

PCH.4.1 Deconstruct how the interaction of individual behaviors, the environment, and other factors cause or prevent injuries.



Grade 7

PSA on Sports Injuries

Stop Sports Injuries

# Objectives

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- The student will examine current data on intentional and unintentional injuries.
- The student will provide examples of behavioral and environmental factors that can prevent or increase injuries.
- The student will avoid risk-taking behaviors and unsafe environments.
- The student will practice injury prevention and protect self and others from injury.

# True or False...

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- Injuries are the leading cause of death for people ages 1 - 44.



# TRUE

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- According to the Centers for Disease Control and Prevention, more than 180,000 people die from injuries each year - 1 person every 3 minutes.



# True or False

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- There are different types of injuries.





TRUE

Injuries are classified as

- Intentional: done by someone else or the individual
  - result of acts of violence: assault, murder, self-harm, and suicide
- Unintentional: not planned
  - Examples include: falls, motor vehicle incidents, poisoning, drowning, suffocation and strangulation, fire, and head injuries

# True or False...

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- Accidents happen. People can't prevent an accident.





# FALSE

- Most accidents, better called unintentional injuries, can be prevented by making healthier choices.

- Such as:

- Wearing a seat belt
- Not taking dares
- Learning to swim
- Using a helmet and other protective gear
- Not using alcohol or other drugs



# True or False

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- Cyber-bullying (through texts, instant messaging or FB) is considered to be an act of violence or aggression.



- Experts call it “electronic aggression.”
- Most state have created laws to address this issue.
- NC House Bill 1261, passed in 2009, made cyber bullying a criminal offense.

# True or False...

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- Alcohol and other drugs contribute to the likelihood of all injuries.



# TRUE

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- Alcohol and other drugs increase the chances of intentional and unintentional injuries.
- In 2010, more than 10,000 people died in alcohol-impaired driving crashes - one every 51 minutes.



# True or False

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- In North Carolina middle schools, most students report wearing sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day.



# FALSE

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- The physical and social environment can contribute to injuries, as well. These factors may include sun exposure, temperature, or personal safety.
- Unfortunately, only about 1 in 8 NC middle school students report frequent sunscreen use.



# True or False

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- Kids who wear helmets or other protective gear are wimps.





# FALSE

- Professional athletes use protective gear!
- More than 3.5 million kids under age 14 receive medical treatment for sports injuries each year.
- The average age of people injured or killed in bicycling accidents were between 5 and 15 years old.



# True or False

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- In North Carolina middle schools, most students (boys and girls) play on one or more sports teams.





# TRUE

- That's great! Team sports are an excellent way to develop strong relationships **AND** strong bodies.
- However, don't forget your protective gear!

# True or False

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- It's okay to take a friend's medication...a doctor prescribed it, right?





# FALSE

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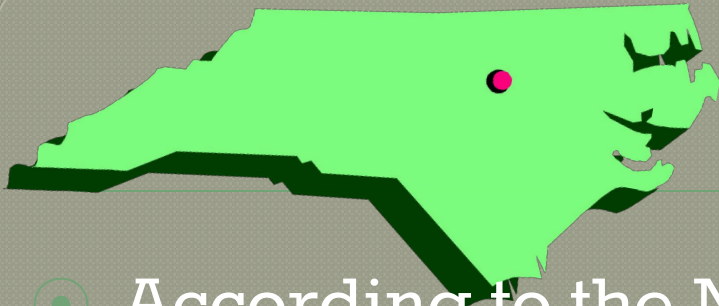
- According to the National Institute on Drug Abuse, virtually every medication presents some risk of undesirable side effects, sometimes even serious ones. Doctors consider the potential benefits and risks to each patient before prescribing medications.
- Poisoning deaths among teenagers rose **91%** between 2000 - 2009, mostly due to prescription drug abuse.

# True or False

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- It is illegal to carry a weapon into a North Carolina school.





TRUE

- According to the NC Department of Public Instruction, it is unlawful for any person to possess or carry, whether openly or concealed, weapons on campus or other educational property including:
  - BB guns, air rifles, knives, razors and razor blades, fireworks, or any sharp-pointed or edged instrument

# True or False

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- I heard that seatbelts don't really work...you might get trapped in the car!

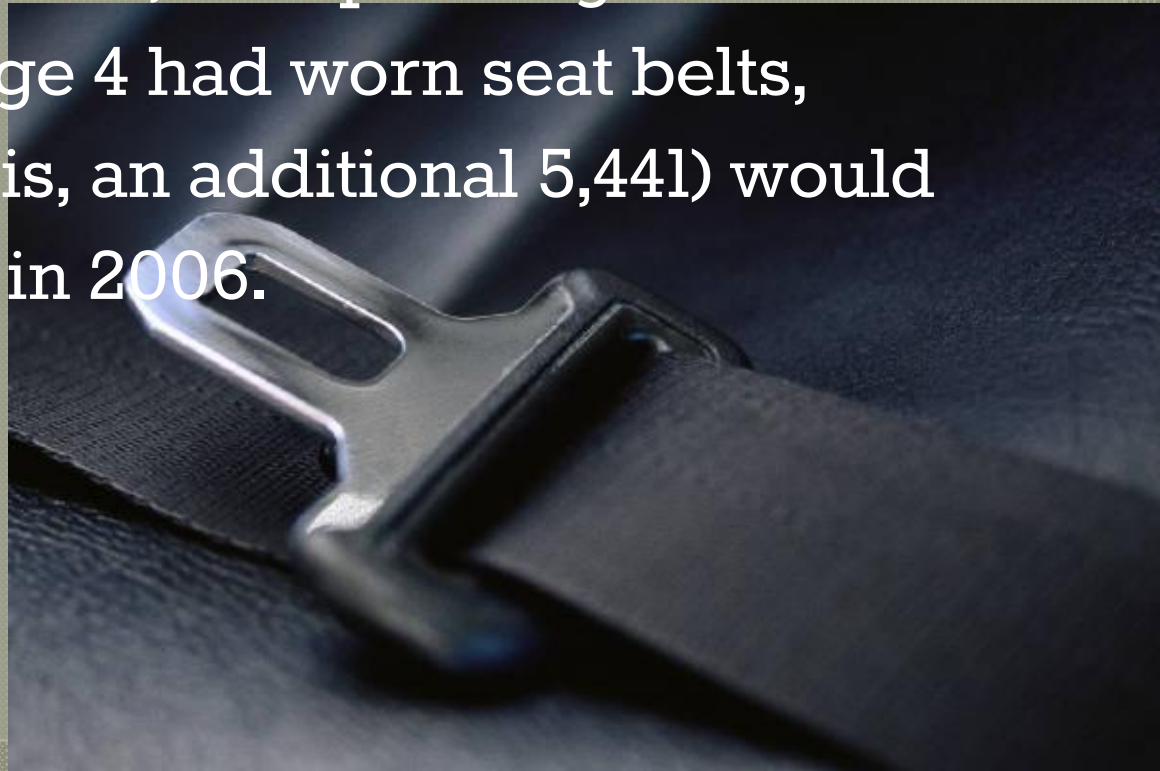




# FALSE

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- Seatbelts save lives!
- According to the National Highway Traffic Safety Administration, if all passenger vehicle occupants over age 4 had worn seat belts, 20,824 lives (that is, an additional 5,441) would have been saved in 2006.



# True or False

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- In North Carolina middle schools, most students report that they have ridden in a car or other vehicle driven by someone who had been recklessly speeding.





# FALSE

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- MOST NC middle school students report that they have **NOT** done this!
- Way to show good judgment and sense. Driving requires a lot of responsibility. Don't let friends pressure you into unsafe activities.

# True or False

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- People my age don't commit suicide.



FALSE

- Unfortunately, young people do commit suicide. It is the second leading cause of death for young people, 10 \_ 19.
- If you (or someone you care about) have experienced suicidal thoughts, GET HELP!
- Contact a trusted adult or call **911**.

# True or False

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- In North Carolina middle schools, most students have seen other students being bullied in their school.



# TRUE

- Unfortunately, almost 3 out of 4 students in grades 6, 7, and 8 report that they've seen classmates bullied by others.
- Don't be a bystander, be an **upstander**! Help others and get your friends involved



# Summary

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- Unintentional injury is the leading cause of death for young people.
- Intentional injuries (violence and suicide) are the second and third leading causes of death for young people.
- These health issues also compromise the quality of life for those who survive.
- Often injuries are influenced by the behavior of the individual and the environment in which he or she lives.
- **Have a plan!**



# Independent Practice:

Students will create a booklet, entitled Have a Plan!

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## Instructions:

- Page 1 (front page): book title and author
- Page 2: list or draw a common cause of injury or death for young people
- Page 3: provide a possible preventive measure or tip to reduce this risk
- Page 4: list or draw a common cause of injury or death for young people
- Page 5: provide a possible preventive measure or tip to reduce this risk
- Page 6: list or draw a common cause of injury or death for young people
- Page 7: provide a possible preventive measure or tip to reduce this risk
- Page 8 (back page): create a logo or final thought

Questions?

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## Closure:

Today we learned that injuries are preventable. Each of you should now be able to practice safety measures to avoid unintentional injuries. All actions have consequences, and your behavior, environment, and many other factors determine a positive or negative outcome.

# Sources

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- Centers for Disease Control and Prevention
- Live Strong
- National Institute of Mental Health
- National Institute on Drug Abuse
- National Highway Traffic Safety Administration
- NC Department of Public Instruction
- NC General Assembly
- NC Healthy Schools