



Your Safety Matters

Safe People.
Safe Programs.
Stronger
Communities.



The YMCA is committed to providing a safe, respectful, and supportive environment for everyone.



You have the right to feel safe, respected, and heard. Pay attention to how you feel and speak up when something does not feel right.

Young Children (Preschool & Elementary)



Remember:

- My body belongs to me.
- I can say "No" when something makes me uncomfortable.
- Some parts of my body are private.
- Safe adults respect my personal space and boundaries.
- I can tell a trusted adult if someone makes me feel uncomfortable, scared, or confused.
- I should tell someone even if another person tells me to keep it a secret.
- If the first person does not listen, I can tell another trusted adult.
- I will not get in trouble for telling someone about something that concerns me.

Youth (Middle School)



Know:

- Personal boundaries and respecting the boundaries of others.
- Appropriate and inappropriate touching and interactions.
- What makes you uncomfortable or feels unsafe.
- The difference between appropriate surprises and inappropriate secrets.
- Recognizing attempts to manipulate, pressure, or isolate you.
- Trusted adults you can approach with concerns.
- How to report a concern about yourself or someone else.
- You can speak up even if you're unsure.

Teens



Also remember:

- Personal boundaries and consent.
- Respectful relationships and communication.
- Appropriate interactions between peers and between adults and youth.
- Recognizing grooming, manipulation, pressure, and inappropriate secrecy.
- Appropriate and inappropriate online communication.
- Adults are responsible for maintaining appropriate boundaries with youth.
- How to respond when you experience or observe concerning behavior.
- How and where to report a concern.
- The importance of seeking help for yourself or another person.

Adults, Parents & Caregivers



You can help by:

- Learning about the YMCA's commitment to abuse prevention.
- Understanding expected standards of conduct and appropriate boundaries.
- Recognizing potentially concerning behavior.
- Reporting suspected abuse or inappropriate behavior.
- Reporting concerns involving YMCA staff, volunteers, participants, or other individuals.
- Reporting concerns even if you are unsure whether abuse has occurred.
- Knowing the YMCA will take concerns seriously and respond appropriately.



If you experience or see behavior that concerns you...

Tell a trusted adult or YMCA staff member.

You can report a concern to:

-  A trusted adult
-  A YMCA staff member
-  A YMCA supervisor or director
-  The YMCA's designated reporting contact
-  Appropriate outside authorities when required or appropriate.



**Keep Telling.
You Will Be Heard.**

You will not be in trouble for reporting a concern.

Together we can keep the YMCA a safe place for all.

