



## Working together for safety

**Talk to your child** about his or her experiences in YMCA programs, school, sports, and other 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 physical 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
- A child who abuses other children

**Listen and watch for signs of your child receiving special attention** that other children or teens are not receiving, including favors, treats, gifts, rides, increasing affection or time alone, particularly outside the activities of school, child care, or other activities.

**Every once in a while, ask your child these questions:**

- 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.



## Child Safe Resources

**IF YOU SUSPECT ABUSE....**

- *Seek appropriate medical attention* if you think your child has been physically injured.
- *Consider counseling* for your child if you see signs of distress, withdrawal or acting out.
- *Make confidential contact* with the Wilton Family Y's Child Safe Coordinators if you have any questions or concerns regarding a Y staff person or program.
- *Notify* state and local authorities to report any abuse.

**Wilton Family Y Child Safe Coordinators:**

Bob McDowell, Executive Director, 762-8384 x280, [bmcdowell@wiltonymca.org](mailto:bmcdowell@wiltonymca.org)

Karen Strickland, Development Director, 762-8384 x 279, [kstrick@wiltonymca.org](mailto:kstrick@wiltonymca.org)

**Child Abuse Information:**

**CT Dept. of Children & Families** 866-637-4737

**Wilton Police Department** 203-834-6260

**Wilton Social Services** 203-834-6238

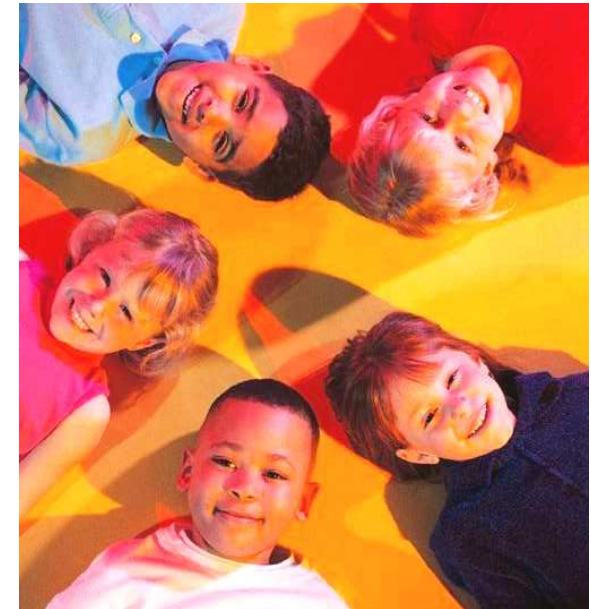
**Child Abuse and Neglect Hotline**

(24 hours a day) 1-800-842-2288

**Childcare Hotline** - 211



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



## Our Commitment...

# Creating A Child Safe Environment



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Wilton Family Y  
404 Danbury Road  
Wilton, CT 06897  
203-762-8384  
[www.wiltonymca.org](http://www.wiltonymca.org)



## YMCA and Youth

Every year at the Wilton Family Y, we serve over 2,000 youth aged 6 months - 18 years old through swim lessons, afterschool child care and nursery school classrooms, summer day camp, fitness and sports activities, competitive programs in aquatics and gymnastics, and open recreation time in our pools and gym. The safety of our children is the Y's highest priority.

In addition to child abuse prevention, the Y has other procedures in place to address children's safety while they are here with us:

- Promoting water safety, through swim tests for all non-swimmers
- Ensuring afterschool safety, through counselors meeting school busses and escorting children to their programs
- Meeting state licensing requirements for summer camp, nursery school and child care programs through annual inspections
- Maintaining cleanliness standards through constant monitoring and upgrading systems
- Establishing strong lines of trust and communication so that children are willing to tell Y staff if they are afraid about a safety issue, no matter where it is occurring

Parents place their 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 Wilton Family Y has more than 150 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 checks
- Criminal background record checks and fingerprinting
- 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 (i.e. babysitting). Policies exist to ensure staff and volunteers are not alone with a child.



## 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, medical care, hygiene, or supervision

Child abusers can be parents, caretakers, friends, neighbors, or anyone who comes in contact with your child—even other youth. It takes everyone's help to stop the cycle of abuse.



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FOR HEALTHY LIVING  
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