Here's what to do when you call for HELP:

Dial: 9 1 1. They will say: "POLICE, FIRE, AMBULANCE" You answer: Police Then say:

My name is ______.

I am _____ years old.

I need help. Send the police.

The address here is ______.

The phone number here is

It may not be safe for you to stay on the phone. If it is not safe tell the person that and then just put the phone down.

DO NOT HANG UP.

If you hang up, the police may call you back.

If I'm afraid I will be hurt I will go to a safe neighbor's house close by.