



兒童死亡**可避免**

Child Death is **Avoidable**

致兒童及青少年
To Children and Youth

兒童死亡個案檢討委員會
Child Fatality Review Panel

「兒童死亡個案檢討委員會」檢討了發生於2010年及2011年的238宗18歲以下的兒童死亡個案，其中有35名兒童死於自殺，28名兒童死於意外，12名兒童因襲擊致死。檢討委員會得出一些觀察結論，希望與兒童及青少年分享，共同預防可避免的兒童死亡事故。

自殺不能解決問題

- 當你面對壓力和困難，又或者感到絕望和困擾時，**你需要有支援**。
- 你可以**向你信任的家人和朋友傾訴**，讓他們有機會聆聽和了解你的感受。
- 同時，你也可以**向專業人士包括老師、學生輔導人員、醫生及社工等求助**。
- 你亦可以致電各種熱線尋求協助。
- 日常生活中，你可以參加有益身心的活動，讓自己多接觸正面的人生體驗；你亦可以參加有關解難技巧的訓練。
- 如果你認識的人有自殺意圖，**請立即採取行動**。告訴可靠的成年人或專業輔導人員，他們可以**盡早為你的朋友提供幫助**。
- 能夠**挽救朋友的性命**，遠遠較因為透露他們自殺意圖而被視為出賣朋友來得重要。



求助熱線

社會福利署熱線：2343 2255

香港撒瑪利亞防止自殺會：2389 2222

撒瑪利亞會 — 24小時多種語言防止自殺服務：2896 0000

生命熱線：2382 0000

東華三院芷若園24小時熱線：18 281

明愛向晴熱線：18 288

預防意外

- 不同環境都有潛在的風險及威脅，在家中，留意窗花是否關上及上鎖，不要靠近開啟的窗戶，注意防火安全，以及小心操作 / 使用傢俱和設備等。如有疑問，立即向家中的成年人求助。
- 在街道 / 馬路上行走，**你要時刻保持警覺，遵守交通規則和留意路面情況。**
- 游泳、騎單車和使用遊樂設施 / 機動遊戲等都屬高風險運動及活動，進行這些活動時，**應注意安全。**
- 你要多認識自己的體力和限制，如患有疾病，該疾病有那些潛在風險。在你未具備足夠技能和體力，又或者身體有不適時，不要勉強參與高風險運動及活動。

切勿高估自己的體力及能力

The Child Fatality Review Panel (The Review Panel) has reviewed 238 child death cases involving children aged below 18 that occurred in 2010 and 2011, among which 35 children died by suicide, 28 died in accidents and 12 died as a result of assault. The Review Panel has some observations to share with children and youth for preventing avoidable child death.

Suicide Does Not Solve the Problem

- When you are facing stresses and/or difficulties, or feeling desperate or in distress, **you need to have support.**
- You can **talk to your trustworthy family members and friends**, let them listen to you and understand your feelings.
- At the same time, you can also **seek help from helping professionals including teachers, student guidance personnel, doctors and social workers, etc.**
- You can also call various hotlines for assistance.
- You can participate in healthy activities and try to acquire more positive life experience. You can also attend training on problem-solving skills.
- When you come across someone you know who has suicidal intentions, **please take immediate action** by telling trustworthy adult(s) or other helping professionals who can **offer prompt assistance to your friend.**
- To **save your friend(s)' life** is far more important than being called betrayal by disclosing their suicidal intentions.

Helplines

Social Welfare Department Hotline: 2343 2255

The Samaritan Befrienders Hong Kong: 2389 2222

The Samaritans — 24 Hour Multi-Lingual Suicide Prevention Hotline: 2896 0000

Suicide Prevention Services: 2382 0000

TWGHs CEASE Crisis Centre 24-hour Hotline: 18 281

Family Crisis Support Centre Hotline: 18 288

Preventing Accident

- There are potential risks and threats in different environments. At home, pay attention to whether the window grilles are closed and locked; don't get close to an open window. Pay attention to fire safety and operate/use furniture and home appliances with care. If in doubt, seek help from an adult family member immediately.
- **Keep vigilance, follow road traffic regulations and pay attention to the road conditions** when you are on the street/road.
- **Pay attention to the safety precautions** when participating in high-risk sports and activities such as swimming, cycling and using amusement facilities/rides, etc.
- Be aware of your own physical strengths/limitations. If you are suffering from any illness, you have to understand the potential risks. Don't persist in participating in high-risk sports and activities if you do not have the required skills and physical strength or if you are feeling unwell.

Never over-estimate your own physical strengths and capabilities