

Child Abuse Prevention Month

Catholic Diocese of Richmond, Office of Child Protection/Safe Environment

April 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|---|--------------------------------|---------------------------------------|---|------------------------------|---|
| | 1 Plant Pinwheel Garden | 2 Rosary for Healing | 3 Sign up for a VIRTUS session | 4 Review Diocesan Reporting Policies | 5 Pray for Healing | 6 Lighten the Load |
| 7 Support Child Advocacy Centers | 8 Share Your Commitment | 9 Family First | 10 Build Blessing Bags | 11 Be Positive | 12 Blue Friday | 13 St. Maria Goretti Prayer of Patroness of Abused |
| 14 Model Clear Boundaries | 15 Meet the Need | 16 Smile at a Stranger | 17 Child Abuse Prevention Blessing | 18 Holy Thursday | 19 Good Friday | 20 Send Salutations |
| 21 Easter | 22 Be an Example of Authentic Love | 23 Put Comfort in Hand | 24 Visit Child Protection Website | 25 Healthy Families | 26 Balance the Scale | 27 Greet Someone New |
| 28 Blue Sunday | 29 Get Caught Up on VIRTUS Bulletins | 30 Random Act of Kindness | | | | |
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RESOURCES

VA Department of Social Services - CPS



Child Advocacy Centers of Virginia



Families Forward Virginia



USSCB
Office of Child and Youth Protection



Office of Child Protection/
Safe Environment

Maryjane Fuller
Jennifer Sloan
Sandy Nixon



Plant a Pinwheel Garden (April 1st)

The pinwheel by its very nature, connotes whimsy. Make or buy a pinwheel to plant as a reminder of the great childhoods we want for all children.

Rosary for Healing (April 2nd)

Join Bishop Knestout in praying a rosary to Our Lady with special intentions for victim/survivors of abuse and the defense of the vulnerable. The Rosary will be streamed live on www.richmonddiocese.org and our Facebook page @RichmondDiocese.

Sign up for a VIRTUS Session (April 3rd)

Support the prevention effort by attending a VIRTUS session in your local community. Log into www.virtusonline.org to register.

Review Diocesan Reporting Policies (April 4th)

When you see something, say something. Log onto <https://richmonddiocese.org/reporting-of-child-sexual-abuse-and-sexual-harassment/> to learn more about Diocesan reporting procedures.

Pray for Healing Victims of Abuse (April 5th)

Dedicate April 5th to prayer and sacrifice for the intention: "May survivors of abuse experience God's profound love for them and receive comfort and healing." Visit USCCB.org/pray to learn more.

Lighten the Load (April 6th)

Make a meal, run an errand, open a door, or say a prayer for a parent who is over-loaded. Be aware of the sign of stress and offer a small gesture of hope and kindness to a parent today.

Support the Child Advocacy Center in your Community (April 7th)

Visit <http://www.cacva.org/> and find the Child Advocacy Center in your area. Consider making a donation of time or money to support their efforts to protect all children.

Share Your Commitment (April 8th)

Follow the Diocese of Richmond on Facebook, Twitter, or Instagram. Share your commitment by sharing their posts to promote Child Abuse Awareness. Tag with #RVAProtects.

Family First (April 9th)

Pope Francis calls the family the principal cell or building block of human society. Share a picture of your family and how they have shaped your faith. Make sure to tag #RVAProtects

Build Blessing Bags (April 10th)

Reach out to those without. Create and distribute Blessing Bags. Fill resealable bags with simple blessings: hat, gloves, pre-packaged snacks, bottled water, hand sanitizer, prayer cards. Share your bags with those in need.

Be Positive (April 11th)

Brighten the world around you. Find something good to say about everyone you see and everything you do today.

Blue Friday (April 12th)

Help raise awareness of child abuse and neglect. Wear blue and show your support in promoting a happy childhood for all.

St. Maria Goretti Prayer of Patroness of Abused (April 13th)

Just a young child herself, the story of St. Maria Goretti teaches us courage and forgiveness. Today make the intention to say a special prayer for the intercession of St. Maria Goretti Patroness of Abused.

Model Clear Boundaries (April 14th)

Boundaries define who we are and what we are. Maintaining boundaries preserves the integrity of the relationship and expands trust. Be aware of your own and others' boundaries. <https://www.virtusonline.org/educators/TeachingTouchingSafely.pdf>

Meet the Need (April 15th)

Neglect is one of the most reported types of child maltreatment. Often neglect occurs because parents lack the resources to meet their children's most basic needs. Donate food and other basic necessities to a local food pantry or outreach center.

Smile at a Stranger (April 16th)

Mother Theresa said, "Let us always meet each other with smile, for the smile is the beginning of love." Greet all those that you encounter with a smile.

Say Child Abuse Prevention Blessing (April 17th)

<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/prayer-for-healing-victims-of-abuse.cfm>

Send Salutations (April 20th)

Create cards, notes, or pictures for children in out-of-home placements, families in shelters, or to welcome new parents in your parish.

Be an Example of Authentic Love (April 22nd)

Love is willing the good of another. In every interaction, every day, focus on the good of others. Today, strive to see in every person the image and likeness of God.

Put Comfort in Hand (April 23rd)

Decorate smooth stones with words of hope and comfort. Include them in donations to a child advocacy center and shelters for anxious hands to grasp.

Visit Child Protection/Safe Environment Website (April 24th)

www.richmonddiocese.org/child-protection-safe-environment/

Healthy Families (April 25th)

Families stay busy. Make an effort to spend uninterrupted time with your family today. Share a meal, a book, or fun activity.

Balance the Scale (April 26th)

Resilience is the ability to bounce back from stress, adversity, failure, or even trauma. Identify what skills and resources you have to counterbalance the hardships in life.

Greet Someone New (April 27th)

When you say hello and make eye contact with a stranger, you have the power to change their world — and yours, too. Make an effort to greet someone new today.

Blue Sunday (April 28th)

The day when Parishes take time in their service to pray for the victims of child abuse and for those who rescue them. Register your Parish at www.bluesunday.org.

Get Caught Up on Your VIRTUS Bulletins (April 29th)

Log into your VIRTUS account and get a caught up on bulletins. If you are all caught up, browse through their library of over 700 articles.

Random Act of Kindness (April 30th)

Kindness promotes empathy and compassion. We feel better and the recipient of our acts feel better. Go out of your way to do something kind today.