

## DIOCESAN CONTACTS

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To report an allegation, call:  
**Diocesan Investigator**  
**(207) 321-7836**

To receive support and assistance, call:  
**Victim Assistance Coordinator**  
**(207) 321-7817**

To learn more about our  
safe environment program, visit:  
[www.portlanddiocese.org/  
protecting-Gods-children](http://www.portlanddiocese.org/protecting-Gods-children)

## OTHER CONTACTS

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**Sexual Assault Response Services**  
**1-800-871-7741**

**Child & Family Protective Services**  
**1-800-452-1999**

**Adult Protective Services**  
**1-800-624-8404**

**TTY All Services (Maine Relay) 711**

*You will be heard. We want to help.*

Every person has a right to be safe. Children have the right to be protected from anything and anyone who may harm them. Adults have the responsibility to make the environment in which the children live as safe as possible. That includes teaching children and young people proper, adequate coping and safety skills which will enable them to be safe and healthy. The faith community has a responsibility to be part of a team response to the lasting harm caused by abuse, focusing in a particular way on the spiritual harm abuse causes in young people.



Roman Catholic Diocese of Portland

**510 Ocean Avenue**  
**Portland, ME 04103-4936**  
**(207) 773-6471**

**WE ARE COMMITTED  
TO HELPING YOU  
AND YOUR CHILDREN.**

*For anyone sexually abused  
as a minor by clergy or other  
Church representatives ...*



**Roman Catholic  
Diocese of Portland**

“Let the children come to me, do not hinder them; for to such belongs the Kingdom of heaven.” Matthew 19:14

## SUPPORT & ASSISTANCE

### *Diocese of Portland's Outreach Services for Victims/Survivors of Abuse and their Families*

- **Compassionate Listening**
- **Professional Review and Documentation of Abuse**
- **Referrals for Counseling or Spiritual Direction**
- **Ongoing Daily Support**
- **Retreats for Learning to Heal with others that understand your experiences (upon request)**
- **Assurances of Our Prayers**
- **Ongoing Education and Training for adults, youth, and children to increase awareness and protection of all children**

The Diocese of Portland always encourages you to report allegations directly to the police department in the community where the abuse occurred.

## AWARENESS & PROTECTION

*for yourself and all children*

### Warning Signs of People Who Abuse

- Person always wants to be alone with children and discourages other adults from participating or monitoring their activities.
- Person gives gifts to children, often without permission.
- Person engages in excessive touching, wrestling and tickling.
- Person allows children to engage in activities that their parents would not allow.
- Person frequently uses bad language, tells dirty jokes, shows pornography, or provides alcohol and drugs to children.
- Person grooms and lures children away from family and friends.

### Control Access

- Interview your babysitters and check references.
- Become familiar with the leaders of your child's church, school and extra-curricular activities.

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### Monitor All Programs

- Visit your child's school, athletic, extra-curricular or parish programs.
- Thoroughly research your preschool or daycare choice.
- Monitor your child's use of technology and social media.

### Be Aware

- Reassure your child that he or she can tell you anything and you will still love him/her.
- Teach your child to respect his or her body and the bodies of others.
- Teach your child to say “NO!” and tell a trusted adult if someone tries to touch them inappropriately.

### Communicate Concerns

- Call your local authorities if you feel someone is in immediate danger.
- Call your local authorities and the Diocese of Portland at (207) 321-7836 if you suspect abuse.