



I can ask for help.

### Getting Help with Emergencies

- An emergency is when I need immediate help from the police, fire department or rescue squad.
- Some emergencies are a fire, someone fell and got hurt, a robber is trying to get in the house, a person is hurting themselves or someone else, someone is unconscious, a person is choking, a person is severely burned, there is a car accident, or a person can't breathe.
- If I am unsure if there is an emergency, I ask a responsible adult who is near me.
- When there is an emergency, I ask for help. If there is no one who can help me, I should go to a safe place with a phone and press the numbers 911. I tell the operator my name and what is happening and follow the instructions that are given to me.

### Getting Help when I am Hurt

- I always try to be safe at home and when I go out. Sometimes I may fall or get a cut or a bruise. If I get hurt I can tell an adult near me that I am hurt. If I am in pain, I tell the person I am with so he or she can help me.
- If the person I am with is hitting me or hurting me, I yell "GET AWAY. STOP HURTING ME NOW!" I find someone to help keep me safe or call 911 on my phone right away.





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### Getting Help when I am Upset

- There are times when I get upset about something that is bothering me. I may feel angry, frustrated, or sad. When I am upset, I need to tell someone.
- I never hit, bite or pinch a person. I don't throw things or break things.
- When I tell someone what is bothering me, the person can help me feel better. There are things that I can do to help calm myself when I get upset. I can ask an adult to teach me how to feel calm.

### Getting Help when I Want or Need Something

- If there is something I like, want, or need, I can ask for it. I can say, "I want to watch my favorite TV show." or "I need to get something to drink."
- I should not grab or take something without asking.
- There are times when I can't get what I want. I shouldn't get angry when that happens. No one gets their way all the time. I can ask if I could have it at another time or place or if I could have something different.

### Getting Help when I have Trouble Doing Something

- Sometimes it is hard for me to do certain things. Everyone needs help sometimes.
- When I find something that is hard for me to do, I can ask, "Can you tell me how to do this?", "Can you show me how to do this?", or "Can you do this with me?"

