

People Who Help Me

A Social Story About Community Helpers



Sometimes, I might feel scared, get hurt, or become lost. When this happens, there are people whose job it is to help me. These people are called **community helpers**. It is okay to feel scared or unsure during an emergency. I can ask for help.

If I am ever in danger or there is no trusted adult with me, I can call **9-1-1** on a phone. This is only for emergencies. When I call 9-1-1, a helper will talk to me and send the right people to help.

Some of the people who may come to help me are:

- **Police officers**
- **Firefighters**
- **Paramedics (they drive the ambulance)**

Those people are training to keep me safe. They may ask questions to understand what happened or to help find my family. That is okay. I can answer their questions as best as I can. I am safe with them.

I can recognize community helpers

Police Officers wear a uniform and often have a badge. They drive cars that say **Police** and having flashing lights on top. Police officers help keep people safe. They can help me if I am lost, hurt, or if someone I love needs help.



Firefighters drive big red trucks. They wear special suits and helmets, and sometimes big masks, to stay safe around fire. They use hoses, ladders, and other tools to put out fires and rescue people. Firefighters are brave helpers who can also help during accidents or other emergencies.



Paramedics wear uniforms and drive **ambulances**, which are big vehicles with beds inside. If I am hurt or very sick, paramedics can help me. They may give me medicine or take me to a hospital so I can feel better.



If I call 9-1-1, one or more of these helpers may come to me. They may arrive in vehicles with flashing lights and loud sirens. They lights may be bright, and the sirens may sound scary, but they are just helping the helpers get to me quickly. That means help is on the way.

These helpers know what to do. I can feel safe with them. They are kind, and they want to help me and my family.

Emergencies can feel scary or confusing, and that's okay. I can remember that there are people who are there just to help. I can be brave and let them help me.

When I listen to Police, Firefighters, or Paramedics, I am doing the right thing. I am helping myself stay safe, and I can be proud of that. Grown-ups will be proud of me too.

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Autism & Behavioural Services | 1.866.590.8822 ext 1

www.tvcc.on.ca | 779 Base Line Road East, London ON N6C 5Y6

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