

Communication

101

Listening

make eye contact; acknowledge that you hear by repeating what was said, nodding your head, answering/commenting, etc.

Sharing Feelings

take time to calm down and think; notice your tone of voice, expressions, and actions; take responsibility for your own feelings by using “I statements” versus blaming “you” statements

Communicating Acceptance

give the clear message that your care and concern are unconditional; convey empathy, dignity, and respect

If your child discloses that they have been abused :

- Listen
- Remain calm
- Tell them that they are not at fault
- Contact a Victim Assistance Coordinator they are here to help and can connect you with resources.

✠ Diocese of Grand Island

Victim Assistance Coordinators

cpo@gidiocese.org

Grand Island

Elizabeth A. Heidt, Ph.D.
(308)379-1949

Aileen Gruendel, Ph.D.
(308)381-2233

Scottsbluff

Matthew Hutt, Ph.D.
(308)632-8080

Anne Talbot, Ph.D.
(308)632-8547

Ravenna

Cheryl Albright, M.S.
(308)440-7644



Diocese of Grand Island

Child Protection Office

(308)382-6565

www.gidiocese.org