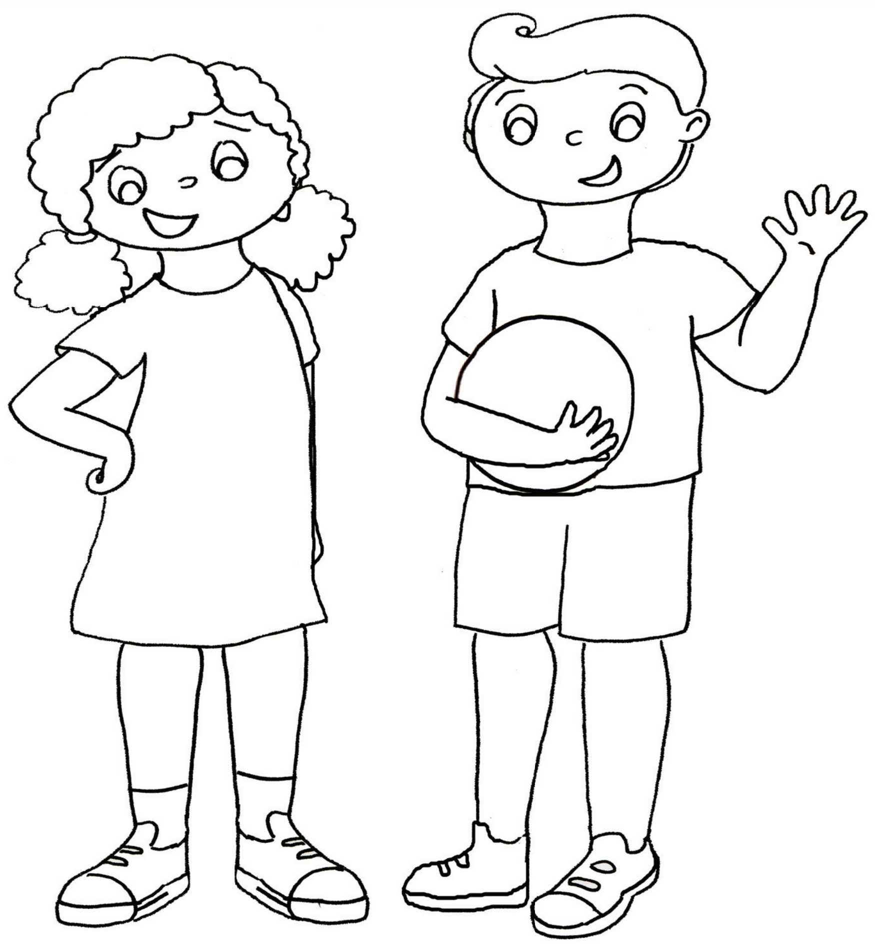

Royal Canadian Mounted Police
Gendarmerie royale du Canada

Canada

[Filipino]

I KNOW SAFETY
ALAM KONG MAGING LIGTAS

Learn the rules to stay safe at home and in your neighbourhood
Alamin ang mga patakaran upang manatiling ligtas sa tahanan at sa iyong lugar

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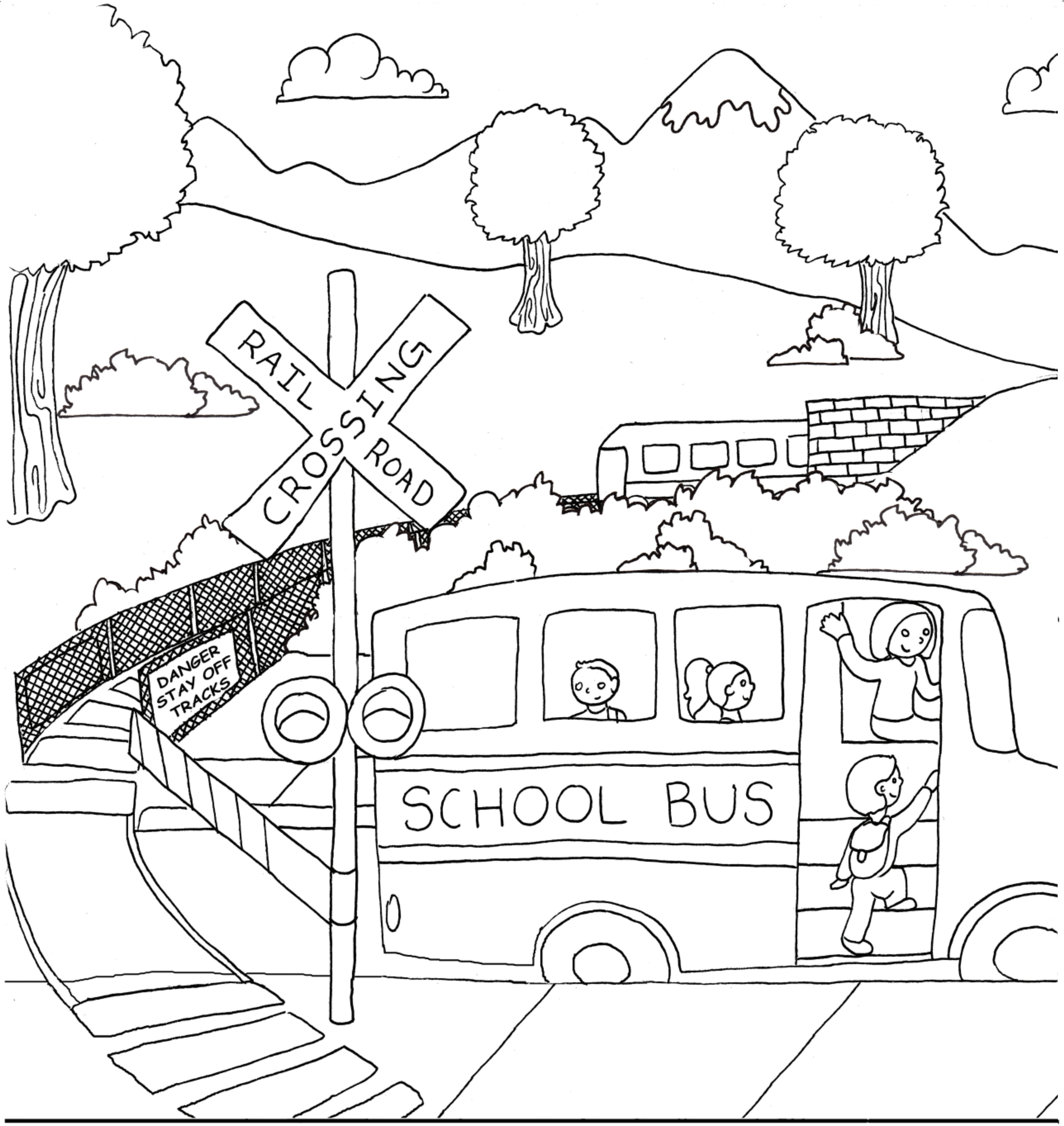

Why is it important to know what is going on around you?

Bakit mahalagang malaman kung ano ang nangyayari sa iyong paligid?

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

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

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Ang edukasyon sa kaligtasan ay maaaring simulan nang mas maaga. Ang maikling booklet na ito ay sadyang ginawa para sa mga batang 5 hanggang 8 taong gulang (Kindergarten hanggang Grade 3). Mas madali nilang mauunawaan ang mahalagang tuntunin upang manatiling ligtas sa kanilang mga tahanan at kanilang mga komunidad.

Sa pamamagitan ng simpleng mga mensahe at kaaya-ayang mga larawang puwedeng kulayan, ang mga magulang at caregiver ay maaaring gamitin ang mga ilustrasyon upang manghikayat ng talakayan ukol sa kaligtasan. Basahin ang mga mensahe na kasama ang inyong anak upang turuan sila tungkol sa kaligtasan sa labas ng tahanan, kung ano ang dapat gawin kung may emergency, ano ang gagawin kung sila ay nilapitan ng stranger, at paano manatiling ligtas online.

RCMP in BC "E" Division
Website: www.bc.rcmp-grc.gc.ca

I Know Safety, isinulat ni: Madelen Ortega
Dinisenyo ng: A Hot Design

Ang booklet na ito ay maaaring kopyahin para sa edukasyon at 'di-pangkomersiyong layunin lamang.
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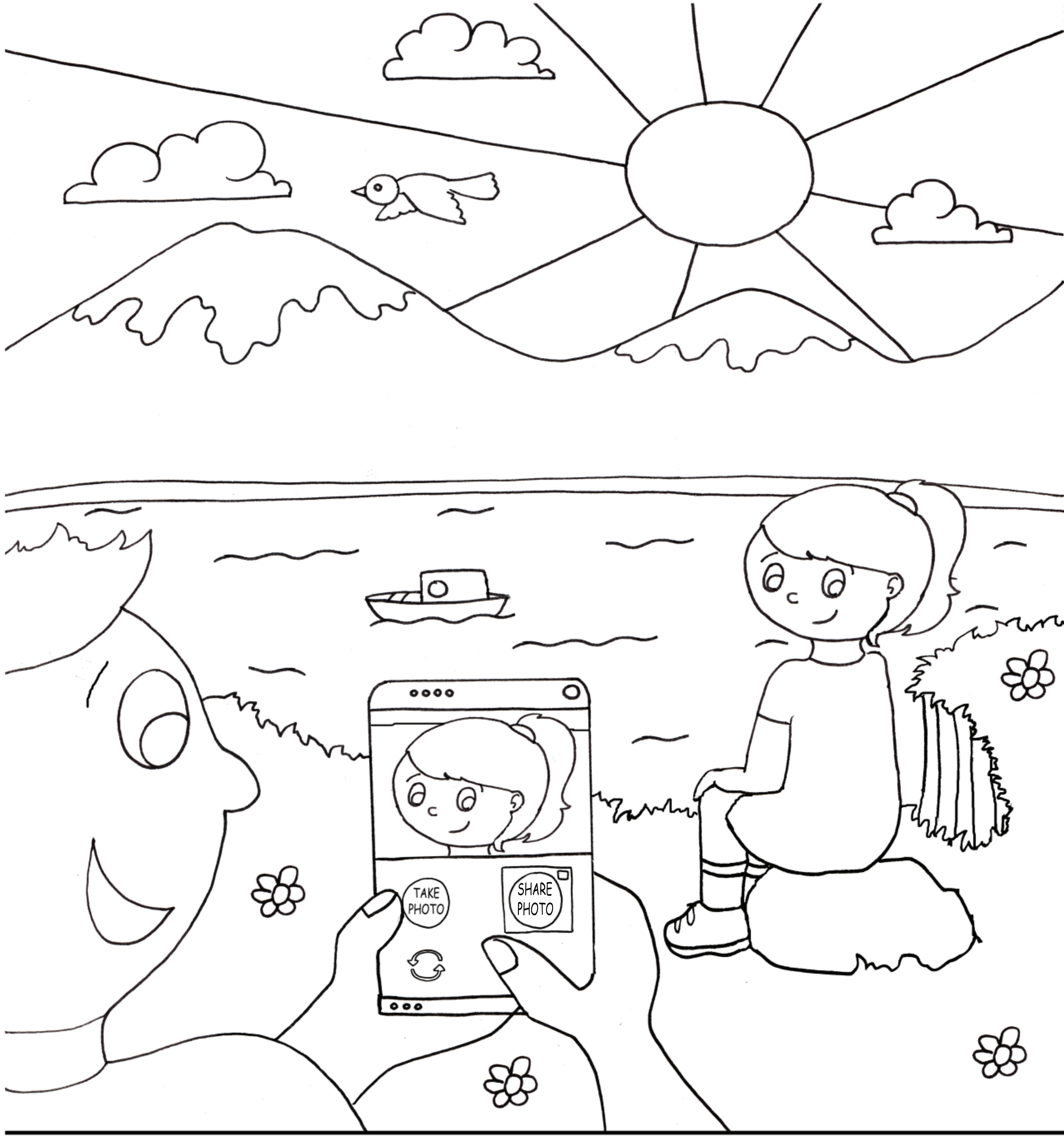
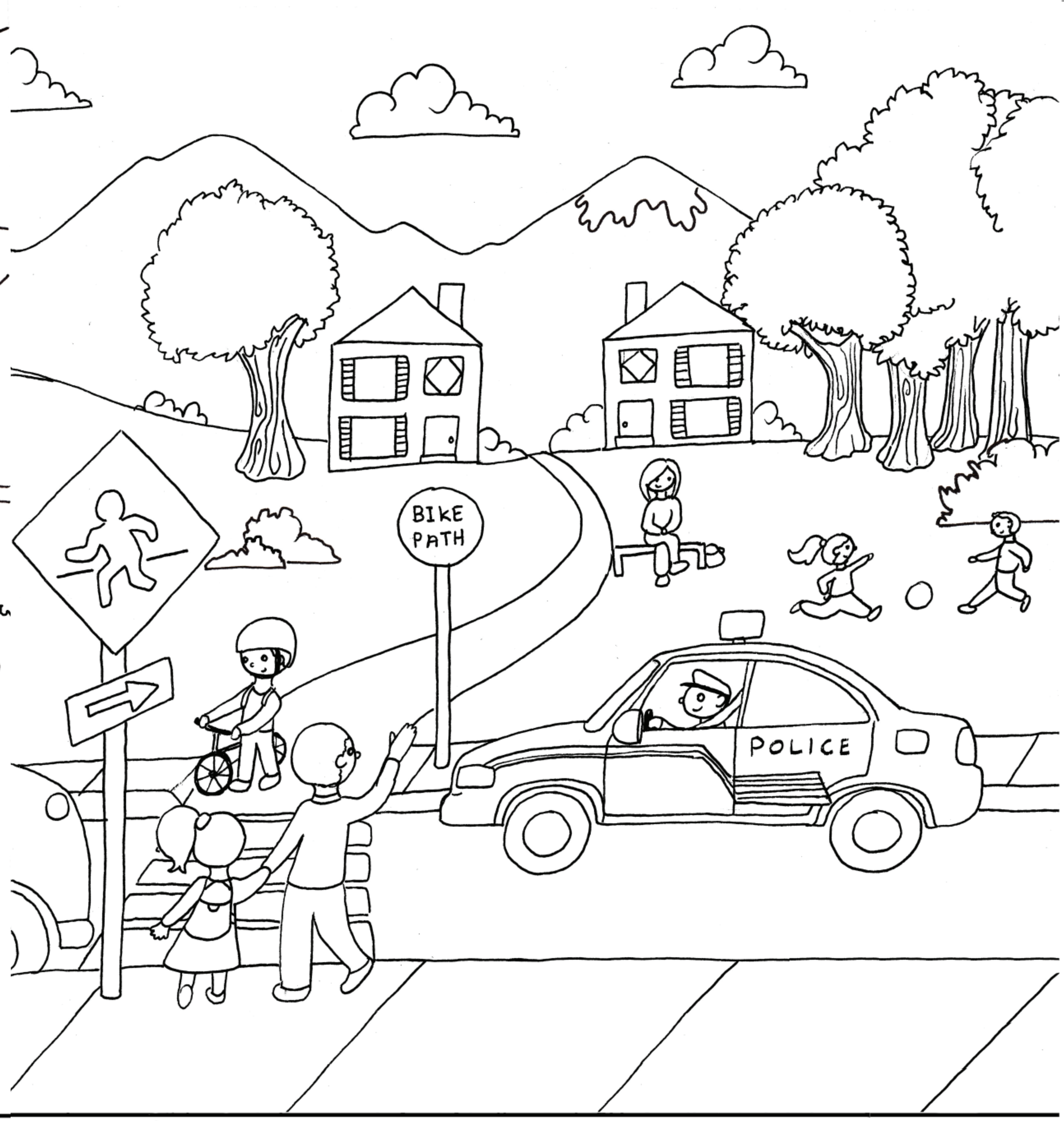


My image belongs to me. People need my permission to take my picture. Pictures shared online live forever, and can be used inappropriately. If an adult or friend asks to take my picture and I do not want to, I know I can say "No thanks". I can also ask them not to share my picture online.

Ang larawan ko ay para sa akin lamang. Kailangan ng mga tao ng aking pahintulot upang kumuha ng larawan ko. Ang mga larawang nai-share online ay panghabang buhay at maaaring gamitin sa hindi tamang paraan. Kung ang isang adult o kaibigan ay humihiling na kumuha ng aking larawan at hindi ko ito gusto, maaari kong sabihin "No thanks". Maaari ko ring hilingin sa kanilang huwag i-share ang aking larawan online.



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.

Ang pagiging alerto sa mga sasakyan at mga aktibidad sa paligid ko ay maaaring makatulong upang panatilihing ligtas ang sarili ko. Palagi kong susundin ang mga safety rules kapag sumasakay ako sa bus, tumatawid ng kalsada o riles ng tren, namimisikleta at naglalaro.

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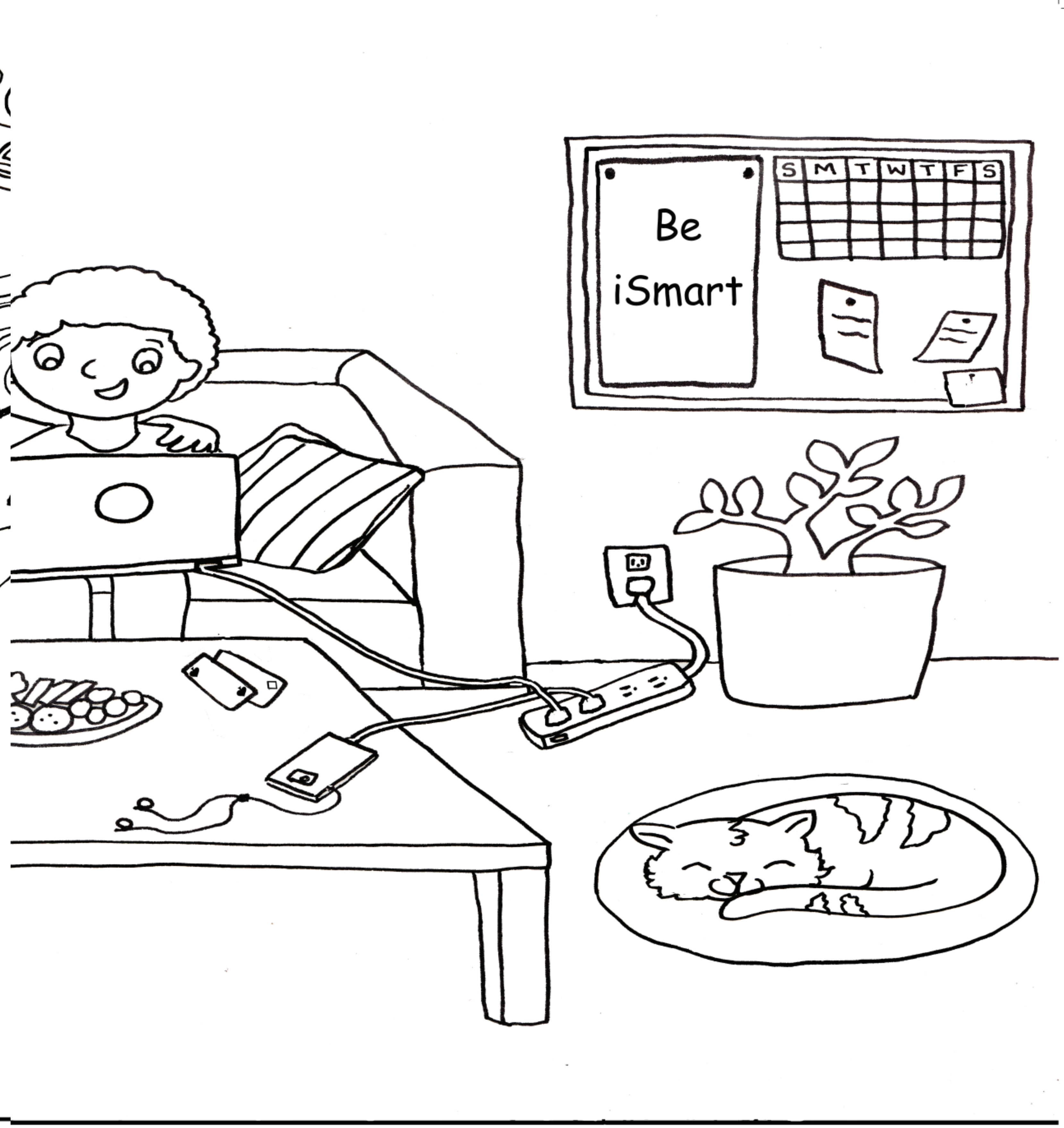
Who can you call in case of an emergency?

Sino ang maaari mong tawagan sa oras ng emergency?



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.

Ako ay laging gumagamit ng devices tulad ng tablet o telepono na kasama ang aking magulang o caregiver. Kung may makita akong bagay na hindi tama, marahas o 'di-angkop, sinasabi ko sa aking magulang o caregiver. Hindi ko ibabahagi ang anumang personal na impormasyon tungkol sa akin o ng aking pamilya online.

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What can you do to stay safe online?

Ano ang magagawa mo upang manatiling ligtas online?

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.

Ang mga police officer, firefighters at paramedics ay aking mga kaibigan. Sila ay naka-uniporme. Alam kong tumawag sa 9-1-1 kaagad kung mayroong emergency o kailangan ko ng tulong.

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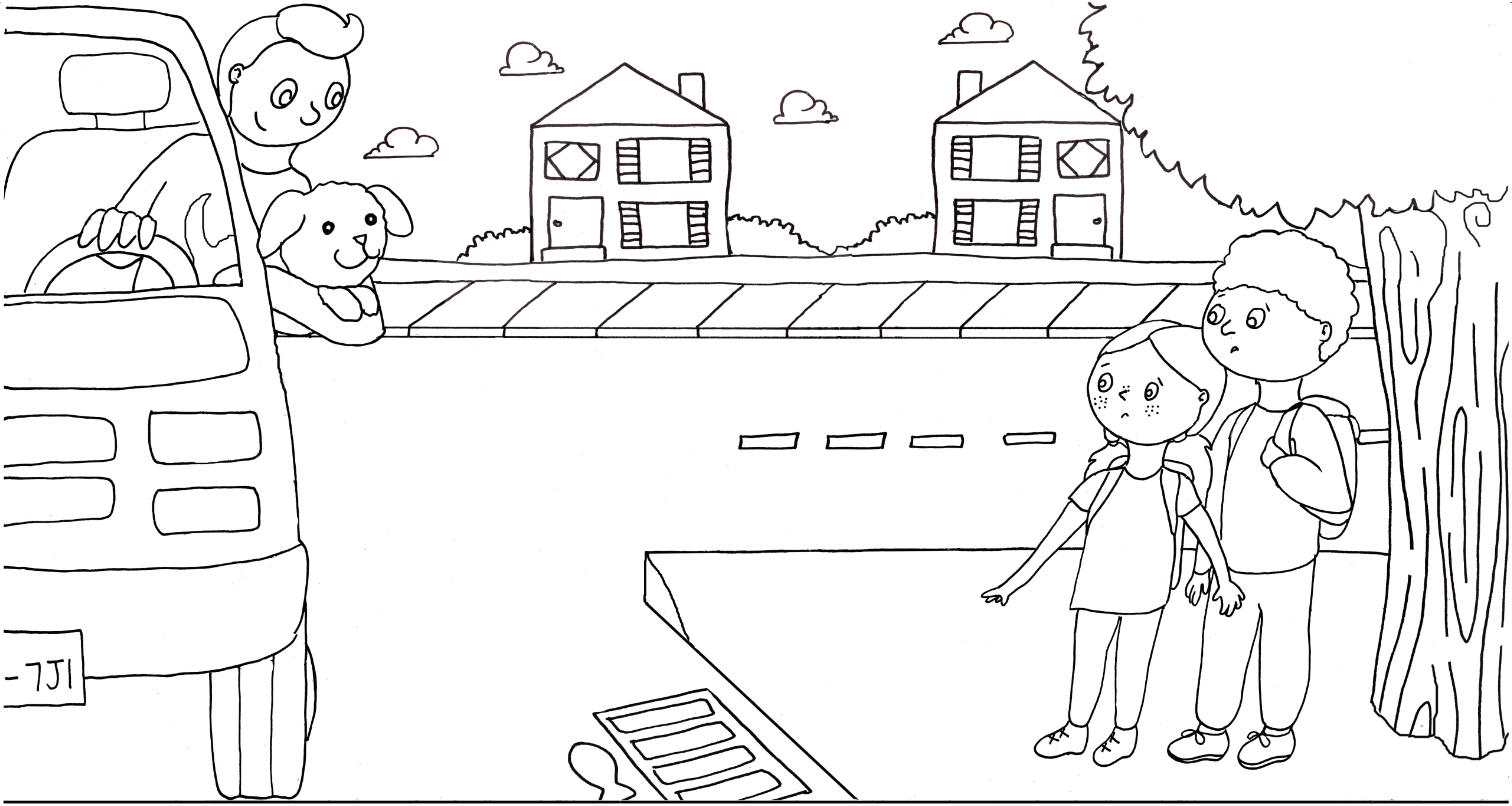

What should you do if you are approached by someone you do not know?

Ano ang dapat mong gawin kung ikaw ay lapitan ng isang tao na hindi mo kilala?

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.

Karamihan ng mga tao ay mabait at matulungin. Upang manatiling ligtas, sisiguraduhin ko na hindi ako nag-iisa kung may stranger o tao na hindi ko kilala. Kung ang isang stranger ay lumalapit sa akin o gumagamit ng mga trick upang maiwan akong nag-iisa, pananatilihin kong may safe distance ako sa kanya. Kung ang stranger ay sinundan ako o magtangkang sunggaban ako, sisigaw ako ng napakalakas na “NO!” o “HELP!” Tatakbo ako palayo at sasabihin kaagad sa isang adult na pinagtitiwalaan ko.

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