



兒童死亡**可避免**

Child Death is **Avoidable**

致學校人員
To School Personnel

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，希望與學校人員分享，共同預防可避免的兒童死亡事故。

預防兒童自殺

- 學生可能正面對壓力和困難，你可以多對他們表示理解和關心，並提供適時的協助。有需要時，可與其父母及其他專業人士協作，幫助學生處理他們的問題。
- 學生都需要關心，尤其是有特別需要的學生。你可以經常保持敏銳的觸覺，留意學生之間可能發生的欺凌行為(包括網絡欺凌)，並迅速干預或提供適時的支援／輔導，以防問題惡化。
- 學生可以透過學習解難技巧，提高抗逆能力，以面對人生的困難。你可以教導學生或協助他們學習這些技巧。
- 學生可能以情緒化和激烈的行為，及口頭或透過文字訊息(包括電子訊息，例如Whatsapp, Line 和 Facebook個人專頁等)等，表示／暗示有自殺的念頭。過往曾企圖自殺的人再次自殺的危機會較高。你可以對他們多加留意，給予額外的關懷和協助。



預防意外

- 學生可能對本身的體能、所患疾病和它為身體帶來的限制、以及所參與運動／活動的潛在風險等缺乏認識。你可以透過適當的方法，教導學生提高對自身體力／限制的了解，和對所參與運動／活動有否足夠訓練和充足準備的認識。
- 學生在參與高風險運動和活動前，例如游泳、騎單車或使用遊樂設施／機動遊戲等，應加強安全和預防意外措施。你可以教導學生評估環境風險，提醒他們注意安全。

避免兒童遭受襲擊

學生在面對風險和威脅時，例如遇到情緒不穩、言語或行為帶有威脅／危險的人(包括家人)，或形跡可疑的人，都需要自我保護。你可教導學生多加留意和警覺不同情況下的潛在風險，提醒他們離開危險／威脅的方法，並向可靠的成年人，例如家人、親友、老師和其他專業輔導人員求助。

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 school personnel for preventing avoidable child death.

Preventing Suicide Among Children

- Students may be facing various stresses and difficulties. You may show understanding, express your concern and offer timely assistance to them. Where necessary, collaboration with the parents and other helping professionals will help students cope with the problems.
- Students need care and concern, especially those with special needs. You may always be sensitive and alert of possible bullying, including cyber-bullying, that may occur among students and intervene promptly or offer timely support/counselling to prevent the problems from getting worse.
- Students may be equipped with problem-solving skills for helping them build up more resilience to face life difficulties. You may teach them or assist them to acquire these skills.
- Students may use emotional outbursts, violent acts or messages and notes including electronic messages such as Whatsapp, Line and Facebook, etc. to express or hint their suicidal ideations. People with past suicidal attempts are at higher risk of committing suicide again. You may be more vigilant and provide extra care and assistance to them.

Preventing Accident

- Students may lack understanding of their own physique, the illness they suffer and the resulting limitations brought to them, as well as the potential risks of the sports/activities they participate. Through appropriate means, you may teach them on enhancing their self-awareness and understanding of their own physical strengths and limitations and whether they are adequately trained and prepared for the sports/activities they participate.
- Students should take precautionary measures before taking part in high-risk sports and activities such as swimming, cycling and using amusement facilities/rides, etc. You may teach students on assessing the environmental risks and remind them to beware of the safety.

Preventing Children from Being Assaulted

Students should have self-protection in risky situations such as when encountering people, including family members, with unstable emotions or with threatening/dangerous speech or behaviour, or suspicious persons. You may teach them to be more sensitive and vigilant to potential risks in various situations, remind them on ways of getting away from risks and threats, and seek help from trustworthy adults such as family members, relatives, teachers and other helping professionals.