

Child Safe Resources

If you have any concerns regarding a YMCA staff person or program, make a confidential call to our Human Resources Director at 283-0100

Community Resources

Maine Office of
Child and Family Services

To report child abuse: **800-452-1999**

Child Abuse Prevention Council
of York County

www.kidsfreetogrow.org
(207) 985-5975

Biddeford Police Department
(207) 282-5127

Maine Sex Offender Registry
www.maine.gov/dps/Sbi/sor.html

Northern York County Family YMCA

3 Pomerleau Street
Biddeford, ME 04005
(207) 283-0100
nycymca.org



Northern York County Family YMCA



Working Together



Creating a Child Safe Environment

Building strong communities, one family
and one relationship at a time



Talk to your child about his or her experiences in YMCA programs, school and activities.

Drop in on your child's programs

Trust your instincts Don't wait to tell us if something seems "strange." Speak up!

Watch for warning signs of abuse

- Unexplainable bruising or other markings
- Disturbed sleeping or eating patterns
- Abrupt changes in behavior: anxiety, clinging, aggressiveness, withdrawal, depression
- Fear of certain person or place
- Discomfort with physical contact

Watch for signs of special attention that other children are not receiving: favors, treats, gifts, rides, increasing affection. Particularly outside of regular activity: school, child care, sports, etc.

Every once in a while, ask your child:

- Is anyone scaring or threatening you?
- Is anyone asking you to keep secrets?
- Has anyone said anything to you that made you feel bad?
- Is anyone touching you in a way that you don't like?

Encourage your child to tell you or another trusted adult if anything happens to him or her.

Read our staff Code of Conduct If someone breaks it, let us know immediately.



YMCA and Youth

The Northern York County Family YMCA serves over 500 Youth in the greater Biddeford area. We offer a wide array of programs ranging from childcare to youth fitness programs. Regardless of the effort, each program is dedicated to helping children develop in a positive environment where they can experience a sense of belonging in a safe manner.

The following is a list of our services and locations:

- Northern York County Family YMCA in Biddeford
 - Aquatics Programs
 - Y's Owl Nursery School
 - Camp Sokokis
 - Community Connections Youth Mentoring
 - Youth Fitness Programs
- Community Childcare Center in Biddeford
 - Full day childcare
- Kids Out After School Program
 - Biddeford Primary School
 - Biddeford Intermediate School
 - Wells Elementary School

Parents place trust in the YMCA to help their children thrive. Our core values-caring, honesty, respect, and responsibility are part of everything we do. Because of this, we place great value on creating the most child-safe environment possible.

YMCA Child Safe Policy

OUR STAFF

The Northern York County Family YMCA has more than 70 staff members and volunteers working with youth in the many programs we offer.

OUR SCREENING

To keep children in our programs safe we take the following steps in our intensive screening of employees and volunteers:

- Detailed application forms
- Comprehensive interview process
- Reference and Criminal background checks
- Internet Searches

OUR TRAINING

Employees complete an extensive child abuse prevention training program. Supervisors and managers complete additional training to further promote a child-safe environment. All staff members are mandated to report any suspected child abuse.

OUR POLICIES

Staff is prohibited from working one-on-one with youth outside of the YMCA. Policies exist to ensure staff and volunteers are not alone with a child. Child abusers can be parents, caretakers, friends, neighbors, or anyone who comes in contact with your child. It takes everyone's help to stop a cycle of abuse.

Information about Abuse

The YMCA wants all children to be safe. Unfortunately, child abuse does exist, taking many forms.

EMOTIONAL Threatening a child or using words that can hurt a child's feelings and self esteem; withholding love and support from a child

PHYSICAL Causing injuries to a child on purpose, such as bruises, burns, scars, or broken bones

SEXUAL Having sexual contact in any form with a child, including exposing, fondling, intercourse, pornography, or internet solicitation

NEGLECT Not providing children with enough food, clothing, shelter, care, hygiene, or supervision

IF YOU SUSPECT ABUSE...

- Seek the appropriate medical attention if your child is physically injured
- Talk to a YMCA Program Director for help
- Contact Maine Child and Family Services or the police to report any abuse
- If you see signs of distress, withdrawal, or acting out, consider counseling for your child