



Diocese of Covington
Safe Environment Programs for Children

1. Family Nurturing Center

“Kids on the Block” (Grades 1 thru 5 only)
“Kids on the Block” (Preschool and Kindergarten)
Bullying (K thru Gr 5)
(Parents may attend program if okay with principal)
Ms. Jane Herms, Executive Director
Ms. Autumn Caldwell, Program Director (859-538-1629)
8275 Ewing Blvd.
Florence KY 41042
Phone: 859-525-3200 X229

2. Council on Child Abuse of Southern Ohio, Inc.

“Personal Safety” (grades K-8)
“Bullying” (grades K-8)
Affiliated with Talbert House since 2015
Ms. Amelia Orr, Executive Director/Funding
Ms. Kathleen Cave, Executive Director/Program Director
4531 Reading Road
Cincinnati OH 45229
Phone: 513-684-7976

3. School Counselors

The counselors in our schools have been trained to present an approved lesson plan on sexual abuse prevention. If your school does not use the services of a counselor, please contact a diocesan school that has a counselor.

Lesson plans for counselors may be found at www.covdio.org

Safe Environment Box (on right side of screen)

Resources for School Leader (on right side of screen)

Lesson Plans for Catholic Schools (scroll down)

Julie Feinauer is approved to present a sexual abuse prevention session for grades 9-12. “Everyone Deserves Dignity.” Julie can be contacted through St. Henry District High School (859-525-0255)

Schools

Policy: All schools in the Diocese shall offer for parents and students a “safe environment for children” component of the educational program, in keeping with the American Bishops’ “Charter for the Protection of Children and Young People.”

Schools must offer the sexual abuse program at least biennially using one of the three approved professional groups (Women’s Crisis Center no longer provides sexual misconduct prevention for our children. They now offer a Green Dot anti-violence program for high schools.)(St. E. Medical Center no longer offers a personal safety class.). School counselors may also use the lesson plans posted on the Diocese of Covington website.

On the alternate year schools are to present a safe environment program on such topics as bullying, internet safety, text messaging, Theology of the Body, chastity, drug abuse, suicide, etc.

Netsmartz and Kidsmartz online training is recommended to reinforce the safety messages (access through VIRTUS website).

Women’s Crisis Center has an anti-violence program for high schools called Green Dot. Both the Council on Child Abuse of Southern Ohio and The Family Nurturing Center have presentations on bullying.

Stephen Smith, president of A Wired Family, LLC speaks to grade 5 and up including parents about “Your Child’s Digital Tattoo” that includes sexting, cyberbullying and online privacy. (www.awiredfamily.org)

Detective Mary Braun of Cincinnati Police Department provides digital safety presentations to parents. (513-946-8335 mbraun@sheriff.hamilton-co.org)

Please keep a record of what was used for training EVERY year.

For Parish Religion Programs:

Policy: Parish School of Religion/CCD programs must offer the sexual abuse prevention program EVERY year using the lesson plans posted on the Diocese of Covington Safe Environment website. If needed, videos may be borrowed from the Office of Catechesis and Formation. Phone: 859-392-1533

Lesson plans may be found at www.covdio.org

Safe Environment (Box on right side of screen)

Resources for Parish Leaders (on right side of screen)

Lesson Plans for Parish Religious Education Programs (scroll down)

The Family Nurturing Center offers Kids on the Block to parish programs for about \$100 plus mileage for 2 puppet shows.

Regardless of the program you use, please remember to

1. Make sure parents know the dates of training.
2. Keep on file the signed form for students whose parents decline training of child and send a copy to Department of Catholic Schools or to the Office of Catechesis and Formation.
3. Keep names of absentees on file and send a copy with your report.
4. Provide parents with program literature, especially if the child was not trained. (Literature is provided by the three approved groups or you may borrow materials from the Department of Catholic Schools, the Office of Catechesis and Formation or the online lesson plans.)
5. If a child was trained in the public school during the current school term, have a certificate or a letter from the public school stating location, date, topic for each child that you can verify with the public school.
6. A child absent for the live training by professionals may be trained using the approved audiovisuals or the online lesson plans. A child who only received material sent home to parents must be listed as absent and thus not trained.

(Revised 3-2-18)



Diocese of Covington
Department of Catechesis & Formation
Safe Environment for Children
RESOURCES

VIDEOS

K-Grade 2

DVD 1203 *What Tadoo*

18 minutes

Through live action, animation and puppets a young boy learns it is okay to "Say no, Get Away, Tell Someone, and sometimes Yell," to protect himself from strangers. Characters teach the boy about ways strangers might try to lure or entice children. There is some music and singing. The lyrics of the song reinforce the message of the film. This film also addresses the fear a child might have of telling someone about abuse.

Kidsmartz www.virtus.org (see *Websites* section for access directions)

Lesson 1 “Introduction”; Lesson 2 “Check First”; Lesson 3 “Take a Friend”; Lesson 4 “Tell People NO”; Lesson 5 “Tell a Trusted Adult”; Lesson 6 “Conclusion” Kidsmartz may be used to supplement the safety message throughout the year.

K-Grade 4

- VC 1146 *Speak Up! Say No!* (Ages 4-7) VHS 10 minutes
Keeping your child safe from sexual abuse. - In simple drawings and character voices, we see how young Penelope Mouse's uncle attempted to touch her in ways that were not okay. When she had the courage to tell her parents, she learned that none of it was her fault, and that children need to know the difference between touching that is "okay," and "not okay."
She learned that no matter who is doing the touching, children must tell a responsible adult.
From: *Krause House*.
- VC 1147 *For Pete's Sake, Tell!* ((Ages 4-7) VHS 10 minutes
Keeping children safe from sexual abuse. - A friendly neighbor invites young Peter Mouse over for ice cream and to play the latest video game. But it's all a trick by the neighbor to get Pete alone to show him bad pictures and to touch him in ways that shame and frighten Pete. Pete tells his cousin Penelope about the neighbor and she sends him to report this situation to a responsible adult in order to stop it. From: *Krause House*.
- DVD 1200 *It Happened to Me* (DVD) **For boys only**, to learn four rules of personal safety. **Note:** the word "penis" is used, and the offending adults are also verbally mean. Content addresses sexual misconduct. It rests upon the catechist to supplement this with Catholic values that are age appropriate. For instance, children may be clearly taught that "I am the boss of my body." This empowering statement needs to be accompanied by the message, "I am a special gift from God." From Boy Scouts of America.

Grades 2-4

- DVD 1204 *What Tadoo with Secrets* 19 minutes
Through live action, animation and puppets, seven year old Juliet learns that secrets can be good or bad, and that telling bad secrets to a caring adult is the right thing to do. Young viewers learn to distinguish good secrets from bad ones, and basic rules for getting help or helping oneself. There is some music and singing. The lyrics of the song reinforce the message of the film. This film also addresses the fear a child might have of telling someone about abuse.

Grades 3-5

Kidsmartz www.virtus.org (see *Websites* section for access directions)
Lesson 1 “Introduction”; Lesson 2 “Check First”; Lesson 3 “Take a Friend”; Lesson 4 “Tell People NO”; Lesson 5 “Tell a Trusted Adult”; Lesson 6 “Conclusion” Kidsmartz may be used to supplement the safety message throughout the year.

Grades 3-6

VC1195 *Break the Silence: Kids Against Child Abuse* 30 minutes
(Animation/live action) Jane Seymour hosts this program. Physical abuse, sexual abuse, and neglect are explained in a way young children can understand. Four kids talk candidly about their abuse and their abusers. As each story is told, animated versions of the child and the abuser help illustrate how the abuse happened and how it made the child feel. The main point throughout the program is that children should tell an adult if they feel they are being abused, or if they know someone who is.

DVD 1205 *Tricky People* 40 minutes, This is a modern day parable of abuse and prevention...and a dramatic portrayal of the dangerous yet effective schemes of child predators. In this live action film Yellow Dyno gives lessons on how to spot tricky people, and what to do in response. Includes a guide to reinforce the lessons and give guidelines for age-appropriate discussion. Engaging and powerful. Ages 9-12. While excellent for both boys and girls in this age range, it has a special focus for pre-teen girls. There is some music and singing. The lyrics of the song reinforce the message of the film. This needs to be accompanied by the message, “My body is mine. It is a gift from God.”

Grades 4-6

DVD 1206 *McGruff on Self-Protection: Preventing Child Abuse & Neglect* 30 minutes
McGruff the Crime Dog explains to his nephew, Scruff, than any form of child abuse or neglect is against the law, and that help is available to children who need it. Three short stories are presented regarding neglect and emotional abuse, physical abuse, and sexual abuse. It shows children how to talk to adults about their individual situations. It reinforces the ideas that certain behaviors and actions towards children are not alright, and it is okay to tell "sad secrets."

Grades 6-9

- DVD 1201 *A Time to Tell* (DVD) **For boys only**, personal safety for boys 11-14. Includes sexual abuse, internet, and bullying. Partial nudity. Addresses sexual misconduct. It rests upon the catechist to supplement this with Catholic values that are age appropriate. For instance, children may be clearly taught that "I am the boss of my body." This empowering statement needs to be accompanied by the message, "I am a special gift from God." From Boy Scouts of America.

Grades 7-12

- DVD 1198 *Katie's Secret* 14 minutes
Katie has a secret. She is being sexually abused at home by her mother's fiancé, and she can't find the courage to tell anyone. When a concerned teacher finally gets Katie to tell her story, she brings her to a teen crisis center. There Katie meets a culturally diverse group of peers who have similar stories, and she realized for the first time that she is not alone. Then she finds the courage to tell her mother and start on her path to healing. DVD available only.

Grades 10-12

- DVD 1202 *Youth Protection: Personal Safety Awareness*
Addresses sexual misconduct: acquaintance rape, internet safety, stalking, and peer sexual harassment.. It rests upon the catechist to supplement this with Catholic values that are age appropriate. For instance,, children may be clearly taught that "I am the boss of my body." This empowering statement needs to be accompanied by the message, "I am a special gift from God." From Learning for Life.

- DVD 1197 *Scared Silent: Exposing and Ending Child Abuse* 51 minutes
Note: It is preferred that a counselor be present when presenting this video to students. It contains strong language and descriptions of abuse. This is a good option to show to parents.

Hosted by Oprah Winfrey, who takes viewers on a graphic journey into the hearts and souls of six perpetrators of sexual, physical and psychological child abuse. Victims tell their own stories, and in some cases face their abusers. Perpetrators tell of being victims themselves, unraveling a tragic cycle that destroys lives, generation after generation. Pathways to recovery are explored in great depth as victim and abuser alike struggle with issues of guilt, shame, anger and self-hatred. Their stories can help children and adults who have been scared silent for much too long.

Grades 9-12

DVD 1196 *Breaking the Silence: Preventing the Sexual Abuse of Minors* (DVD)
14 minutes

It is estimated that one in four girls and one in six boys in the U.S. will be sexually abused. However, 90 percent will not report it. Because of shame or fear, they suffer in silence, never receiving the help they need. Getting teens to talk with each other about sexual abuse can be a powerful and effective weapon.

This is an interactive DVD presentation with Facilitator's Guide that allows you to customize your viewing by utilizing the programmed breaks between individual segments of the film. This permits students to discuss the topic or question immediately after seeing it on the screen.



Diocese of Covington Department of Catechesis & Formation **Safe Environment for Children**

BOOKS

Ages 4 & Up:

Good Pictures, Bad Pictures by Jill Jenson and Gail Poyner with illustrations by Debbie Fox. *English & Spanish*. Studies show that children as young as grade 2 are being exposed unknowingly to pornography via online social media, books and television. Viewing pornography is dangerous and can trick a person's brain into wanting to see more, developing a serious addiction. Children are safer when they are proactively warned and empowered to reject the dangers of pornography and addiction.

Ages 3-10:

My Body Belongs to Me, Jill Starishevsky, with illustrations by Sara Muller. This book consists of 22 pages of text and illustrations, consisting of only 19 sentences. It is for children 3 to 10 years old. *My Body Belongs to Me* makes

young children aware that when it comes to their bodies, there are boundaries. It assures them that it is okay to tell a parent or teacher if someone touches their “private parts.”

Ages 9 & Up:

Wonderfully Made! Babies: A Catholic Perspective on How and Why God Makes Babies. Ellen Giangiordano with Dr. Lester Ruppertsberger, English & Spanish. Parents as the primary educators of our children need to convey to them the beauty of God’s design of our sexuality and teach them the wonder of God’s plan for marital love. By learning correct names for body parts and that our bodies need to be respected and protected, is the beginning of showing children that they are wonderfully made and that respect and dignity for the human person starts with them.

P-3:

Designed by God so I must be Special, Bonnie Sose with illustrations by Bonnie and Holly Sose. National best seller! All children are special! This book is the perfect tool to help them cherish their individuality. This warm, colorful book is designed to inspire the imagination. The jovial message and adorable artwork convey a sense of strong self-worth to children, enhancing their self-esteem. Grades P-3

K-2:

Officer Buckle and Gloria, Peggy Rathmann, Officer Buckle's safety presentation at Napville Elementary School is always ignored. It's so dull, in fact, that it puts audiences to sleep. Z Z Z z z z z... But soon, children are paying attention...to Officer Buckle's new police dog, Gloria, who stands behind him, impishly miming the dire consequences and accidents involved in not using one's head. Gloria soon goes solo, and not only does she flop without him, but Napville Elementary has its biggest accident ever. It's apparent how much Officer Buckle and Gloria need each other, and before long, they are again a winning team.

K-10: *Learning About L I F E*, Sieran Sawyer, SSND & Kathie Amidei

A family-based sexual abuse prevention program which focuses on the four basic kinds of human relationships: Love, Infatuation, Friendship and Exploitation; in order to promote positive, loving relationships while bringing attention to relational abuse prevention.

High School & Adult

Creating Safe and Sacred Places, Gerard J. McGlone, SJ, PHD, Mary Shrader with Laurie Delgatto, Your ministry with young people begins by building relationships that include **appropriate boundaries**. *Creating Safe and Sacred Places* is the **first resource of its kind** in response to *The Charter for the Protection of Children and Youth* (issued by the United

States Catholic Conference of Bishops). The charter calls, in part, for dioceses, schools, and parishes to establish "**safe environment**" programs. *Creating Safe and Sacred Places* is written by an expert in the field of sexual abuse and by a veteran youth minister. The manual provides information on **procedures and strategies** to promote a safe environment, including material for training parents, ministers, educators, and church personnel in identifying, preventing, and healing sexual abuse.

Resource Books:

Every day, children and teenagers enter the United States unaccompanied by parents or other caring adults and without legal documentation. These unaccompanied children and teens often come to reunite with family, to work, or to pursue an education. Some may be fleeing violence and abuse, avoiding gang persecution and recruitment, or escaping political and religious persecution.

Children and Teen Keeping Safe guides to personal safety are the first publications created for the unaccompanied youth themselves.

Children: *Keeping Safe: Children's Bilingual Guide*, English and Spanish combined

Teen: *Keeping Safe: A Teen Bilingual Guide*, English and Spanish combined

Parents: *Raising Children in a New Country*, English

Newcomer parents often need assistance adapting to: a new physical environment with unaccustomed dangers; the loss of extended family and community support; the ineffectiveness (and sometimes illegality) of parenting in a new environment, combined with difficult financial circumstances and the stress of family role changes, can sometimes lead to these newcomers' involvement with the child welfare system. This booklet was created for agencies serving refugees and immigrants in order to support their efforts to ensure that newcomer parents have the basic information they need about U.S. laws and parenting practices.

God and Me, by Penny Boshoff

365 Daily Devotions for ages pre-school – grade 2. *God and Me* aims to help children find out all about God: what God is like, how God cares for them, and how God wants them to live in His world. Familiar situations and everyday experiences encourage children to think about Christian values, a simple way of introducing a lifelong relationship with God. Bite-sized devotions will keep the attention of younger children. Four-color photographs will help engage children with the message in the devotional. Each day includes a topical Scripture and a prayer to help children develop their relationship with God.

Protecting Your Family Online, A Parent's How-To Guide, A booklet and dvd resource to help parents learn how to protect their children from inappropriate material on the Internet and from cyber bullying.

What You Do Online Impacts Your Life Offline, A booklet and dvd for parents on how to create an Internet safety plan for your home.

The Porn Phenomenon, The Impact of Pornography in the Digital Age, A book for parents which discusses:

- Statistics on porn use and views about porn among key age and faith segments
- An overview of scholarly research on porn's effects on individuals, relationships and communities
- Insights from experts and ministry leaders on what the data means for culture and the Church

WEBSITES

Children: www.archny.org/documents/2014/9/English.pdf

www.ardchny.org/documents/2014/9/Spanish.pdf

Coloring Book style: print online free; Presents basic personal safety points. Could also be used one page at a time to reinforce basics.

Teens: www.archny.org/pastoral/safe-environment-program/training

Comic Book style; print online free; this comic book is appropriate for higher level high school students. It tells a painful story with important lessons about sexual exploitation.

www.netsmartz.org

Netsmartz: Older students train younger ones using website; free; for grades 6 and up.

Teachers:

Kidsmartz www.virtus.org

Enter id and password

Click on Educators (on top bar)

Click on "Kismartz" (on left column)

Click on "Teach Kismartz"

Education Kit: Click on "Learn More"

Download Kit

You may need to sign in using your email address and create a password the first time. Kismartz may be used to *supplement* the safety message throughout the year. Also available in Spanish.

Recommended for grades Preschool through grade 5.

Parents:

DVD 1208 Covenant Eyes – Accountability and Filtering Software

1-877-479-1119 www.cmgpparent.org www.covenanteyes.com

Safe Haven Starts at Home DVD 20 minutes: Shows parents talking to children about pornography.

USCCB website: Create in Me a Clean Heart: A Pastoral Response to Pornography.

If you or a loved one needs counseling contact Andrew J. Sodergren, Psy.D.
Ruah Woods Psychological Services: 6675 Wesselman Rd, Cincinnati, OH
45248 PH: 513-407-8878

DVD 1209 Covenant Eyes *Unfiltered*– Equipping Parents for an ongoing conversation about Internet Pornography. (Parent workshop DVD and Guide book) Could also be used at a parent meeting.

DVD 1210 *Informed-Integrity Restored* 4 DVD's addressing pornography
1. Dr. Peter Kleponis "Integrity Starts Here" 2. Fr. Sean Kilcawley "The Porn Plague: Theological Perspectives" 3. Matt Fradd "Parenting in the Internet Generation" 4. Ron DeHaas "The Barna Study: What are the Facts, Just the Facts" Includes study guide. (www.integrityrestored.com)

www.catholicmutual.org

CMGconnect Parents on right column
Sign in for free; Information is offered in English and Spanish
Information includes "A Safe Haven Begins at Home"; How to set up parental controls on iOS and Kindle Fire HD; education on Instagram.

www.protectyoureyes.com

Explains apps the kids use. Explains parental controls on popular devices. The website includes: APPS, Devices, Blog, Resources, Chromebook, Current Trends.

www.awiredfamily.org

Stephen J. Smith is founder and presenter. He covers such topics as: The Impact of Sexualized Media on Children; Social Media and Teen Depression; The Impact of Bullying and Cyber-bullying on Teens and Tweens; Your Child and the Dark Web.

(Revised 3-15-18)