welcome you.**

1. Lord Jesus, born of the Virgin Mary, you sanctified childhood;  
Grant that the children of our parish and school families may grow as you did-in wisdom, age and grace. We pray to the Lord... (response)
2. Through their parents and the Church you show these children the tenderness of your own love. Grant that those entrusted with their care will be tireless in watching over them.  
*We pray to the Lord ... (response)*
3. Even as a child you had to undergo persecution and exile.  
Grant that all children who are victims of the evil of these times may find help and protection. *We pray to the Lord. .. (response)*

**LEADER:** God of all creation, receive our prayers. By the power of the Holy Spirit help us to be instruments of your redeeming love in the lives of the children who have been entrusted to our care. Grant our prayers in the name of Jesus, whose resurrection we proclaim now and forever.

**ALL:** Amen

**LEADER:** Lord Jesus Christ,  
You loved children so much that you said:  
"Whoever welcomes a child welcomes me."  
Hear our prayers and, with your unfailing protection,  
Watch over these children who are your own.  
May they grow in Christian maturity and,  
By the power of the Holy Spirit  
Become Christ's witnesses in the world.  
Grant that they will strive always for what is right and good  
And one day, by your grace, reach their home with you.

We ask this through Christ our Lord.

**ALL:** Amen

**LEADER:** May the Lord Jesus who loves children  
Bless us and keep us in his love,  
Now and forever.

**ALL:** Amen.

## Introduction

In a pastoral effort to respond to a heightened need for the protection of our children, the Diocese of Jackson is requiring a catechesis be given to children in all grades of our Catholic Schools and Parish Religious Education Programs. This catechesis is required to be completed during Respect Life Week, the first week in October each school year. Principles for Child Protection Catechesis, Teaching Objectives for Parents and Teachers and Learning Objectives for Students form the foundation for lessons to be taught in the classroom to support parents in providing the education and guidance children need to be safe.

All priests, deacons, school administrators, teachers, youth ministers, parish catechists, support personnel, coaches and volunteers will be required to attend training in the prevention and recognition of all forms of abuse against children. In addition, parents will be given information to help provide their children the guidance needed to be safe. Finally, all persons who work with children in the Diocese of Jackson will be required to have background checks.

In their pastoral letter entitled "Walk in the Light: A Pastoral Response to Child Sexual Abuse," our Catholic bishops expressed their desire to share the following words with children.

"Dear Children,  
When Jesus walked on the earth, he loved little children. Our Holy Father has said, 'How important children are in the eyes of Jesus!' Jesus treated children with kindness and respect. He understood when they were hurt. Like Jesus, we care when you hurt, especially when a grown-up has caused your hurt. We know that you are God's very special gift. God loves you, and we love you. You are our hope for the future."

The welfare of our children, their well-being and safety, is our rationale for catechesis to enable them to protect themselves.

# Protection of Children Program

## Sexual Abuse & Assault: Fact or Myth Quiz

Test your knowledge:

1. Child molesters typically use physical force and / or threats to gain compliance from their victims.  
Fact? Myth?
  2. Most child molesters find their victims by frequenting such places as school yards and playgrounds; therefore all parents should be extremely concerned for their children's safety in such places.  
Fact? Myth?
  3. Most child molesters are "dirty old men."  
Fact? Myth?
  4. Child molesters are only attracted to children, and therefore, are not capable of engaging in appropriate sexual relationships with consenting adults.  
Fact? Myth?
  5. Victims of child molestation are harmed only when offenders use force to make victim have sex with them.  
Fact? Myth?
  6. Children often lie by making up stories about sexual abuse.  
Fact? Myth?
  7. If a child doesn't tell anyone about the sexual abuse, then she/he must have liked it."  
Fact? Myth?
  8. Children generally recover from the effects of sexual abuse on their own. It is best to keep the abuse a secret, so that they don't have to endure talking to anyone else about it.  
Fact? Myth?
-

9. A rape offender commits his offense for sexual gratification.  
Fact? Myth?
10. Offenders could stop their sexually offending behavior on their own, if only they really wanted to stop. All it takes is the desire to do so.  
Fact? Myth?
11. Men who rape do so because they cannot find a consenting partner.  
Fact? Myth?
12. Some men rape because they are under the influence of drugs or alcohol.  
Fact? Myth?
13. If a rape victim doesn't fight back, then she/he must have enjoyed it.  
Fact? Myth?

## Myths

### All fourteen questions / statements from the quiz are myths.

- |   |  |
|---|--|
| 1. Child Molesters typically use physical force and/or threats to gain compliance from their victims.   | 1. Only 10-15% of child molesters use force or threats.  |
| 2. Most Child molesters find their victims by frequenting such places as school yards and playgrounds; therefore, all parents should be extremely concerned for their children's safety in such places. | 2. Most child molesters offend against children they know and/or with whom they have a relationship.   |
| 3. Most child molesters are "dirty old men."  | 3. Majority of sex offenders are men, typically in their late 20's/early 30's and lead average life styles.  |
| 4. Child molesters are only attracted to children, and, therefore, are not capable of engaging in appropriate sexual relationships with consenting adults.  | 4. Most child molesters fall into 2 categories: Regressive offenders are primarily interested in adults but regress and seek inappropriate comfort from a child. They represent the majority of molesters. Fixated child molesters (about 35%) are attracted to children as their primary sexual interest. |
| 5. Victims of child molestation are harmed only when offenders use force to make the victim have sex with them.   | 5. Victims can suffer many forms of physical and emotional harm including fear, shame, guilt, embarrassment, and rejection.  |
| 6. Children often lie by making up stories of sexual abuse.   | 6. Cases of children making up stories are rare.   |
| 7. If a child doesn't tell anyone about the sexual abuse, then he/she must have liked it.   | 7. Children won't tell because they are ashamed, afraid, protective of parents, afraid they will be blamed.  |
| 8. Children generally recover from the effects of abuse on their own. It is best to keep abuse a secret, so that they don't have to endure talking to anyone else about it.                             | 8. The level of trauma that is incurred is based on many factors. With appropriate support, children can work through their trauma.  |
| 9. A rape offender commits his offense for sexual gratification.  | 9. Rape is not about sex, but rather, anger, control, and power.   |
-

10. Offenders could stop their sexually offending behavior on their own, if only they really wanted to stop. All it takes is the desire to do so.
11. Men who: rape do so because the cannot find a consenting partner.
12. Some men rape because they are under the influence of drugs or alcohol.
13. If a rape victim doesn't fight back, then she/he must have enjoyed it.
14. If a rape victim does not say "no", then she / he must have enjoyed it.

10. Sex offenders are not able to stop their offending on their own.
11. Most rape offenders are married or have relationships with consenting adults.
12. Some offenders may be under the influence of drugs and/or alcohol which may lower their inhibitions, but it cannot be blamed or used as an excuse for rape.
13. Many victims do not fight back out of fear.
14. Victims often do not say no for a variety of reasons including fear of being killed or severely injured.

## **PROMISE TO PROTECT, PLEDGE TO HEAL: CHARTER FOR THE PROTECTION OF CHILDREN AND YOUNG PEOPLE**

The Charter includes:

1. Plan to reach out to victims of child abuse by clergy and deacons as well as to victim's families.
2. Each diocese will name an assistance coordinator to oversee the pastoral care needed by victims.
3. A review board consisting mostly of laypersons and non-diocesan employees will assess claims of child abuse by clergy and deacons and will review related diocesan policies and procedures.
4. Confidential litigation settlements are prohibited unless there are grave reasons or unless the victim requests confidentiality.
5. All alleged child abuse by clergy and deacons involving a victim who is still a minor must be reported to civil authorities.
6. The offending priest or deacon will be permanently removed from ministry "for a single act of sexual abuse of a child."
7. A diocese will establish a "safe environment program" which will focus on the education of children, parents, employees, ministers, educators and volunteers.
8. Background checks are mandated for all diocesan and parish personnel who have regular contact with minors.

**Protection of Children Program  
Diocese of Jackson**

**Indicators of Child Abuse**

**These are possible indicators and do not necessarily mean sexual abuse.**  
(developed with information compiled through the resources of the Louisiana Council on Child Abuse Baton Rouge, La.)

Type of Abuse	Physical Indicators	Behavioral Indicators
Physical Abuse	unexplained bruises or marks unexplained burns unexplained fractures, lacerations or abrasions	self-destructive behavioral extremes uncomfortable with physical contact seems to be afraid to be at home chronic runaway (adolescents) complains of soreness or moves uncomfortably wears clothing inappropriate to weather to cover body
Physical Neglect	abandonment unattended medical needs poor supervision consistent hunger, inappropriate dress, poor hygiene lice, distended stomach emaciated	regularly appears fatigued or listlessness, falls asleep in class steals or begs from classmates reports that no caretaker is at home frequently absent or tardy self-destructive school drop out (adolescents)
Sexual Abuse	torn, stained, or bloody underclothing pain or itch in genital area difficulty walking or sitting bruises or bleeding in external genitalia venereal disease frequent urinary or yeast infections excessive masturbation	withdrawal, chronic depression excessive seductiveness role reversal, overly concerned For siblings poor self-esteem, self-devaluation, lack of confidence peer problems, lack of involvement massive weight gain attempts at suicide (adolescents) unable to control emotions inappropriate sex play for premature understanding of sex intimidated by physical contact
Emotional Abuse	speech disorders delay in physical development substance abuse some physical illnesses	habit disorders antisocial exhibits neurotic traits extreme passive aggressive behavior delinquent behavior (adolescents)

## SUMMARY OF PROCEDURES FOR REPORTING SUSPECTED CHILD ABUSE

### I. To Mississippi Civil Authorities

**A. Reports are to be made to The Department of Human Services:  
1-800-222-8000 or (601) 359-4991 or in an emergency to the appropriate police authority.**

Mississippi Law requires that any person who has "reasonable cause to suspect" that a child is a neglected child or a abused child shall cause an oral report to be made immediately to the Department of Human Services.

#### **The report should contain:**

- 1 Name and address of the child;
- 2 Name and address of his/her parents or other persons responsible for his/her care;
- 3 The child's age;
- 4 Nature and extent of the child's injury, including any evidence or previous injuries;
- 5 Any other information that might be helpful in establishing the cause of the injury and the identity of the perpetrator;
- 6 Name and address of the suspected perpetrator if known.

**B. An oral report should be followed up by a written report and sent to Department of Human Services, 750 North State Street, Jackson, MS. 39202.**

#### **The written report should contain:**

- 1 Name and address of child;
- 2 Name of parents;
- 3 Name and address of suspected perpetrator;
- 4 Date and time of suspected abuse;
- 5 Relationship of suspected abuser to child;
- 6 Name and addresses of witnesses;
- 7 Brief statement of Facts indicating abuse;
- 8 Date and time of report;
- 9 Signature of person reporting, phone number and address.

.....  
**II To Diocesan Authorities (if the perpetrator is a Parish/Diocesan employee/ or volunteer)**

**A. Notify the Vicar General at (601) 968-2290 or the Investigative Associate at (601)355-8634.**

**B. Send a copy of the written report made to DHS to the Diocesan Chancellor. The address of the Diocese is as follows: P.O. box 2248, Jackson, MS 39225-2248**

Department of Human Services  
750 North State Street  
Jackson, Mississippi, 39202

Sample form for reporting Suspected Child Abuse by diocesan or parish personnel while performing their ministry of the Jackson Diocese.

Please print (or type) and if possible use black ink.

- 1 This report is being submitted by:  
Name: \_\_\_\_\_  
Address \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_
  
- 2 Date of Report: \_\_\_\_\_
- 3 Person(s) suspected of abuse  
Name: \_\_\_\_\_  
Title: \_\_\_\_\_  
Parish: \_\_\_\_\_  
Age if known: \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_  
Address: \_\_\_\_\_  
City \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_
  
- 4 Suspected victim(s) of abuse  
Name: \_\_\_\_\_  
Parents name (if under 18): \_\_\_\_\_  
Address: \_\_\_\_\_  
Parish or agency: \_\_\_\_\_  
Age of victim: \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: \_\_\_\_\_  
Date of report made to Department of Human Services: \_\_\_\_\_
  
- 5 Describe incident of suspected child abuse, including date, time, location:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- 6 Identify eyewitnesses to the incident, including names, addresses and phone numbers, if available:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- 7 Medical treatment or counsel sought:

Where: \_\_\_\_\_

When: \_\_\_\_\_

**8** Other information which may be helpful to the investigation.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please mail the completed form to the Department of Human Services at the address given above

**\* If the alleged perpetrator is a diocesan or parish employee please send a copy of this report to the  
Chancellor, Catholic Diocese of Jackson, P. O. Box 2248, Jackson, MS. 39225**

## Protection of Children Program Diocese of Jackson

### Appropriate and Inappropriate Contact with Minors

1. No form of physical discipline is acceptable and is prohibited as a way for behavior management of minors as directed by the Diocese.
  
2. Appropriate affection is important for a child's development and is a positive part of Church life and ministry. There are forms of affection between Church personnel and minors that are regarded as appropriate examples for most Church sponsored and affiliated programs:
  - Side hugs
  - Shoulder to shoulder or "temple" hugs
  - Pats on the shoulder or back
  - "High-fives" and hand slapping
  - Verbal praise
  - Touching hands, faces, shoulders and arms of minors
  - Arms around shoulders
  - Holding hands while walking with small children
  - Sitting beside small children
  - Kneeling or bending down for hugs with small children
  - Holding hands during prayer
  - Pats on the head when culturally appropriate (Example: This gesture should typically be avoided in some Asian communities.)
  
3. Some forms of physical affection have been used by adults to initiate inappropriate contact with minors. In an effort to provide the safest possible environment for minors, the following examples of affection are not to be used in Church sponsored and affiliated programs:
  - Inappropriate or lengthy embraces
  - Kisses on the mouth
  - Holding minors over two years old on the lap
  - Touching bottoms, chests or genital areas
  - Showing affection in isolated areas of the program such as bedrooms, staff only areas, or other private rooms
  - Sleeping in bed with a child
  - Touching knees or legs of minors
  - Wrestling with minors
  - Piggyback rides
  - Any type of massage given by minor to adult
  - Any type of massage given by adult to minor
  - Any form of unwanted affection
  - Compliments that relate to physique or body development

## APPROPRIATE BEHAVIOR FOR ADULTS WORKING IN ADOLESCENT PROGRAMS

When working with adolescent groups two questions need to be answered:

1. Are you meeting your needs or the adolescent's needs?
2. Have clear boundaries been set in the adult/adolescent relationship?

Of course, the answers to these questions are the adolescent's needs must be met, and yes, boundaries have clearly been set.

Adults must be cautious in their ministry settings and need to be aware of their behavior. Adult behaviors that could be considered inappropriate are:

- Sharing of one's personal life; telling adolescents your problems
- Drinking or taking drugs while working with adolescents
- Exclusivity, putting an inordinate amount of time with one adolescent
- Social trips outside the ministry setting
- Personal phone calls, letters, and e-mails to adolescents
- Keeping confidentiality in cases that threaten health and safety

## Protection of Children Program Diocese of Jackson

### SPEAKING WITH PARISH/SCHOOL YOUNG PEOPLE ABOUT CHILD ABUSE

#### **! Remember in "talking" with young people, seek first to listen and understand what the young people might be thinking or feeling.**

Ask them about their questions, concerns, and issues. Their issues are certainly not all the same as ours.

Try to understand what young people have heard from the media, teachers, parents, and friends. So much of what they hear from friends and family can be distorted. Unfortunately, much of the bad news that they are hearing in the media will be accurate.

Please remember in speaking with groups or individuals that some young people will have abuse in their background. Always be sensitive to this. Be pastoral. This is an opportunity to express feelings, fears, confusions, and doubts.

#### **! Before speaking with Young People**

Pray. Ask God for the guidance and wisdom you will need.

Take time on your own to honestly assess your thoughts and feelings about child abuse, especially sexual abuse by adults who are in positions of trust like clergy, principals, teachers, youth ministers. You may find it helpful to process these thoughts and feeling with a mentor or spiritual director. It is important to know where you are with the issue.

If you are not comfortable with talking about child /sexual abuse, find someone who is.

#### **! When we speak, be honest. Here are some things you might consider speaking to ...**

Lack of honesty has caused some of our problems. Secrecy may have been intended to spare both victims and perpetrators from embarrassment, but it has led only to greater harm in most cases. All professions are made up of human beings. We see both good and bad behaviors in all of the professions.

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The sexual abuse of children is found in the general population, including other churches, in professions where there are coaches and teachers as well as other youth-serving organizations. Let young people know that those who are victims of abuse are victims of violence and that one victim is one too many. When abuse by a member of the clergy or church personnel occurs, victims often lose trust in authority and church. The church seeks to restore

any broken relationship. This is sometimes difficult. This is the humanness of the Church. It is good to reiterate, the school, the religious education classes, the youth ministry program are part of the Catholic Church. It is not healthy to separate "the church" from these other areas. We are all church.

Talk to young people about the importance of getting help for their friends (or selves) that are victims of abuse. Make sure conversation does not lead to "blaming the victim." It is wrong to say "he's 15, he should have known better" or "why did she keep seeing him if he was abusing her ... it's her fault too." The adult is always in the position of power. That should be made clear.

Be clear about child abuse. Lots of things are getting jumbled in the media. It is helpful to give young people accurate information. Let young people know what is being done in this diocese to safeguard them. Let them know that there is a diocesan policy about those who sexually abuse a child and what it says.

## **! Reminders**

Be age appropriate. Talking with Pre-Kindergarten and Kindergarten will be a whole lot different from talking with middle school six grade students and certainly different from high school students.

Keep your sense of humor -- Help the group to be mindful of the effect of inappropriate jokes that are inevitable.

Affirm young people for asking their questions, and stating their opinions. Affirm the courage in victims who have come forward. When appropriate review the principles of "good touch," "bad touch."

The church is larger than the persons in charge of the church. We need to help young people see that their faith is larger than individuals or specific crises. The church is ultimately the relationship of our believing community with God across time.

## **! Be a Good Role Model**

This would be a good time to highlight things you have done to make the young people feel safe. They can learn much about an environment of safety from your modeling. They should know from watching you:

- Adults are always present when there are activities and events for young people.
- Adults purchase or bring for the group's use things that are appropriate to young people.
- The "Buddy System" of a young person with another young person when away from campus is a good safety requirement.
- It is not appropriate for an adult to share a bed with young people when on a trip, or for a young person to sit on an adult's lap.
- If a young person is uncomfortable with a hug, then we do not hug or ridicule that person.
- You meet with young people in areas that are accessible and visible.
- You carefully select volunteers in consultation with others to ensure the quality of adults working with your young people.
- It is always a safe practice to have two adults in the area.

These are all things to keep in mind when working with young people in parishes and schools. They are not meant to be a check list of items to be read to students but rather information to assist the adult leaders to be in an ongoing dialogue with the young people they serve.

*Adapted and developed from information provided by the National Federation for Catholic Youth Ministry*

# Protection of Children CATECHESIS for Grades 9-12

## Principles & Concepts for Teachers and Parents

1. Each human being is created in the image and likeness of God. Our bodies are sacred and holy.
2. We are blessed with families and loving communities to help us grow.
3. We must differentiate between safe, unsafe and unwanted touch.
4. Because each person is made in the image of God, each person must be treated with dignity and respect. This respect includes respectful privacy of our own bodies.
5. The God-given gift of choice has consequences.
6. Some actions or behaviors are wrong or sinful. Behavior or actions that harm self or others physically, psychologically or spiritually are wrong.
7. We must differentiate between appropriate and inappropriate contact and avoid keeping secrets.
8. Each of us experience good and bad human relationships and friendship. Some people manipulate or misuse friendship.
9. Youth must be provided with basic information to enable them to be safe and protected by the adults in their lives. The task of keeping children and youth safe is shared by families, extended families, their neighborhood and community and their school and church.
10. Youth must identify a number of trusted adults to go to for help and know procedures for reporting abuse.

## Learner Outcomes of Catechesis

1. I am created in the image and likeness of God. My body is sacred and holy.
2. I, my family, and trusted adults share a concern for the safety of all children and youth
3. Healthy relationships and friendships can help us to understand ourselves, God and others.
4. We show respect for ourselves and others in word and deed.
5. God gives us the gift of free will and our actions have consequences. We learn to discern our values and goals and the implications of our choices.
6. There are appropriate and inappropriate forms of physical contact, and I have a responsibility to avoid and report inappropriate physical contact
7. Open and honest communication with my parents and trusted adults will help insure the safety of myself, younger siblings, and others.
8. The virtue of chastity helps us understand and identify actions or behaviors which are wrong or sinful.

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9. Secrets, of abuse especially, can be very harmful to us physically, emotionally, and spiritually. Abuse of yourself or other victim is not a confidence that should be kept.
10. Identify three trusted adults. Know to whom abuse should be reported.

## Protection of Children Program Grades 9-12

### LESSON OBJECTIVES

*Review and familiarize yourself with the concepts and learner outcomes concepts outlined in the "Catechesis for Grades 9-12. These are the fundamental understandings that the lesson is designed to instill within the students. Use this lesson as it is outlined. You may add activities if you feel it necessary to ensure that the learner outcomes have been acquired. Be sure to preview all materials before presenting the lesson.*

1. To inform young people about sexual child abuse.
2. To inform young people ways to protect themselves.
3. To present strategies for reporting sexual abuse involving themselves or others.

### LESSON PLAN for CATECHESIS

#### Opening Prayer

**-Sign of the Cross**

**-Let us listen to the ancient story of creation from the Book of Genesis.** (Read aloud Genesis 1:26-27).

**-Reflection:** *What does this passage say about our bodies?* (Allow 30 seconds for private reflection, then invite a few responses from those who wish to share.)

**-Let us pray:** *Thank you, God, for the gift of ourselves. Remind us, too, that those around us were created by you and are loved by you, just the way they are. Thank you for your gifts to others. Thank you for your gifts to us. Amen. +*

#### Introduction

**Say the following:** *Today/Tonight we are going to discuss child abuse and specifically child sexual abuse—what it is, ways to avoid sexual abuse, and things to do if you or someone you know has been sexually abused.*

Distribute the brochure "**Sexual Abuse Prevention Statement To High School Adolescents**" (two-sided, folded in half)

**Read ALOUD the introductory paragraphs** (4 paragraphs)

**Read ALOUD the definitions of**

**Child Abuse**

**Sexual Abuse**

**Sexual Misconduct**

**Sexual Abuse as defined by Mississippi Law**

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**Then say the following:**

*There are different types of behaviors or touch. The four types are: appropriate, possibly inappropriate, never acceptable, and illegal.*

Appropriate forms of affection include, but are not limited to:

- 1) side hugs
- 2) shoulder to shoulder or "temple" hugs
- 3) pats on the shoulder or back
- 4) handshakes
- 5) "high-fives" and hand slapping
- 6) verbal praise
- 7) kneeling or bending down for hugs with small children
- 8) arms around shoulders
- 9) holding hands while walking with small children
- 10) holding hands during prayer

*There are some forms of touch or physical affection that have been used by adults to initiate inappropriate contact with young people. If you feel uncomfortable with any of these actions, it is appropriate for you to stop the action and to tell a trusted adult. If you are unable to stop the action, it is appropriate for you to tell a trusted adult after the incident occurs. Here are some examples of possible inappropriate behavior:*

- 1) compliments that relate to physique or body development
- 2) any type of massage given by an adult to a minor or young person
- 3) touching bottoms, chests or genital areas
- 4) touching knees or legs of a minor or young person

*Thirdly, there are some forms of touch or physical affection that are never acceptable. In order to maintain the safest possible environment for minors, the following are examples of touch inappropriate for use in Church/School sponsored and affiliated programs. If a young person feels uncomfortable with any of these actions, it is appropriate for the young person to stop the action and tell a trusted adult. If the young person is unable to stop the action, it would still be appropriate for the young person to tell a trusted adult after the incident occurs. Here are some examples of never acceptable behavior or touch by an adult to a young person:*

- 1) inappropriate or lengthy embraces
- 2) kisses on the mouth
- 3) showing affection in isolated areas of the program such as bedrooms, closets, staff only areas or other private rooms.
- 4) sleeping in bed with a minor
- 5) any form of unwanted affection

*The final type is abuse behavior. Those are defined on the second page of your brochure, "Sexual Abuse Prevention Statement to High School Adolescents", which we have already read.*

**Read ALOUD: What are ways to protect yourself?**

Make the point when reading #1 that our bodies are 'sacred'.

**Read ALOUD the sections titled:**

**What to do if you or someone you know has been sexually abused  
Mandatory Reporting of Suspected Child Abuse**

**Then say the following:**

*If a friend tells you that they have been physically or sexually abused by an adult and asks you to promise not to tell, don't be sworn to secrecy. Don't promise not to tell anyone. Say, "I can't promise to keep a secret if your life is in danger or you are being hurt." Then, seek the help of a trusted adult or professional who can help you report the situation.*

**Emphasize the following:**

*If you or someone you know is ever involved in sexual assault, get help immediately. Both the victim and the offender may need professional help.*

*If a friend tells you he or she has been abused in the past, be supportive and affirming but do not try to counsel your friend alone. The problem is too big for you to handle. Encourage your friend to get professional help; if you can, take the person to a mandatory reporter yourself.*

**POINT OUT THE CHILD ABUSE HOTLINE # 1-800-222-8000**

**Optional Activity #1: Group discussion and sharing**

Divide into groups. Give each group one of the following:

- 1) Write a list of the situations you can think of that can be classified as sexual abuse.
- 2) What would be your course of action if a close friend told you of being sexually abused?
- 3) Name some of the precautions a teenager can take to avoid being sexually abused?

Invite each group to share their responses.

**Optional Activity #2: Myths about Child Sexual Abuse**

The following sheets will be used for this activity (included in the Teacher Packet):

"Sexual Abuse & Assault: Fact or Myth Quiz"

"Myths" (answer key - for teacher use only)

Distribute the "Sexual Abuse & Assault: Fact or Myth Quiz" and invite students to circle on their answer sheet whether the statement is a fact or a myth about sexual abuse and assault.

Then, read aloud the "Myths" sheet that repeats each statement read and provides a response to each. (All the statements from the quiz are myths.)

## Closing Prayer

If you feel comfortable, read the following meditation. Feel free to close with another prayer if you wish.

### MEDITATION

#### A prayer from God to an abused child

You are a precious child.  
You deserve to be here and you deserve to be happy.  
It was my will for you that you be happy.  
It was not my plan that people hurt you.  
People choose to hurt you of their own free will.  
It was not what I wanted. I wanted to protect you.  
I want you to know that I have always been beside you.  
I have given you friends to help you.  
I have willed you my strength through them, and I have loved you through them.  
You must learn to reach out to your friends, to trust that they care.  
I am always with you, even in your darkest moments. I will always be with you.  
I want you to trust me. I am stronger than you.  
I can carry you when you need to be carried.  
I believe in you, even if you don't believe in me.  
I want you to know that people care about you. I care about you.  
You deserve to be happy.  
You deserve to be loved.

You ARE LOVED.

-M. Villarrubia

All children and youth have the right to be safe and protected from harm in any and all environments – home, school, religious institutions, neighborhoods and communities. The Diocese of Jackson embraces this right to safety and is dedicated to promoting and ensuring the protection of all children. The Diocese will do all in its power to create a safe environment for children and young people, to prevent their physical abuse, sexual abuse and neglect and to bring the healing ministry of the Diocese to bear wherever possible.

### **What is child abuse?**

Child abuse can be physical abuse or neglect, sexual abuse or emotional abuse.

### **What is sexual abuse of a minor?**

Sexual abuse of a minor is any form of injury or abuse that is to the detriment of a child's physical, moral, mental or spiritual well-being. (Protection of Children, Diocese of Jackson, p.3)

### **What is sexual misconduct?**

Sexual misconduct means any form of sexual conduct that is unlawful; that is contrary to the moral instructional doctrines and the Canon Law of the Catholic Church, and causes injury to another. It may constitute either / or sexual abuse, sexual harassment or sexual exploitations. (Protection of Children, Diocese of Jackson, p.3)

### **According to Mississippi law, what does sexual abuse include?**

"Sexual abuse" includes obscene or pornographic photo-graphing, filming or depiction of children for commercial purposes, or the rape, molestation, incest, prostitution or other such forms of sexual exploitation of children under circumstances which indicate that the child's health or welfare is harmed or threatened. (Section § 43-21-105)

### **What are ways to protect yourself?**

Take precautions to limit the possibility that you might be sexually abused. Keep the following points in mind:

1. Your body is your safe domain. You have a right to decide how it will be touched and by whom. No one is ever free to force, pressure, or tease you into having sexual contact of any kind.
2. Trust your own feelings. If someone's conduct or attitude seems suspicious, or if you are confused, afraid, or uncomfortable, there may be a good reason.
3. Have a clear idea of your own sexual values, goals, and ideals. Be assertive in saying no if you feel you are being pushed or pressured.
4. Don't weaken your defenses with alcohol or any other substance.
5. Don't walk alone at night. Don't hitchhike or accept rides from strangers.
6. Immediately leave a room if someone is there you can't trust.
7. Don't be alone with a date in a potentially dangerous place like an empty house or a parked car.
8. Refuse single dates with someone you don't know well and never go on a date with someone who the reputation of being sexually abusive or immoral.
9. Never accept a drink you have not poured and never set your drink down or leave it unattended. (Rapists today are using powerful drugs like Rohypnol and GHB-commonly called ruffies, roofies, and many other street names-to disable females. These drugs are slipped into a person's drink. As one teen said, "The last thing I remember about the party was this guy giving me a drink. I woke up seven hours later in this bed. I can't remember anything in between")
10. Avoid any situation you deem to be dangerous.

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**What to do if you or someone you know has been sexually abused?**

If you have been abused in the past and haven't ever talked about it, tell someone you trust, preferably a parent, teacher, counselor or youth minister. You may need professional help to cope with the abuse, to put it in perspective, and to move on to a healthier way of relating to the world.

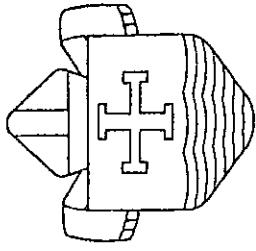
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### **Mandatory Reporting of Suspected Child Abuse**

The state of Mississippi has a mandatory reporting law. Mississippi Law requires that any person who has "reasonable cause to suspect that a child is a neglected child or an abused child shall cause an oral report to be made immediately by telephone or otherwise to the Department of Human Services..."  
(Section § 43-21-353)

Anyone who makes such a report is given immunity from any civil or criminal liability that may have otherwise occurred.  
(Section § 43-21-355)

**CHILD ABUSE HOTLINE**  
**1-800-222-8000**



## **Diocese of Jackson Protection of Children Program**

# **SEXUAL ABUSE PREVENTION STATEMENT TO HIGH SCHOOL ADOLESCENTS**

The overwhelming majority of adults working with youth today are positive and faithful individuals, dedicated to helping our youth grow in the Catholic faith. Unfortunately, there have been cases where adults have behaved inappropriately and have even abused people entrusted to their care.

The Church believes in the dignity of the human person and recognizes abusive behavior as sinful and, in some cases, criminal. One victim of abuse is one too many. The Church seeks to restore any broken relationship. This is sometimes difficult.

The Catholic Diocese of Jackson is sincerely committed to the spiritual and emotional well being of all by providing morally good, healthy, and informed leaders, thereby making the Church a place of safety and trust. The Diocese needs you to share in this responsibility of awareness and to seek help for yourselves or your friends if you are aware of any prior or present sexual abuse.