



# Creating a Safe Environment Workshop

Sponsored by:  
The Diocese of Boise  
Revised February 2021

# Thank You for all you do for the protection of our children!

- ▶ Please fill out the following forms and turn into presenter:
  - Background check (two part form)
  - Acknowledgement Receipt
  - Evaluation Form
  - Attendance Sheet
- Make sure that you signed the attendance sheet

**PLEASE PRINT CLEARLY**

This PowerPoint presentation can be found on the diocesan website at [www.catholicidaho.org](http://www.catholicidaho.org) it can be viewed at anytime.



Dear Lord,

As we begin this workshop for ministers who serve the youth and the children in our communities, we ask you to guide us in the important work of assuring safety for our children and young people.

Help us to remember the words of Matthew's gospel ***“Let the little children come to me, and do not hinder them; for to such belongs the kingdom of heaven.”***

Help us Lord to make our homes and churches a special place for the children and young people and to assure them of our love and care for them.

Help us always to remember that whoever receives one such child in your name receives you Lord, and help us to be watchful in helping prevent one of these little ones from being harmed.

We ask these things through Christ our Lord.

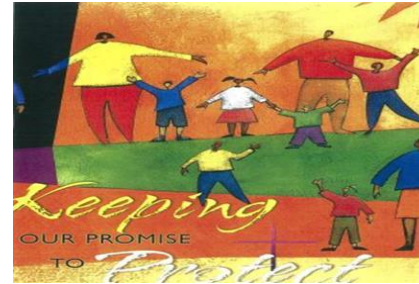
Amen.



The Diocese of Boise has a ***Zero Tolerance Policy*** of sexual abuse. This behavior degrades and diminishes the value of each human person and this will **not** be tolerated in our diocese. *(Sexual Misconduct Policy, Decree of Promulgation)*

To help ensure that our communities are a safe place for our children & vulnerable adults; as well as for our employees & volunteers; the diocese offers Safe Environment Training programs that are current and of great value. *(Sexual Misconduct Policy, section 5.0–5.5, page 12–14)*

We ask that every adult who serves in, or supports, any youth ministry to attend an “In Person Training” as well as ongoing online training through “**CMG Connect**”, a program created by Catholic Mutual Group.



The Catholic Church and our Diocese is absolutely committed to the Safety of Children.

- ❖ In compliance with the **USCCB Charter for the Protection of Children and Young People**, our diocese joins the body of Bishops in the United States to keep its **Promise to Protect children and vulnerable adults** in our communities.
- ❖ Together, you and I, can ensure that our communities are a safe place for everyone.

*Thank you for taking time to attend this workshop.*



# Today's Training

- ▶ Welcome!
- ▶ Introductions
  
- ▶ What will be achieved...
  - Defining the need for a safe environment training
  - Awareness & Understanding
  - Becoming Vigilant
  - Protecting all by:
    - Performing Background Checks & Education (adults & youth)



# What is the purpose of this training?

- ▶ 1. Protect children
- ▶ 2. Protect the Church
- ▶ 3. Protect you

In fulfilling this commitment of combating this societal issue, the United States Bishops and the Diocese of Boise require that all parishes and schools provide an educational opportunity for parents and children within their programs.



# Commitment & Accountability

*The Diocese of Boise is committed to creating safe environments in our communities.*

- Everyone, (employees, volunteers, clergy and children) are required to attend an annual training.
- On-going, Online Training is offered to adults on [CMGConnect.org](http://CMGConnect.org)
- On-going, In Person Training is offered to children (K-12) with **Circle of Grace.**







# Who has to attend this training?

- ▶ Clergy / Ministers
- ▶ Educators
- ▶ Church Personnel
- ▶ Volunteers
- ▶ Parents
- ▶ Children

In essence, everyone who helps enhance the spiritual growth of the children and youth in our care.



# Prevention:

- ▶ Together we can make a **Promise to Protect**, and a **Pledge to Heal**.
- ▶ Together we will make our communities a safe and holy place for all.
- ▶ Together we are an extra set of eyes and ears working as the Body of Christ.
- ▶ Jesus is counting on us to be HIS voice, HIS eyes and HIS heart and to bring HIS love to all.



# Essential “Three” Norms

The essential norms for compliance and accountability are to maintain the following:

- Offer Training to all (including ongoing training)
- Continue with Background Checks (including renewals)
- Sexual Misconduct Acknowledgement Form & Code of Conducts (adults & youth)

How do we do this?



# Let's talk about keeping kids safe...

If you have a two year old child in your house and you look around and decide you want to create the safest possible environment for that child, what kind of things would you do to make sure the house is safe?

- Cover electrical outlets
- Put gates on stairs
- Keep poisons out of reach
- Others.....

*This is a great opportunity to begin teaching children about their **Circle of Grace!***



## How about for a child who is seven or eight?

- ▶ Putting guns out of reach
- ▶ Making sure they know safety rules like crossing the street
- ▶ Watching when they are outside playing
- ▶ Seeing who their friends are (**on & off-line**)
- ▶ Monitoring what they watch on TV, radio & internet and what games they play, especially online gaming.
- ▶ Identify what things are **NOT** in their **Circle of Grace**?
- ▶ Others...



## How about for a sixteen year old with a driver's license?

- ▶ It is most crucial for them to know what their **Circle of Grace** is– and what it is NOT!
- ▶ Pray!
- ▶ Set rules for who is in the car
- ▶ Need to know where they are going
- ▶ What their plans are
- ▶ No texting or talking on the phone while driving (this is against Idaho State Law).
- ▶ Others...



## How do we learn that these are dangers and how do we avoid them?

We in this room did not have the language of **Circle of Grace**, so how did we know what were dangers?

- ❑ By our experiences
- ❑ By our parents teaching us
- ❑ Observing what happened to others
- ❑ By Reading or watching it on the news
- ❑ Other ways...





# How do we monitor our children and teach them about Internet safety?

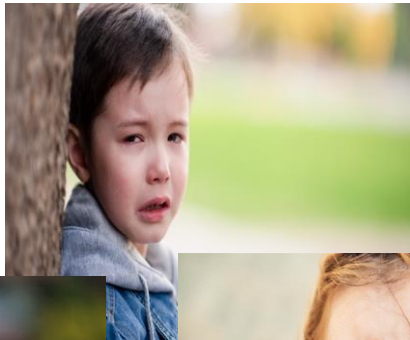
- ▶ Prior to the Internet explosion and digital cell phone becoming available to everyone; these precautions seemed adequate. In today's world, however, children are exposed to strangers posting sexually explicit images or looking for sex on several Internet sites and chat rooms.





## Some safety measures are common sense. However...

1. The problem with child sexual abuse, and creating a safe environment for our youth, is we don't always know the true facts about child sexual abuse.

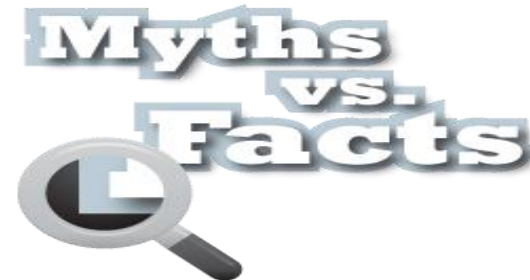




# Lessons Learned! What is abuse?

2. There are a lot of myths and misperceptions about it.

- ❑ **We cannot be vigilant and protect against abuse if we don't know the true facts about abuse.**
- ❑ How can we learn strategies to keep everyone safe?





## Lessons Learned!

3. This workshop for adults, along with **Circle of Grace** for our youth, are intended to help those involved in youth ministries to learn the facts. Also to help them understand what rules and guidelines are in place for creating the safest environment possible for our children, young people and vulnerable adults.



## Furthermore...



- ▶ Social networking websites are very popular with people of all ages, but they especially draw the attention of youth between the ages of 13–18, as well as young adults.
- ▶ **Today the average age of a child carrying a digital cell phone is 8 years!**
- ▶ With so many young people having cell phones, they are literally carrying around predators with them where ever they go!





# What sites do our youth visit here in Idaho



According to local authorities:

- State Police
- Boise Police
- Meridian Police



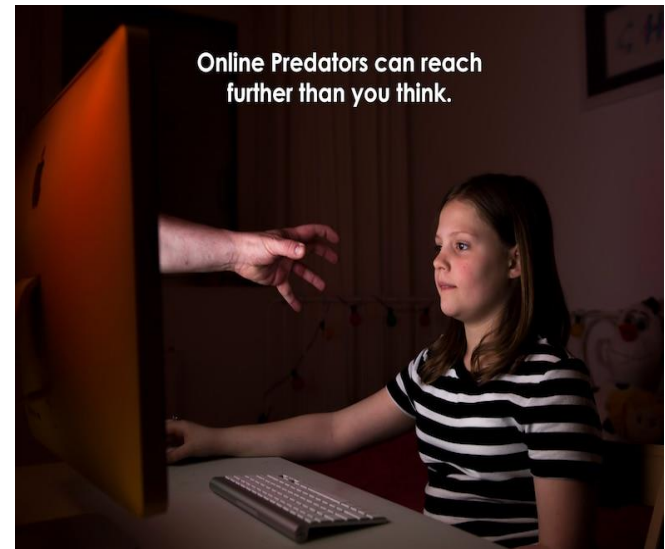
When they are called to assist with issues of online bullying, sexting, sharing images, human trafficking, sexual exploitation, stalking, etc.

These are the sites that regularly come up when police confiscate (from predators & youth) cell phones, computers, gaming machines, tables and other electronic devices!



# Furthermore...

- ▶ Internet predators can contact our children in their homes, at school, or while in youth group at any time of the day or night via social networking sites, e-mail, instant messages and chat rooms.







## Who are using these sites? (for a full list visit [missingkids.org](http://missingkids.org)...)

- ▶ Facebook.com (ages 13 & up)
- ▶ JusTalk (pre-tweens)
- ▶ YouTube.com (all ages)
- ▶ Twitter (ages 13–18)
- ▶ TikTok (ages 16–18)
- ▶ Pinterest (all ages)
- ▶ SnapChat (ages 13–17–**BAD**)
- ▶ Instagram (ages 13–14)
- ▶ MeetMe (adult site– **very BAD**)
- ▶ Omeagle (adult site– **very BAD**)
- ▶ AskMe (adult site– **very BAD**)
- ▶ Askfm (adult site– **very BAD**)
- ▶ KiK (ages 16–18)
- ▶ WhatsApp (adult site)
- ▶ Skype (ages 13 & up)
- ▶ Google+ (ages 13& up)
- ▶ Tango (adult dating app)
- ▶ Vine (ages 16–18)
- ▶ OkHello (adult site–**very BAD**)
- ▶ Talking Angela (pre-tween)
- ▶ Tumblr (age 13–15)
- ▶ Chatroulette (adult site– **Very BAD**)
- ▶ Others social media sites....*literally, there are hundreds of sites– too many to list!*





# Access to Social Media via...

- ▶ Apple Iphone
- ▶ SmartPhone
- ▶ Non Smart Phones(Nokia, Alcatel, etc.)
- ▶ Ipads
- ▶ Kindles
- ▶ Tablets (Google Android)
- ▶ Apple Ipad Touch
- ▶ Music Devices
- ▶ Play Stations gaming machines
- ▶ Xbox 360 gaming machines
- ▶ Wii gaming machines
- ▶ Home Computers
- ▶ Mine Craft Gaming
- ▶ Friends PC, phone, tablets, etc.
- ▶ Public Library
- ▶ Despite an overall decline, MySpace still has 50.6 million unique monthly visitors and has a pool of over 1 billion active and inactive registered users.

***This is a great place for predators to hide.***





# Social Media, what is the Purpose for this site?

**Snapchat** is an application for mobile devices that allows users to send photos and videos (called snaps) to other users. However, unlike with photos or videos sent via text or email, those sent on **Snapchat** disappear seconds after they're viewed—the sender gets to decide how long a photo will "live," from 1 to 10 seconds, after it's viewed.

Sounds good, in theory, but the problem is that there actually are ways to capture and recover images, which is why no one should develop a false sense of security about sending them.

While the photo message disappears from the phone after a few seconds, it doesn't prevent the receiver from snapping (taking) a screenshot of the photo while it's live.

\* Parents who allow their children to have **Snapchat** need to have a serious discussion with their kids to discuss the risks associated with the false sense of security that **Snapchat** may provide.



# Social Media, what is the Purpose for this site?

**WhatsApp** is part of the Facebook family of companies, it receives information from users, and shares it within their network.

When you **send** a **WhatsApp** message, it's automatically locked with unique keys, and then only unlocked when your recipient reads it. And although it used to be text-only, **WhatsApp** now lets you send encrypted photos and videos. But remember, because it shares information with FaceBook, these photos and videos are not secure.

\* Parents may be **Not** able to monitor this site, depending on how the app is setup!





# Social Media, what is the Purpose for this site?

**Skype** (websites and software) are not intended for nor is it designed to attract users *under the age of 13.*

Individuals can contact the **child** using **Skype**, including voice and video calls, chat messages and sharing screens.

Microsoft offers the ability to link a **Skype** and Microsoft Accounts together to make sign-in and security easier. If that password isn't secure or if you used it elsewhere then hackers can use it to gain access to **Skype**, bypassing any two-factor authentication provided by Microsoft.

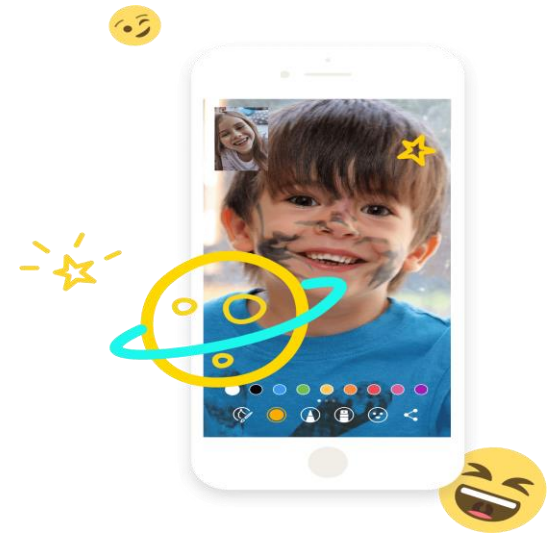
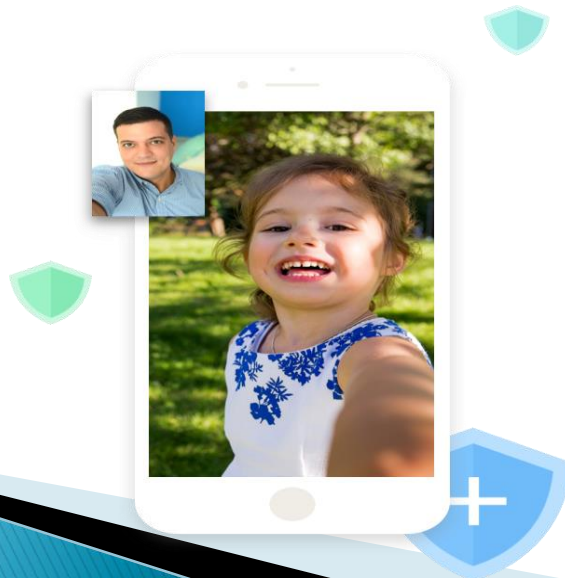
\* Parental supervision is **strongly recommended!**



# Social Media, what is the Purpose for this site?

**JusTalk Kids**–Parents, and approved adults like grandparents, can video chat and message with their kids through their existing **JusTalk** app. No additional app download is needed for parents. **JusTalk Kids** allows kids to video call and message using Wi-Fi so they don't need a phone number.

\* Parents have full control of this site!





# Social Media, what is the Purpose for this site?

**OkHello** collects a lot of personal information about users, including geolocation data and information from Facebook if you use Facebook Connect to access their service.

**OkHello** is linked to **Instagram** and **Spotify**, and can share information, photos, text messages, and videos between sites.

\* Parents may **NOT** be able to track activity on **OkHello**, **Instagram** or **Spotify**!





## Access to Adult Social Media Sites you may not be familiar with...and are **NOT** intended for minors!

The **danger** in **Tumblr** comes not from the website itself, but from the sites to which it links. ... Links embedded in videos or simply shared via **Tumblr's** URL-sharing post template are no safer than any other link on the Web.

**Vine** enables users to record and share an unlimited number of short, looping video clips with a maximum length of six seconds. **Vine** was acquired by Twitter in October 2012.

While **TikTok** is slightly **different** than **Vine** in its format, the vertical video, micro-content idea behind it remains the same. The main **difference**, though, is that **TikTok** is newer and is a lot more popular. ... As a result, **TikTok** has lots of users and lots of content, and it keeps on growing. 27% of its users are between 13–17 years old. **But this site is intended for adult use only!**



## Access to Adult Social Media Sites you may not be familiar with...**NOT** intended for **minors!**

**Kik** is not a **dating** app, but it does lend itself well to meeting new people. Two popular **Kik** tools for finding a date are “Match & Chat” and “Matcher”. ... These apps are third-party services and will attempt to match you up with other like-minded **Kik** users.

Also, people use the **app** for reasons other than **cheating**, such as meeting new platonic friends. So, if your spouse uses the **Kik** Messenger, it is no proof they're **cheating**. ... For example, if they can't show you their messages, friends, and updates, there might just be some secret to hide.

\* It is believed that **KiK** was originally designed for cheating spouses. *This site is known for hiding information.*



## Access to Adult Social Media Sites you may not be familiar with...**NOT** intended for **minors!**

Kids looking for new friends have no business on the **MeetMe** app. The name might sound innocent enough, but this dating app is way too **racy and dangerous** for young users. It's designed to help strangers, ages 17 and up, connect based on similar interests and location.

- ❑ Police warn predators are using MeetMe.
- ❑ Anyone using **MeetMe** can be tracked in real time within 500ft. (including geolocation data )

\*Parents are **unable** to track this activity.



## Access to Adult Social Media Sites you may not be familiar with...**NOT** intended for **minors!**

**ASK.Me** "Ask Me Anything" is something a kid would put on an app called **yolo**. The app is basically an anonymous messaging app where kids can post the link onto their **Snapchat** story and people can respond to this.

The link is usually titled "*ask me anything*" but can be changed to other things such as "*what are some good movies to watch*", "*tell me the latest gossip*" or "*tell me a joke*". Other kids would write responses and it would show up in the **yolo** app saying anonymous has texted: Parents are **unable** to monitor this site!

**Ask.fm** is it a site for teenagers? **NO**. Anyone can ask your teen questions about anything . Sex , relationship status , favorite food , band and other questions. It leaves a wide open door for cyberbullies as they can just send messages instead of. Simply by asking questions.

**\*Parents are unable to monitor this site!**



## Access to Adult Social Media Sites you may not be familiar with...**NOT** intended for **minors!**

**Tango** is a third-party, cross platform messaging application software for smartphones developed by **TangoME, Inc.** The app is free and began as one of the first provider of video calls, voice calls, texting, photo sharing, and games on a 3G network. It is an instant dating online dating app.

- **Attention Parents and Teachers:** This **app** is listed in the SmartSocial.com **Red Zone**. We believe this **app** is **NOT** safe for students to use without adult supervision. The **Tango app** is a social network and messaging **app** for phones or tablets that uses geo-location.
- ❑ **Police warn predators are using TangoMe.**
- ❑ Anyone using TangoMe **can be tracked in real time within 500ft.** (including geolocation data )



# DANGER!

## Proceed with Care and Knowledge!

- ❑ The average predators are between the age of 20–60
- ❑ Deleting FaceBook pages means nothing. As soon as you log back in, even if a new profile is created, everything comes back.
- ❑ Did you know that you must be at least 13 years of age to create a profile on any social media site?
- ❑ If a child younger than 8<sup>th</sup> grade has a profile on social media, they entered a fake Date of Birth to setup the account!
- ❑ 60% of 6<sup>th</sup> Graders, 80% of 7<sup>th</sup> Graders, and 90% of 8<sup>th</sup> Graders have online accounts!
- ❑ The Internet is **NOT** going away. It is crucial that we teach our children how to navigate their activity online and how to respond when being lured into inappropriate dialog, chat room, etc.
- ❑ Do you install software to block porn site on your child's electronic devices, such as **Covenant Eyes** or other such applications?





## While online, where do your children go?

Internet safety barriers & proper settings on electronic devices... A Must!

- ▶ “Technology Training for Parents”, is offered by [“CMGConnect.org](http://CMGConnect.org) it is designed to help parent understand and install (step-by-step) a “free” software to block porn site from showing up on a child’s electronic devises.







## Why is the Internet a perfect place for exploitation of children?

National Center for Missing & Exploited Children (NCMEC's) Cyber Tipline is the nation's centralized reporting system for the online exploitation of children, including:

- ▶ Child Sexual abuse and materials
- ▶ Child Sex Trafficking
- ▶ Online Enticement

They have received 16.9 million reports related to suspected child exploitation.

These reports contain 69.1 million videos, images and files.



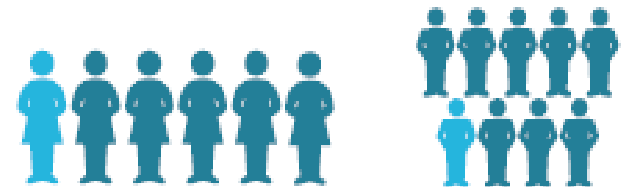
# Child Victims Often Know Their Predator

Among cases of child sexual abuse reported to Local Law Enforcements:  
***93% of the predators know their Victims***  
Of these 7% are Strangers; 59% are Acquaintances and 34% are Family Members

Of All Victims Under the age of 18:  
2 out of 3 are Ages 12–17 (or which)  
34% are Under age 12  
66% are Younger than 12

Every 9 Minutes, Child Protective Services, substantiates or finds evidence for a claim of child sexual abuse.

Women and men reported their experiences before age 15:



1 in 6 girls

1 in 9 boys

were physically and/  
or sexually abused



# Some feel the internet is a safe place to express feeling...

- ▶ Teen use these websites to socialize online with friends. They often express themselves by posting stories, feelings, photos, and videos.
- ▶ Unfortunately, sexual predators also use these websites to meet and groom potential victims, including teens.
- ▶ Young adults, as well as youth, run the risk of being exposed to sexual images and materials, or becoming the victim of online harassment by their peers, also known as cyberbullying.



# NOT always a safe place...

- ▶ Unfortunately, and far too often, sexual predators pose as a sympathetic adult who “really understands” a teen’s problems and genuinely “Cares” for them.
- ▶ These predators often devote a considerable amount of time to grooming their victims with attention and friendliness. They may even give their victims gifts or money to win their trust.
- ▶ A predator’s ultimate goal is meeting the child in person for sex.
- ▶ Human trafficking is a real danger **WE** must never ignore or assume it will not happen to us.



# What to do if you or your child needs help?

If your child is exposed to inappropriate sexual material on a social networking website, there are several things you can do.

- ▶ Report this to your local authorities ASAP!
- ▶ Report sexually explicit material, child enticement, or unsolicited obscene material to local law enforcement and the Cyber Tipline at the National Center for Missing and Exploited Children, [www.cybertipline.com](http://www.cybertipline.com), or (800) 843-5678.
- ▶ To learn more, visit [www.missingkids.com](http://www.missingkids.com).



## Sexual Predators!





# Understanding how this happens

Online child predators often seduce youth by using online communications to:

- ❑ Establish trust and confidence
- ❑ Introduce talk of sex or share sexual and inappropriate images
- ❑ Arranging to meet the youth in person for sexual encounters



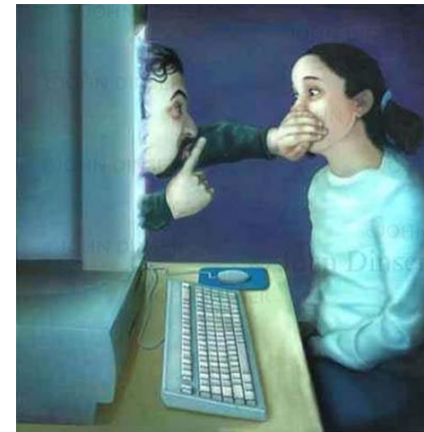
- \* US Catholic Sisters Against Human Trafficking is a great resource to understand the dangers and signs.





# Understanding how this happens

Because of this, it makes sense that youth whose online interactions include sending personal information, and talking about sex with unknown people are more likely to encounter individuals who make online sexual advances and then try to move them offline.





# What is child sex abuse?

Sexual Abuse of a child is defined as:

The involvement in sexual activities by an older person of a dependent, a developmentally immature child, an adolescent or vulnerable adult, for that older person's sexual stimulation or for the gratification of other persons.

Sexual Abuse may occur between children in peer to peer inappropriate activities.

Simply put... entering into someone's "Circle of Grace" for their own sexual stimulation or gratification.

Is considered a boundary violation.



# What is the Nature of Sexual Abuse

- ▶ Voyeurism
  - ▶ Sexualized kissing
  - ▶ Sexualized language
  - ▶ Fondling
  - ▶ Pornography
  - ▶ Exhibitionism
  - ▶ Prostitution
  - ▶ Frottage
  - ▶ Masturbation
  - ▶ Digital Penetration
  - ▶ Object Penetration
  - ▶ Oral – Genital
  - ▶ Genital – Genital
  - ▶ Genital – Anal
- 
- Voyeurism means “Peeping Tom” or spying on people. (online by hacking into a persons accounts)*
  - Frottage means rubbing against the body of another to attain sexual gratification.*
  - Digital Penetration means manual (genital) manipulation or fingering.*



# Intermission!

We've talked a lot about Internet safety and it's dangers.

Now let's talk about Grooming...But first, let's take a 5 minute break.



# One thought to keep in mind...

Grooming is not something that would frighten the child, hence the frog jumping out of the pot of boiling water. The Frog senses the heat and jumps out of the pot.



Grooming is something that is carefully planned and implemented over time.



Hence, the frog in the pot that the heat has been slowly turned up so the frog doesn't notice what is happening to him.

The frog goes along with the process and is not frightened and fully participates without hesitation.

# Taking a deeper look at the Grooming Process...

Generally, studies show that child predators go through a “grooming” process, which can sometimes take months or years, in an effort to facilitate their molestations.

This grooming process is a way to enter into someone’s “**Circle of Grace**” without causing alarm.



# What is Grooming?

## Signs to Look for With Sexual Predators:

Grooming is the process by which someone befriends and gains the trust of a child (and sometimes the child's friends and family) in order to take advantage of the child for sexual purposes.

- ❑ To accomplish this, predators are masters at manipulation, often appearing kind and helpful.
- ❑ Predators will integrate themselves in the community surrounding the child, and breakdown barriers that exist to gain access to the child.

# What is Grooming?

The six stages of Online Grooming are:

## 1. Friendship forming– Targeting & Gaining Trust.

- Predators target vulnerable children who are needy, unhappy, unable to talk about abuse or who have less parental oversight.
- Predators gather information about the child and their family to gain the child's trust over time.
- It is vitally important to be aware of new people in your life and the amount of time they spend with your children.

# What is Grooming?

The six stages of Online Grooming are:

2. Relationship forming– Looking to satisfy the Child’s or the Family’s needs.

- Once access to the child has been achieved the next step is to form a relationship by talking about the child’s family and school life.
- Once a “need” is found, the predator will use that need to ingrain himself into the child’s or families life.
- It is vitally important to be aware of any gifts the child receives, especially electronic devices.

# What is Grooming?

The six stages of Online Grooming are:

## 3. Risk Assessment – Determine the Level of Threat

- It is important to determine the level of threat and danger a caregivers of the child pose to the predator.
- The predator wants to know the following:
  - ▶ How close is the child to his/her family?
  - ▶ How closely is the child monitored online and in real life?
  - ▶ Will the child tell the family about the predators actions, and most importantly – will the child be believed?
- It is vitally important that we help children understand the danger of online predators. We must speak to them about the dangers and the signs to help keep them from being lured into inappropriate and dangerous situations!
- The goal is to keep them out of danger.

# What is Grooming?

The six stages of Online Grooming are:

## 4. Exclusivity – Isolating the Child from Others

- Predators want to gain the trust of the child “Completely”.
- Predators will do everything to convince the child that their relationship is special and that, “they have a special bond”.
- They will show love and care for the child in a way that the child will be convinced that the love and care is “genuine”.
- Predators will look for opportunities to spend time alone with the child. They will use sly tactics to create situations and use the time to further reinforce the idea of a “special relationship”.

# What is Grooming?

The six stages of Online Grooming are:

## 5. Sexual – Efforts to Desensitize the Child

- Predators will begin to ask the child about their sexuality. For example:  
“Are you a virgin?”,  
“Do you masturbate?”,  
“Do you like girls?”,  
“Do you like boys?”
- Predators are very detailed when talking about sexual activities with the child in order to desensitize them of the language and content. But they are very careful how they do this. Their goal is **Not** to scare the child.
- Predators will begin showing the child pictures of other children without their clothing in order to make it appear as “natural and normal”, It is not uncommon to show the child videos of porn as a way to introduce the next steps into “*their special relationship*”.



# What is Grooming?

Continuation of The six stages of Online Grooming are:

## 5. Sexual – Efforts to Desensitize the Child to touch

- Predators engage the child in peer like activities by playing child like game, playing electronic video games, etc.
- Predators will Desensitize the child to touch by testing how the child will react to touch.
  - Tickling games
  - Wrestling
  - Roughhousing
  - Physically picking up and carrying the child
- Next– It's time for the predator to test the child's reaction to see if the child will tell.

The predator will...

- Create a situation to Isolate the child
- Making the child believe that the “special relationship” is being threatened
- Making the child feel responsible for what may have occurred

# What is Grooming?

The six stages of Online Grooming are:

6. Conclusion – Complete Control of the Child and all Situations
  - When the predator begins the physical sexual abuse, the predator will go to great lengths to maintain complete control over the child. “Secrecy and Blame” are his primary ways of maintaining control.
  - The predator’s goal is to maintain the child’s participation, all the while hiding it from everyone else. The longer this goes on, the more dangerous it becomes for the child!

# Characteristics of a vulnerable child or adult

- ▶ Needy (and thus vulnerable to positive attention)
- ▶ Quiet (and thus less likely to tell)
- ▶ Craves attention (and thus vulnerable to attention)
- ▶ Younger (less likely to understand or tell)
- ▶ Picked on by other children (and thus needing a friend)
- ▶ Low self esteem (and thus vulnerable to the positive reinforcement of the predator)
- ▶ Trusting (and thus less likely to understand the danger)
- ▶ Compliant (and thus vulnerable to an adult telling them it is okay)
- ▶ Eager to please (and thus vulnerable to engaging in activity when told it is pleasing to an adult)
- ▶ Single or Disengaged Parent (thus the child generally needs attention and the parent is grateful for the help)
- ▶ Unsupervised (and thus vulnerable to the attention of predators)

# Characteristics of a Predator

- ▶ **Sexual attraction to children:** This is a pre-existing condition in the predator, and can occur for many different reasons.
- ▶ **Justification of interest:** Predators often go through a psychological process of justifying their attraction to children.
- ▶ **Grooming of the adult community:** Often the predator will go through a process of getting involved with the adult community that surrounds the child. The goal is to not only be accepted, but also to be welcomed.
- ▶ **Grooming of a child and vulnerable adults:** This is a process the predator goes through to break down the child or vulnerable adults resistance to sexual activity and to engage the child or vulnerable adult in inappropriate activity.

# Justification...

- ▶ This process of justifying the behavior is sometimes called “neutralization”.
- ▶ This is the psychological effort the predator goes through to justify their behavior to themselves. While breaking down any emotional barrier in himself which would prevent him from acting upon the sexual attraction to children.

# Justification and the Denial of injury to the child:

- ▶ The predator also denies to himself, and perhaps to others, that any injury to the child could, or has, occurred.
- ▶ The predator tells himself things like “This is my way of showing love to the child. I don’t want to hurt the child”.
- ▶ Many predators lead themselves to believe that they are helping the child (vulnerable adult) by showing them love.



# Justification and the Denial of victimization:

- ▶ The predator also denies that the child (vulnerable adult) is a victim, instead choosing to view the child as actively wanting to engage in sexual activity.

# Justification and the Condemnation of Dissent:

- ▶ Many predators actively argue against any social view that child (and vulnerable adult) abuse is wrong.
- ▶ More enlightened viewpoint: predators will often take the position that their view is in fact the more enlightened view.

# Grooming of the Adult Community

Predators will then integrate themselves with the adult community surrounding the child, and break down any barriers that exist to access the child. This includes exhibiting behaviors such as:

- Friendliness
- Ingratiating activity such as doing favors, helping out when no one has asked for help, etc.
- Targeting vulnerable families, such as those with alcohol problems, or single parents, illness or death in the family.
- Others...

# Signs of Discovery & Validation of a child

- ▶ Disclosure – Verbal (direct and indirect)
- ▶ Behavioral changes
- ▶ Witness
- ▶ Physical Findings – (clinical, laboratory, forensic)
- ▶ STD's
- ▶ Confession – ( a child may find themselves confused and feel that they need to confess their involvement.)

# Signs to look for in children who have been abused

- ▶ The most important: A deviation in normal behavior of the child
- ▶ Feeling Fear / anxiety / phobia / nervousness
- ▶ Having Nightmares / sleep problems / bed wetting
- ▶ Feeling Depression / shame / guilt
- ▶ Lack of self care
- ▶ Suicide attempts
- ▶ Has Difficulty in showing love or affection
- ▶ Life problems
- ▶ Abuse or bullying others
- ▶ Sexually acting out

# Important to Remember

- ▶ Signs will be different with each child
- ▶ There may be no physical signs at all
- ▶ The signs you notice could be due to trauma other than abuse
- ▶ It is important not to overreact, but simply to be more aware and vigilant; try to be a friend to the child!
- ▶ Educate your child about their “Circle of Grace”
- ▶ Always honor others “Circle of Grace”



# Important online Grooming Signs

Grooming signs can be difficult to spot.

Children who:

- ▶ Wanting or asking to spend more time on the internet
- ▶ Being secretive about site they visit and who they are talking to
- ▶ Switching screens or turning off phones when others come near
- ▶ Possessing new items parents have not given them, especially electronic devices
- ▶ Using sexual language you wouldn't expect them to say and that is not age appropriate
- ▶ Emotions that become more volatile
  - **REMEMBER**– Sexual predators will **defriend** parents and caregivers once they have established a friendship with the child

# Why Children Don't tell...

- ❑ Children feel responsible – as partners, not as victims
- ❑ Children fear disbelief from adults
- ❑ Children believe threats made by the offender
- ❑ Children avoid disappointing adults by reporting something repulsive
- ❑ Children resist talking about “nasty things”
- ❑ Children are taught not to “tattle”
- ❑ Children are handicapped in knowing how to describe what has happened to them. [Circle of Grace](#) teaches (age appropriate language) to empower children to tell us what is happening to them.
- ❑ Children are taught to be respectful of adults. They fear getting an adult into trouble or disobeying an adult who has requested secrecy.

# Breaking the Barriers– Why Children Tell

- ❑ Children tell when they come into contact with someone who appears to “already know”.
- ❑ Children tell when they come into contact with a confident person who does not appear to be judgmental, critical, or threatening.
- ❑ Children tell when they believe a continuation of the abuse will be unbearable.
- ❑ Children tell when physical injury occurs.
- ❑ Children tell if pregnancy is a threat.
- ❑ Children tell if they receive sexual abuse prevention information and training. ([Circle of Grace](#), age appropriate training)
- ❑ Children tell when they come into contact with someone who may protect them.

# Post- Disclosure Considerations

Critical to successful interventions is the immediate response to the Victim after a disclosure is made.

- ▶ Whether the victim is a child who has been exposed to pornography or an elderly woman who has been raped in the course of a robbery, the first response from another human being, post disclosure, is critically important to the rehabilitation of the victim.
- ▶ Guilt, shame, degradation, and frustration are common emotions that need to be addressed by a professional counselor or therapist.
- ▶ Three basic goals in post-disclosure techniques we should be aware of are:
  - Encourage positive attitudes about the disclosure. (“I’m glad you told me this.”)
  - Reassure victim regarding issues of guilt. (“It’s not your fault.”)
  - Establish a positive attitude about follow-up treatment, law enforcement interviews, or family interface. (“There are professionals who will help you.”)

**Remember**, we are **NOT** to Investigate. We are **Not** counselors. We do **Not** want to do anything to get in the way of the professionals and the investigation.

Too often, when a child discloses abuse to us, it relieves their anxiety.

We must be very careful **not** to let our apprehension and feelings override the needs of the victim.

With very little effort and in a very short periods of time, we can accomplish these goals by making such statements as:

- ❑ *“I am glad that you told me.”*
- ❑ *“You did a good job of telling me some very difficult information.”*
- ❑ *“What has happened to you has happened to a lot of people, It is not fair, but you are not alone and this is not your fault.”*
- ❑ *“I am going to put you in contact with some people who will be able to help you through the next few weeks.”*

# Reacting to disclosure...

- **Do not ask questions**, simply let the child tell you what he/she wants to say.
- **Remain calm** – the child is looking to you for support, and will be disturbed if you get excited or emotional.
- Remaining calm will allow the child to feel comfortable disclosing what has happened.
- Anger or excitement of emotions may send the message that you don't want to hear what happened, or that the child is causing problems by telling.
- Make sure the child knows that it is okay to tell about these things and that they are doing the right thing by telling.



# Allow the child to tell the story without asking numerous questions.

Keep it simple!

Only ask:

“Can you tell me what happened?”

Tell the Child that you are sorry this happened to them and that it is not their fault.

**DO NOT** ask any leading questions!

# Believe the Child

Do not use words that discount or discredit the child's statements.

Don't say things like:

- "But he is a very nice man"
- "Are you sure you didn't misinterpret what was said or done?"
- "Oh, I am sure it must have been an accident."

These statements send a message that you do not believe the child, or worse, that you will defend the alleged abuser.

Even if you have reservations, do not disclose them to the child.

- ▶ Report the allegations to local authorities **ASAP** and let the experts decide if abuse occurred.

# Three things you should never say to an abuse survivor:

- ▶ It was only...
- ▶ Put it behind you...
- ▶ Forgive...

# It's important to remind the child that it is not their fault...

- ▶ If the child uses any words that imply that the child is blaming themselves (it's my fault I went there) or believes he or she is in trouble, reassure the child.
- ▶ The message you send is that if inappropriate behavior occurred, it is **never** the child's fault.
- ▶ You can do this without expressing an opinion, by saying "You know, when things like this happen to children, it is **never** the child's fault."

# Express appreciation

- ▶ Express appreciation for the courage that it takes for a child to tell someone about abuse.
  - “I know this was hard for you to talk about this, and I am proud of your courage for telling.”
  - “Thank you so much for telling me, I am glad you trusted me and were brave enough to tell me.”
- ▶ Reassure the child that you will do everything you can to help protect him/her from further abuse.

# Report!!!

Remember if a child discloses injury such as:

- sexual abuse
- physical abuse
- mental abuse
- neglect of the child
- abandonment of the child



*Idaho Law requires that we report to Health and Welfare or Local Law Enforcement **within 24 hours of the discovery.***





# Report!!!



IDAHO DEPARTMENT OF  
HEALTH & WELFARE

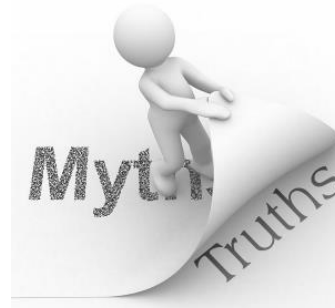


- ❑ Report the abuse to Child Protective Service by calling the Idaho CareLine at 1-800-926-2588
- ❑ Call 911 in times of emergency
- ❑ You can also call the Diocesan Pastoral Center Victim Assistance Coordinator 208-342-1311 to ask questions or enlist help in reporting.
- ❑ Tell your pastor, principal, or supervisor, and make sure they report it.

# Can't Stress Enough...DO NOT try to investigate...

- ▶ **DO NOT** try to investigate the allegations yourself, talk to the alleged abuser, or involve yourself in trying to gather information to assess the allegations.
- ▶ Leave this task to those who are experienced in such investigations. Use your energies to offer emotional support to the victim where appropriate.

# Myth or Truth?



1. Most child sexual abuse is committed by strangers of the child.

\_\_\_ True



False

*The vast majority of child sexual abuse is committed by people that the child knows and loves. 93% of the prosecuted cases in Idaho were committed by family member, a family friend or an acquaintance.*

*Experts believe that this statistic represents a true figure for all cases of child sexual abuse, whether reported or not.*

2. About half of child sexual abuse is committed by males.

\_\_\_ True



False

*About 94% of reported child sexual abuse is Committed by males.*

3. Most children are so frightened by child sexual abuse that they immediately report it to a parent, teacher or trusted adult.

\_\_\_ True     False

Many children are confused by child sexual abuse, but are not frightened.

Most children do not tell about the abuse immediately.

4. Most children who have been sexually abused do not suffer physical injuries.



True

\_\_\_False

Most children who are sexually abused are not physically injured.

5. Most children who are sexually abused engage in the behavior because they are threatened with physical injury to themselves or a loved one.

\_\_\_ True       False

While some children are threatened, most child sexual abuse is accomplished through positive reinforcement of the child, or engaging the child in activity to the point where they feel responsible and thus cooperate with the behavior.



6. Children may not report child sexual abuse because the behavior makes them feel good.

True      \_\_\_ False

Because the activities, both physical and emotional, often make the child feel loved, needed, and are physically stimulating, children may not immediately report the behavior.

7. Children often do not report child sexual abuse because they feel responsible for the abuse occurring.



True \_\_\_False

The activities of the abuser, by gradually engaging the child in the activity, often make the child feel responsible. In addition, because children are immature, they naturally feel that because they engaged in the behavior they are somewhat responsible.

8. If a child is sexually abused a physical exam will generally verify that the abuse has occurred.

\_\_\_ True



False

Most child sexual abuse does not involve physical injury, and thus 95% of the children who report child sexual abuse will have normal physical exams with no evidence of abuse.

9. If a child tells you that he/she has been abused, your reaction to the disclosure should be with surprise and disbelief.

\_\_\_ True



False

You should remain calm so that the child knows that you are an adult who can be trusted.

10. You should get all the information about the abuse before you report this to your local Law Enforcement?

\_\_\_True



False

We are not called to investigate only to report.  
We let the professionals do the investigating.

11. You should offer counseling to the child when he/she tells you they have experienced abuse?

\_\_\_ True



False

Counseling should only be offered by a certified professional.

12. If a parent of a child who has reported abuse to you does not want you to report the abuse to the authorities, you should comply with the parent?

\_\_\_ True



False

We are mandated reporters in the State of Idaho. Therefore, if you are old enough to vote, you are old enough to report. It's the law!



13. Most sexual abuse involves vaginal or anal intercourse.

\_\_\_True



False

In light of the nature of child sexual abuse, and because it occurs in secrecy and does not involve activities that would scare children. Rather it involves touching, masturbation, fondling, or other activity that does not involve intercourse.

14. Girls are sexually abused more often than boys.



True

\_\_\_False

Of the reported cases of child sexual abuse, 1 in 6 girls, and 1 in 9 boys are abused before the age 15. However, experts believe that more boys are abused than the reported cases might indicate, but boys do not disclose abuse as often because it is more often confusing to them.

15. If a child discloses sexual abuse it usually really happened.



True

\_\_\_False

If a child is talking about sexual activity, they generally have experienced it, or witnessed it. Children are generally not aware of sexual activity without personal experience.

16. If a child has been sexually abused they may deny it if directly asked about it.



True

\_\_\_False

Experts estimate that about half of children who are directly confronted about sexual abuse will deny that the abuse actually occurred, either because they do not want to get an adult in trouble, they feel responsible, they believe they will get into trouble themselves, or they do not want to disappoint adults.

17. About half of child sexual abuse is committed by parent and parent substitutes.



True \_\_\_False

Parents and parent substitutes are responsible for over 50% of child sexual abuse that is reported to law enforcements.

Parent substitutes are those living in the home responsible for the parental care of the child.

Of parental perpetrators, the majority are stepparents.

18. Developmentally delayed children are rarely sexually abused. (including vulnerable adults)

\_\_\_ True



False

Developmentally delayed children are abused at 18 times the rate of a child without any developmental delays.

19. Over 50% of the reports to Health and Welfare about child abuse comes from the school system.



True

\_\_\_False

The schools are one of the largest sources of reporting child abuse to the Health and Welfare system.



20. Only teachers are required to report child sexual abuse to Health and Welfare.

\_\_\_ True



False

Any person who has reason to believe that abuse is occurring (suspects abuse, has been told, or has seen) is required by Idaho State Law to report the abuse within 24 hours of becoming aware of it.

21. If a child discloses child sexual abuse, the law requires that it be reported within 24 hours to Health and Welfare or law enforcement.



True

\_\_\_False

22. An adolescent girl who has been abused will normally react by internalizing and “checking out”.



True

\_\_\_False

True, although the caveat is that not every girl will react this way, some may react aggressively by expressing anger.

Additional signs include using drugs, self mutilation, becoming promiscuous, etc.

23. An adolescent boy who has been sexually abused will also react by withdrawing.

\_\_\_True



False

Boys normally react by showing anger and aggression.

24. Younger children who have been sexually abused will often act out “sex acts” in play.



True

\_\_\_False

Playing is often the only way that younger children can express what they are feeling, and thus they “act out sex” in play as a way of telling what has Happened to them.

In addition, children play in ways that they have experienced, so they may “act out” sexual acts with no knowledge of the social or moral implications of what they are doing.

25. All online predators are pedophiles.

\_\_\_ True



False

By definition, pedophiles are attracted to prepubescent children. The victims of online predators are mostly adolescents between the ages of 13–17.

This does not mean that pedophiles aren't online, but they don't have many opportunities to form relationships with younger children who are not heavy internet users and are often monitored more closely.

26. Boys who are questioning their sexuality also tend to be more vulnerable to online predators.



True

\_\_\_False

- ▶ *Although most victims are girls. 25% of victims of internet initiated sex crimes are boys.*
- ▶ *If a boy is questioning his sexuality he may be easily influenced and led into inappropriate discussions.*
- ▶ *He may also be encouraged to view pornography and engage in sexual behavior encouraged by the online predator.*
- ▶ *He may see abnormal behavior as “normal” with the guidance of the predator and may not be able to pick up on what are normal*
- ▶ ***“warning signs.”***



# Protect yourself...

- ▶ Maintain an appropriate and trustworthy relationship between youth and adult supervisors
- ▶ Be aware of their own and others' vulnerability to inappropriate relationships
- ▶ Avoid any physical touching of minors that many reasonably be perceived as sexual in nature

# Questionable Physical Touching

- ▶ Inappropriate or lengthy embraces;
- ▶ Kissing on mouth;
- ▶ Holding minors over two years old on the lap;
- ▶ Touching bottoms, chests, legs; or genital areas;
- ▶ Spanking or slapping;
- ▶ Showing affection while in an isolated location;
- ▶ Wrestling or tickling;
- ▶ Piggyback rides;
- ▶ Massages;
- ▶ Compliments that relate to physique or body development
- ▶ Others...?

# Standard Norms to Avoid Misconduct

- ▶ Avoid overnight accommodations that are shared with minors without other adults present
- ▶ Never share beds with minors other than your own children
  - Exceptions: rare, short-term emergency situations
- ▶ Church/School personnel are prohibited from engaging in any sexually oriented conversations with minors. with limited exception for educational lessons
- ▶ Such lessons must convey to youth the church's teaching on these topics
- ▶ Church/School personnel are prohibited from discussing their personal sexual activities or history with minors
- ▶ Always respect other's "Circle of Grace"

# The two person rule...

- ▶ Avoid situations where you are alone with a minor
- ▶ When it is necessary to be alone, such as when counseling or teaching a minor, meet with the minor in as public place as reasonable under the circumstances
- ▶ BE VISABLE
- ▶ In one-on-one situations, avoid physical contact

# What Can I Do?

- ▶ “Words of Praise” is something we can never over do! Children do not hear enough positive affirmation!
- ▶ Side hugs
- ▶ Shoulder to shoulder hugs
- ▶ Pats on the back or shoulder
- ▶ Handshakes
- ▶ “High-five” or hand slapping or knuckle bump
- ▶ Verbal praise...again and again
- ▶ Holding hands while walking with small children
- ▶ Holding hands during prayer
- ▶ Pats on the head when culturally appropriate
- ▶ Make eye contact and smile at the child



# Learning the Lingo...

The **Circle of Grace** symbol reminds us that God loves us and His love is always all around us. Each of us—everyone has a circle of grace.

The large blue circle = the world.

The dove = Holy Spirit

The yellow circle = Grace



\*Each year children in our diocese

Participate in the **Circle of Grace**

Curriculum as part of their Religious Education.



- ▶ Children participating in religious education or who are enrolled in a Catholic School also receive annual, ongoing, training through **Circle of Grace**. This is a Catholic Safe Environment training program designed for children (K– 12). It helps ensure the safety, well-being, and spiritual formation of our children and youth.
- ▶ **Circle of Grace** is unique because it was designed specifically for Catholic Schools and Parishes by incorporation **Holy Scripture, Catholic Traditions, the Catechism of the Catholic Church**, while keeping in mind the goals of educating our children of the dangers within social media.
- ▶ At the same time it helps children understand how to navigate activities on the internet as technology progresses. Additionally, it provides our children with tools to help them in their interpersonal relationship, at home, at school, and at the parish. **Circle of Grace** empowers children with vocabulary to help them tell what is happening to them. This is important because an abused child may not have the words to describe the abuse.
- ▶ **Circle of Grace** requires the participation of parents/guardians at all grade levels. Keeping in mind that parents/guardians are the primary educators of their children.



**CATHOLIC  
MUTUAL GROUP**

## Ongoing Training beyond this workshop & Recertification of Safe Environment Training:

- ▶ Ongoing “online training” is a requirement of the diocese.
- ▶ Attendees will go to [cmgconnect.org](http://cmgconnect.org) to attend the first online renewal training.



- ▶ Year three and following, attendees will select “*One of the Optional Training*” videos to renew their training certification status for the year.





# In Closing....

Please remember that there is **A Light** that can and does overcome the darkness.

There is **NO** darkness that can or ever will overcome the **Light of Christ!**

# Prayer for Healing for Victims of Abuse

Praise to you, Father of our Lord Jesus Christ,  
Source of all consolation and hope.

By your Son's dying and rising  
He remains our light in every darkness,  
Our strength in every weakness.

Be the refuge and guardian  
Of all who suffer from abuse and violence.  
Comfort them and send healing  
For their wounds of body, soul and spirit.

Rescue them from bitterness and shame  
And refresh them with your love.  
Heal the brokenness  
In all victims of abuse,  
And revive the spirits of all who lament this sin.

Help us to follow Jesus  
In drawing good from evil, life from death.  
Make us one with you in your love for justice  
As we deepen our respect for the dignity of every human life.

**Giver of peace, make us one in celebrating your praise,  
both now and forever. Amen.**

# Again, “Thank You” for all you do for the protection of our children!

- ▶ Please fill out the following forms and turn into presenter:
  - Background check (two part form)
  - Acknowledgement Receipt
  - Evaluation Form
  - Attendance Sheet
- Make sure that you signed the attendance sheet

**PLEASE PRINT CLEARLY**

This PowerPoint presentation can be found on the diocesan website at [www.catholicidaho.org](http://www.catholicidaho.org) it can be viewed at anytime.