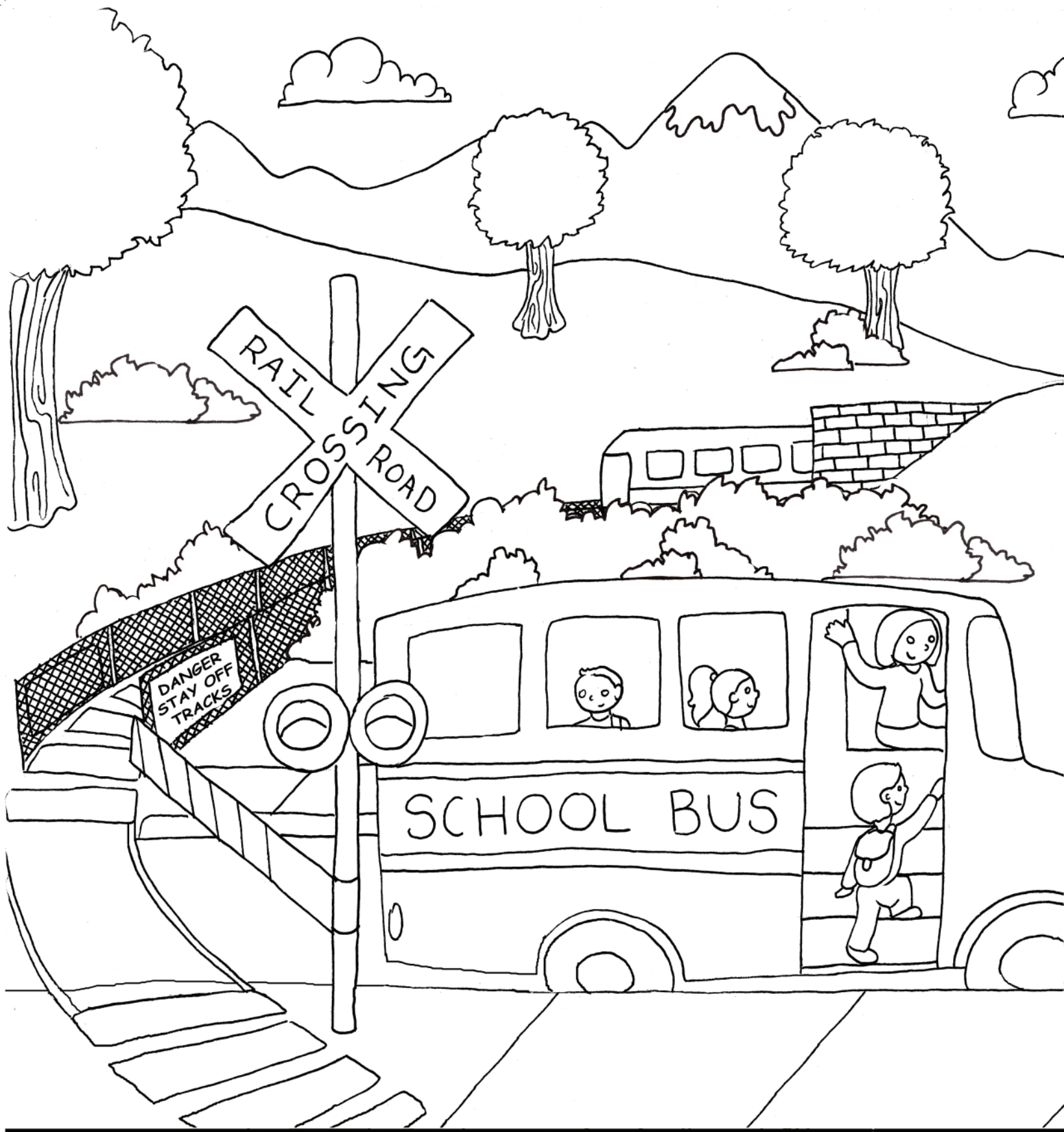


# I KNOW SAFETY 我知道怎样确保安全

Learn the rules to stay safe at home and in your neighbourhood  
了解安全规则，确保在家以及小区里的安全





**Why is it important to know what is going on around you?**

**了解周围发生的事情为什么很重要?**

Safety education can begin early. This short booklet aimed at children 5 to 8 years old (Kindergarten to Grade 3) makes it easy for them to learn the key rules to stay safe in their homes and out in their communities.

With simple messaging and engaging images to colour, parents and caregivers can use the illustrations to spark discussions about safety. Read the messages together to teach your child about outdoor safety, what to do if there is an emergency, how to react if he/she is approached by a stranger, and how to stay safe online.

RCMP in BC "E" Division  
Website: [www.bc.rcmp-grc.gc.ca](http://www.bc.rcmp-grc.gc.ca)

*I Know Safety* written by: Madelen Ortega  
Designed by: A Hot Design

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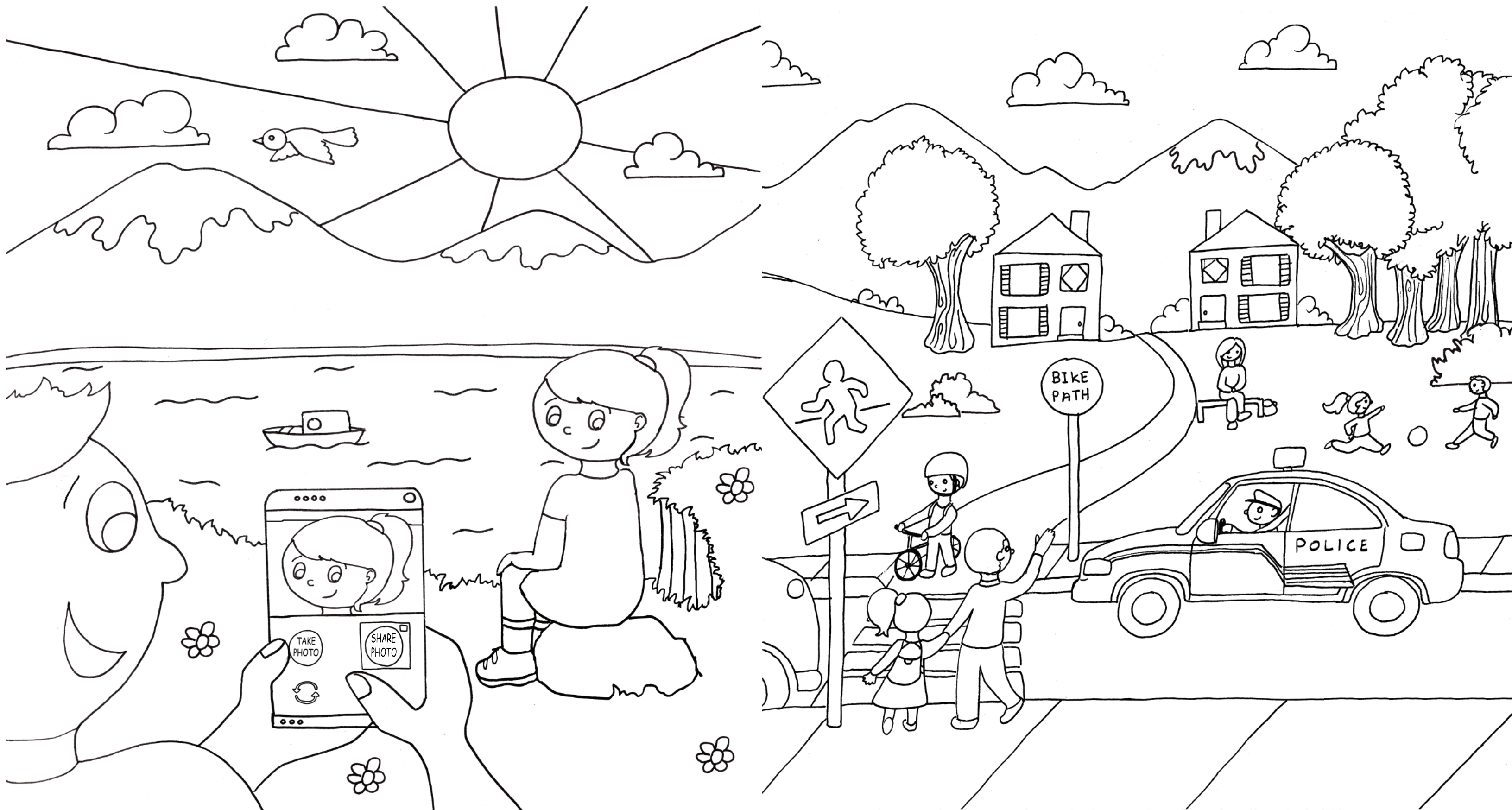
安全教育可以从小开始。这份小册子面向年龄在5至8岁的孩子（幼儿园至三年级），旨在使他们轻松了解在家中以及在社区里确保安全的重要规则。

借助通俗易懂的文字以及引人入胜的填色图画，家长和看护人可使用插图来发起有关安全的讨论。一起阅读这些信息，教孩子有关户外安全的知识，遇到紧急情况应该怎么办，如果有陌生人接近时应该如何反应以及如何确保网上安全。

BC省皇家骑警E区  
网站: [www.bc.rcmp-grc.gc.ca](http://www.bc.rcmp-grc.gc.ca)

《我知道怎样确保安全》作者: Madelen Ortega,  
设计: A Hot Design

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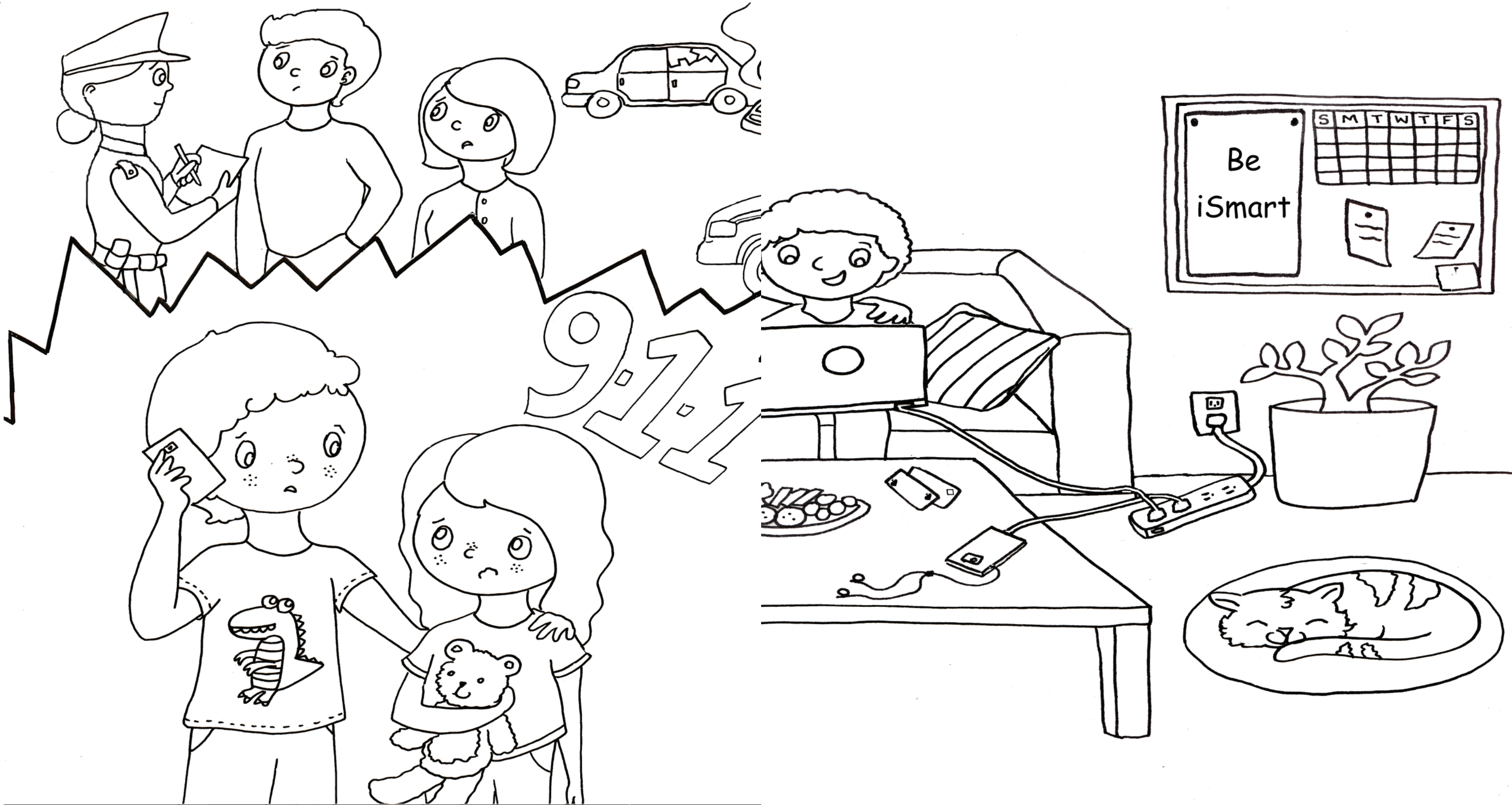


My image belongs to me. People need my permission to take my picture. Pictures shared online live forever, and can be used inappropriately. If an adult or friend asks to take my picture and I do not want to, I know I can say "No thanks". I can also ask them not to share my picture online.

我的形象属于我自己。要给我拍照，必须经过我的同意。在网上公布照片可能会永远存在，而且可能会被滥用。如果是大人或朋友要给我拍照，而我不想照，我知道我可以说“No, thanks”。我也可以要求他们不要把我的照片发布到网上。

Being aware of the vehicles and activities around me can help keep me safe. I always follow the safety rules when I am boarding a bus, crossing the street or railroad track, bike riding and playing.

注意周围的车辆和活动会有助于我的安全。我在上汽车、过马路或铁路、骑自行车和游玩时总是遵守安全规则。

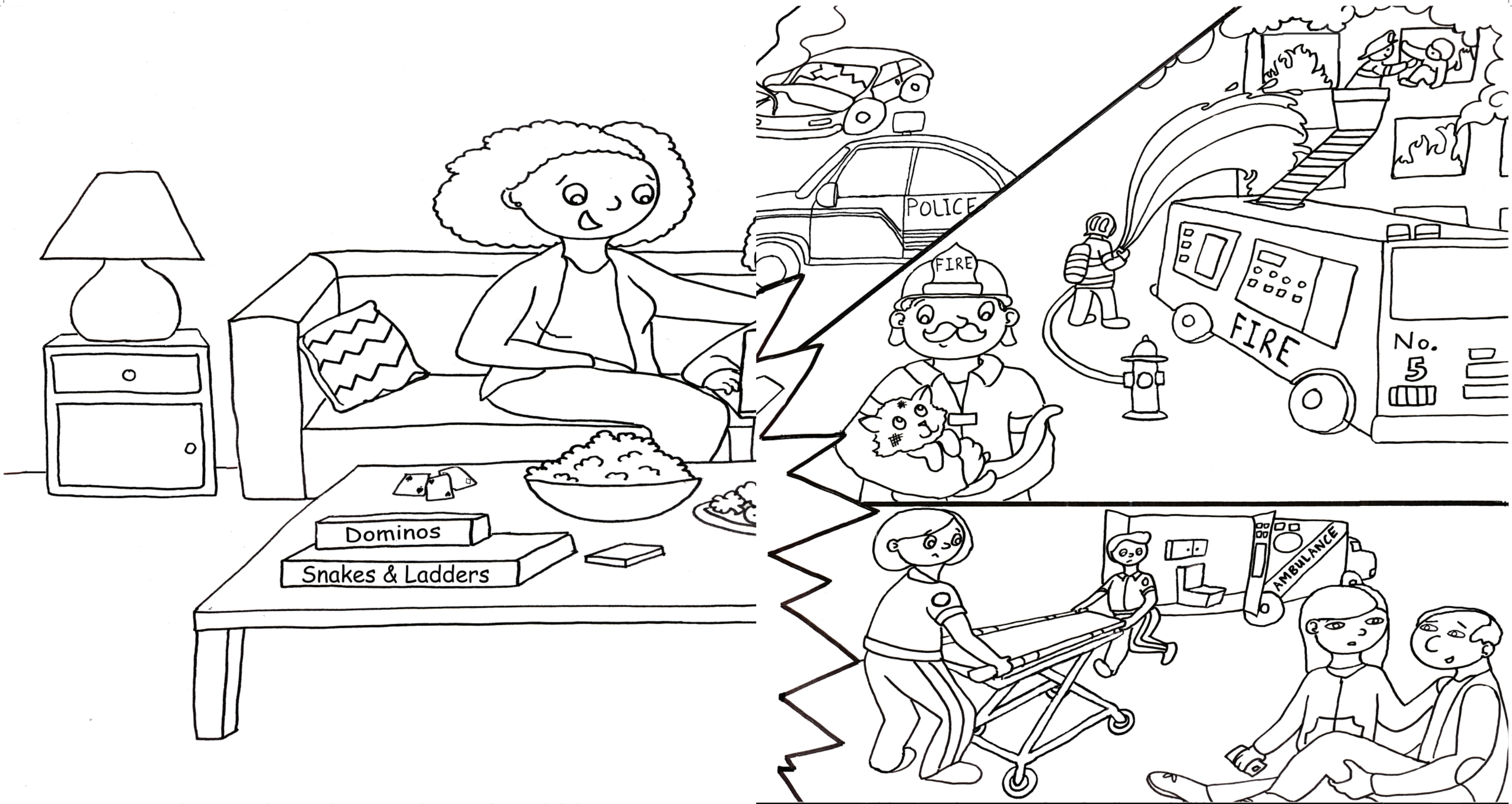


**Who can you call in case of an emergency?**

**万一出现紧急情况，你可以给谁打电话？**

I always use devices like a tablet or phone with a parent or caregiver around. If I see something negative, violent or inappropriate, I tell my parent or caregiver. I do not share any personal information about myself or my family online.

我总是在父母或照看我的人在身边的情况下使用像平板电脑或手机这样的电子产品。如果我看到负面、暴力或不适当的行为，我要告诉父母或照看我的人。我不会在网上公开我自己或我家人的个人信息。

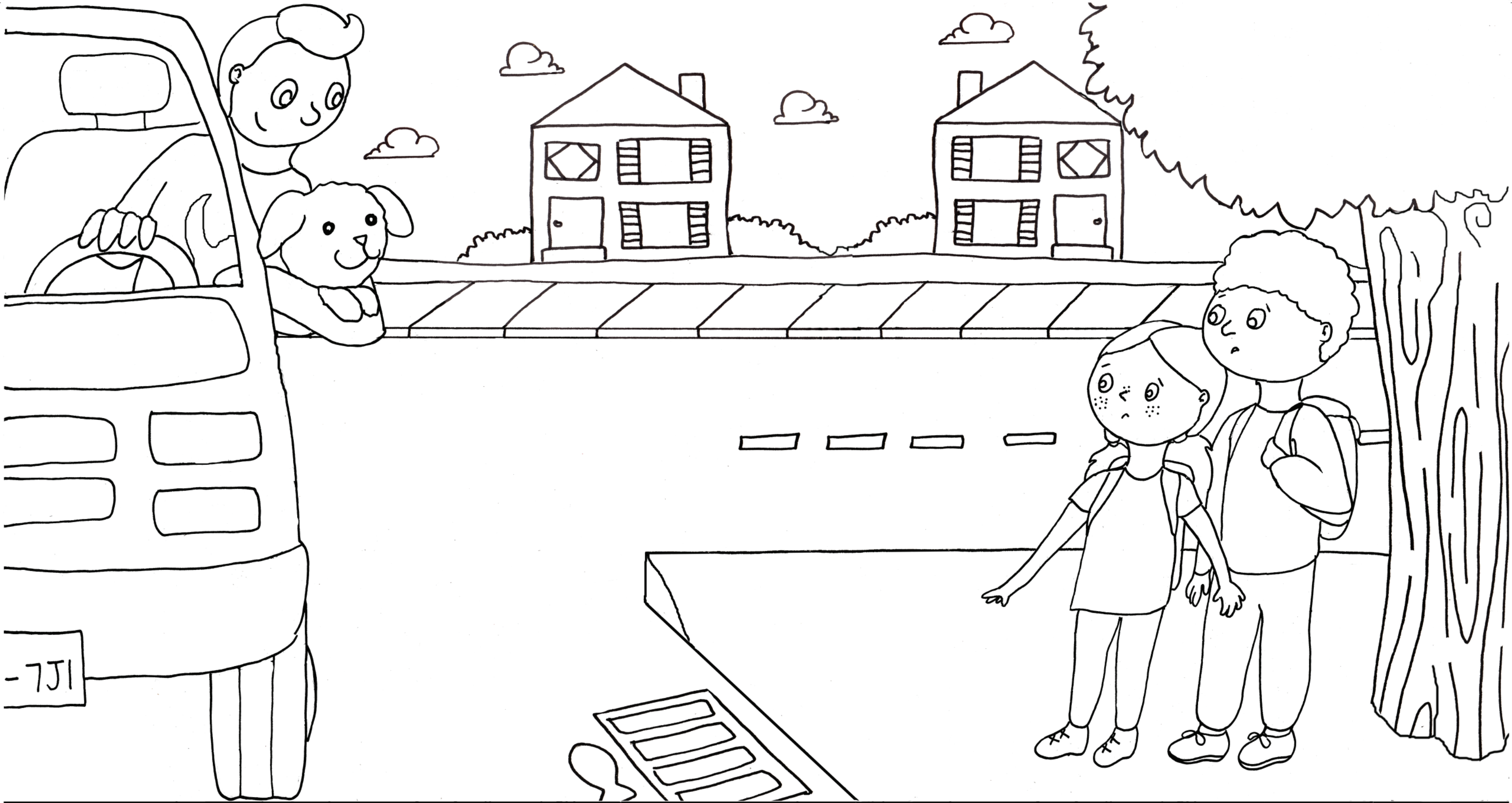


**What can you do to stay safe online?**

**怎样才能确保网上安全?**

Police officers, firefighters and paramedics are my friends. They are in uniform. I know to call 9-1-1 right away if there is an emergency or I need help.

警察、消防员和救护人员是我的好朋友。他们是穿制服的。我知道，当出现紧急情况或者在我需要帮助时，要立刻拨打9-1-1。



**What should you do if you are approached by someone you do not know?**

**如果有你不认识的人接近你，你应该怎么做？**

Most people are nice and helpful. To stay safe, I make sure I am never alone with a stranger. If a stranger approaches me or uses tricks to get me alone, I keep a safe distance. If a stranger follows me or tries to grab me, I scream "NO!" or "HELP!" as loud as I can. I run away and tell an adult I trust right away.

大部分人是友好和乐于助人的。要保证安全，我要确保绝不一个人和陌生人在一起。如果有陌生人接近我，或想方设法使我周围没有其他人，我要与他保持一个安全的距离。如果陌生人尾随我或试图抓住我，我要尽可能地大声喊"NO!"或"HELP!"，我要马上跑走，告诉大人。