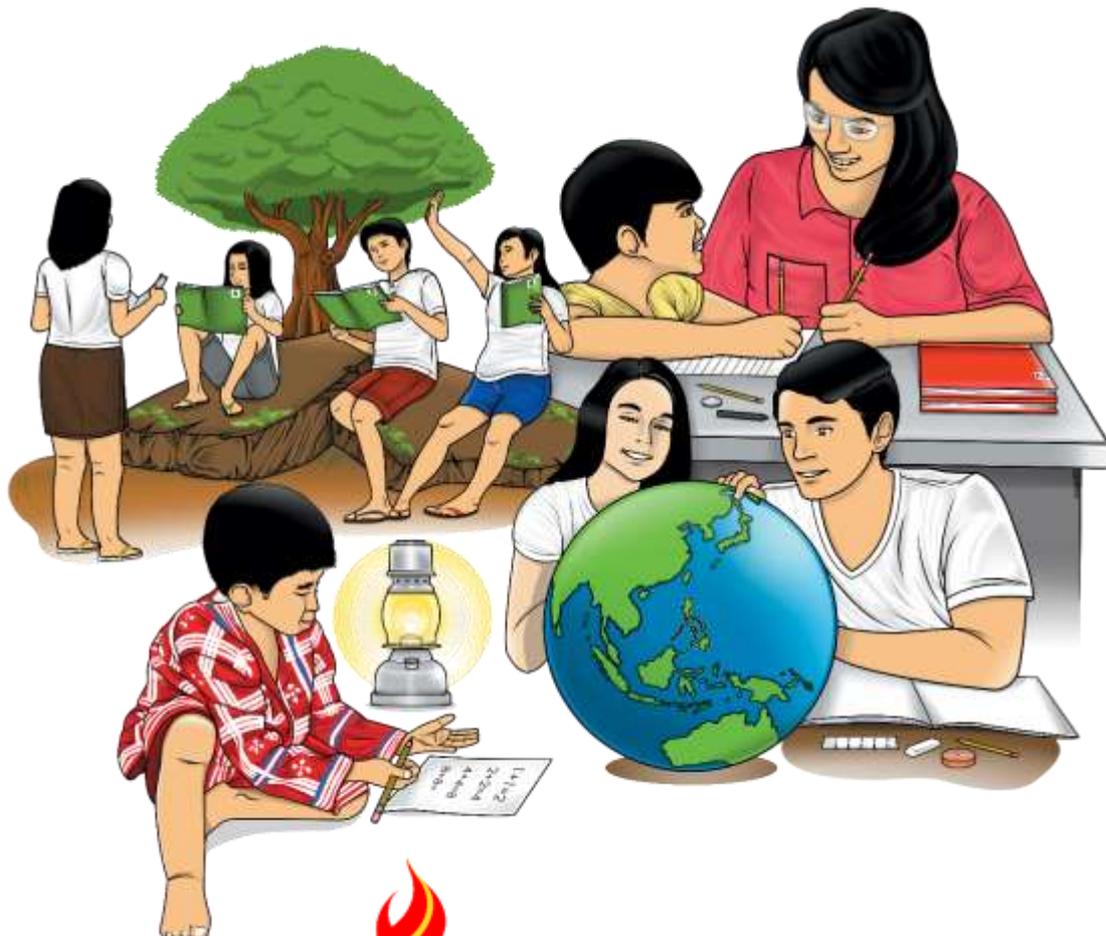


# Health

## Quarter 4 - Module 5: Risk Factor Related to Intentional Injuries



**Health – Grade 9**  
**Alternative Delivery Mode**  
**Quarter 4 - Module 5: Risk Factors Related to Intentional Injuries**  
**First Edition, 2021**

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# Health

## Quarter 4 - Module 5 Risk Factors Related to Intentional Injuries

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



# ***What I Need to Know***

## **KEY - STAGE STANDARD**

The learner demonstrates an understanding of key health concepts related to the achievement, sustainability and promotion of wellness as it improves the quality of life of the individual, the family and the larger community.

## **GRADE LEVEL STANDARD**

The learner demonstrates understanding of community and environmental health; Injury prevention, safety and first aid; prevention of substance use and abuse in order to achieve, sustain, and promote community health and wellness.

## **CONTENT STANDARD**

The learner demonstrates understanding of the concepts and principles of safety education in the prevention of intentional injuries.

## **PERFORMANCE STANDARD**

The learner consistently demonstrates resilience, vigilance and proactive behaviors to prevent intentional injuries.

## **LEARNING COMPETENCY:**

1. Analyze the risk factors related to intentional injuries

**OBJECTIVES:** At the end of the lesson, the students will be able to:

1. Determine the risk factors related to intentional injuries.
2. Analyze the risk factors related to intentional injuries
3. Identify safety protocols in any given incident.

## **How to Learn from this Module**

To achieve the objectives cited above, you are to do the following:

- Take your time reading the lessons carefully.
- Follow the directions and/or instructions in the activities and exercises diligently.

**Answer all the given tests and exercises.**



## COMMON VIOLENT ACTIONS AND BEHAVIOR THAT RESULTS TO INJURY

- Aggressiveness
- Violent behavior
- Drug addiction
- Alcoholism
- Gangs
- Certain mental illnesses
- Bullying
- Rejection
- Physical abuse
- Sexual abuse
- Verbal, Emotional, and Psychological abuse

### SITUATIONER:

A group of friends decided to go for an excursion one Saturday. The place was a beach resort. Part of their provisions are bottles of liquor and the weather seems cloudy and windy.

Questions:

1. Identify the risks and possible injuries.
2. Determine the safety protocols in preventing injuries.

Answer Template:

Scenario/ Activity	Risks	Injuries	Safety Measures	Precautionary Measures	Outfit
Excursion / swimming	Deep waters,	Sunburn	Never swim alone,	Refrain swimming in deep waters,	Use of swim outfits like Life vest for floating
	Strong water current	Get drowned	Never swim in deeper waters	Follow parent's advice not to go swimming	Swim shoes to protect feet
	Strong waves	Body injuries; bruises, wounds		Choose good friends	Use snorkel for eye or face protection
	Heavy rain down pour	Get colds			Use swimsuit for easy swimming for boys
	Bad weather	Get sick			Use bathing suit for easy swimming for girls
	Do not know how to swim	Get drowned, Death			
Drinking liquor	Get drunk	Loss of inhibition, impairment of motor coordination, fall, blackout, loss of consciousness, coma, death	Drink responsibly.	Self-control	Not applicable
	Becomes physically weak	Body injuries, bruises, Wounds	Do not indulge in drinking liquor	Learn to say no	
	Becomes mentally weak	Easily fall and stumble down	Refrain drinking liquor	Never drink liquor if not used to it,	
	Unable to go home	Very talkative		Bring other sorts of drinks,	
	Encounter fights	Headache			
	Becomes disrespectful	Bad breath			
	Frequent vomiting				



## ***What's New***

### **Activity 1: Determining Risks and Injuries**

#### **Directions:**

1. Read and analyse the situation.
2. Determine the risks involved.
3. Determine the possible injuries that may happen.
4. Determine the safety protocols involved.
5. Use the table described above for your answers.
6. Write your answer in a sheet of paper/activity notebook

#### **A. SITUATION 1**

Patrick, a 15-year-old was beaten badly by his parent when he missed his curfew by 5 minutes. At school he likes to tease and insult his classmates.

#### **B. SITUATION 2**

Angela, 19-year-old female college student, frequently sneaks out to party and have drinks at a local bar. After several alcoholic beverages, she lost her consciousness. She woke up to see her social media flooded with her malicious photos from last night. Because of the incident, she started to have suicidal thoughts and plan to overdose with an unknown medication.

#### **Questions:**

1. Identify the risk factors that resulted in intentional injuries.
2. Identify possible injuries in both situations.
3. Determine the safety and precautionary measures if any.

#### **Answer Template:**

Scenario /Activity	Risk Factors	Injuries	Safety Measures	Precautionary Measures



## ***What is It***

### **Risk factors related to Intentional Injuries**

Intentional injuries are something you do with the purpose of hurting yourself or others and usually caused by violence and often manifest as trauma in victims. Many factors influence a person's chance of developing behavior and violent actions. Risk factors for violent behavior are well documented in the academic literature, and span each of individual, family, peer and social factors and community domains. Factors including problems at school, peer pressure, and drug availability are predictably associated with youth violence, and youths exposed to multiple risks are more likely to engage in violent actions and behavior.

### **Risk factors examples**

Here are few examples of possible risk factors that have an influence on crime or victimization will depend on a particular situation.

Individual Risk Factors	<ul style="list-style-type: none"><li>• History of violent victimization</li><li>• Involvement with drugs, alcohol, or tobacco</li><li>• High emotional distress</li><li>• History of treatment for emotional problems</li><li>• Exposure to violence and conflict in the family</li></ul>
Family Risk Factors	<ul style="list-style-type: none"><li>• Low parental involvement</li><li>• Low emotional attachment to parents</li><li>• Low income and parental education</li><li>• Parental substance abuse</li><li>• Poor monitoring and supervision of children</li></ul>
Peer and Social Risk Factors	<ul style="list-style-type: none"><li>• Association with delinquent peers</li><li>• Involvement in gangs</li><li>• Social rejection by peers</li><li>• Lack of involvement in conventional activities</li><li>• School failure</li></ul>
Community Risk Factors	<ul style="list-style-type: none"><li>• Diminished economic opportunities</li><li>• High concentrations of poor residents</li><li>• High level of family disruption</li><li>• Low levels of community participation</li><li>• Socially disorganized neighborhoods</li></ul>

Now that you know the risk factors and its examples related to intentional injuries. It is important that you know how to protect yourselves from these intentional injuries. Effective prevention on reducing those risk factors and strengthening protective factors must be identified to address the problems. You will learn this in our next module.

### **Activity 2: News Article clippings**

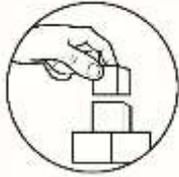
Directions:

1. Cut any two articles from a newspaper or magazine that describes an incident related to intentional injuries.
2. Paste it in a short bond paper.

3. Analyze each article by answering the questions below.
4. Write your answer in a sheet of paper or bond paper.

Questions:

1. While reading the article, how does it affect you? Explain.
2. What are the risks factors and injuries?
3. What are the common causes of these intentional injuries?
4. What can you do to prevent this incident?



## ***What's More***

### **REFLECTION**

Direction: Make a reflection by answering the guide questions: Write it in a whole sheet of paper or bond paper.

1. Which among the risk factors to intentional injuries do you identify the most? Why?
2. Do people deserve to experience intentional injuries? Why or why not?

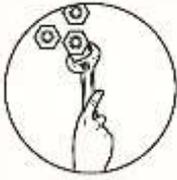


## ***What I Have Learned***

Identify the word inside the box that matches the description in each number. Write your answer on the space provided before each number.

<b>Safety measures</b>	<b>Community Risk Factor</b>	<b>Self- Inflicted</b>
<b>Individual Risk Factor</b>	<b>Assault</b>	<b>Intentional Injuries</b>

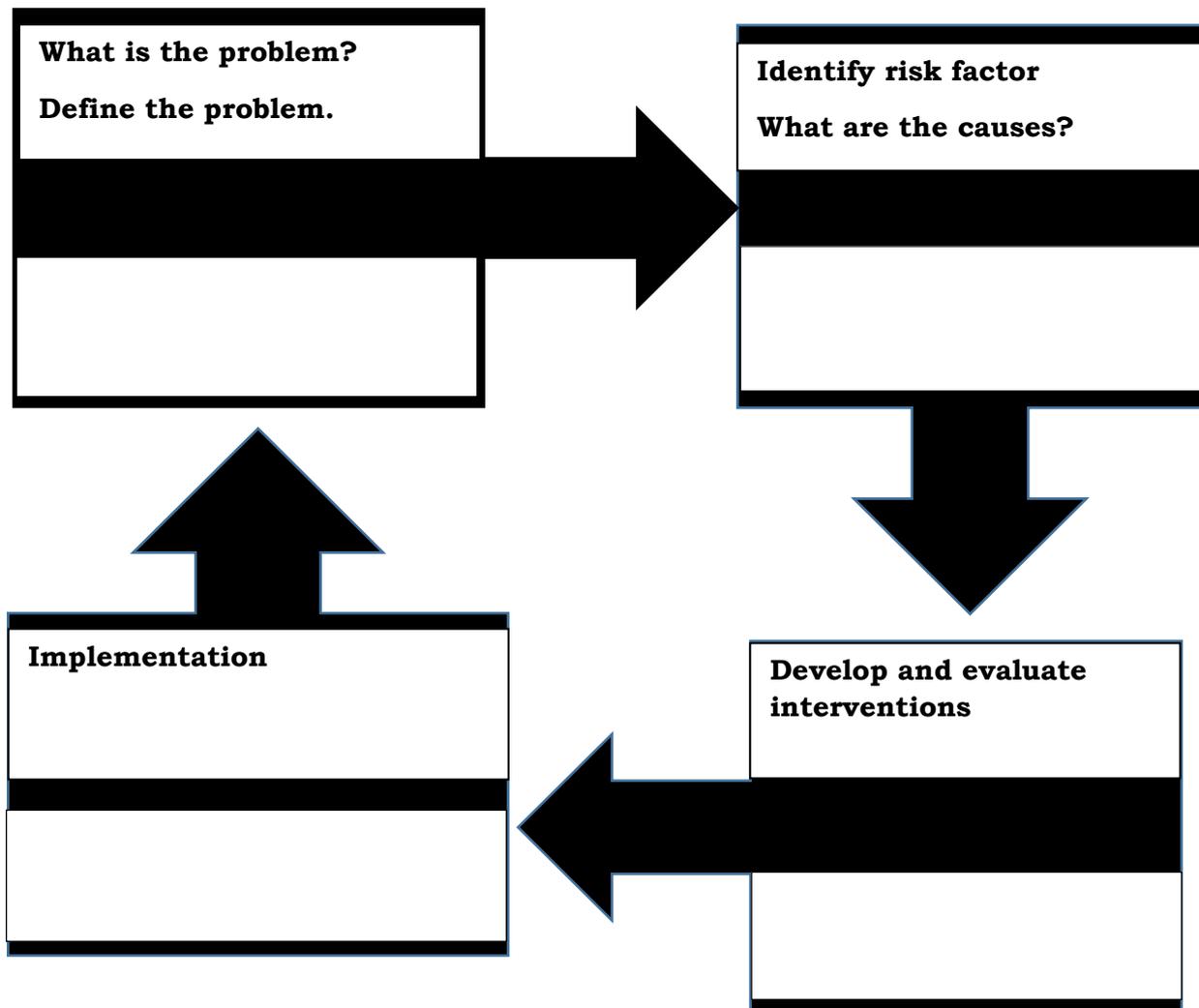
- \_\_\_\_\_ 1. A person harms himself /herself on purpose is called?
- \_\_\_\_\_ 2. These are actions made in preventing the occurrence of accident by removing the presence of hazards.
- \_\_\_\_\_ 3. What risk factors does socially disorganized neighborhoods belong?
- \_\_\_\_\_ 4. When person harms another on purpose.
- \_\_\_\_\_ 5. It is something you do with the purpose of hurting yourself or others.



## What I Can Do

According to the 2017 National Demographic and Health Survey conducted by the Philippine Statistics Authority, one in four Filipino women aged 15-49 has experienced physical, emotional or sexual violence by their husband or partner.

What can you do to help address this problem? Use the diagram below to answer the question.



### Summary

**Risk factor** is a characteristic, condition, or behavior that increases the likelihood of getting a disease or injury. These factors could lead into intentional injuries. Intentional injury is a result of violent actions and behavior including suicide, domestic violence, verbal/ sexual abuse, kidnapping and extortion. Common reasons for violent actions and behavior include aggressiveness, drug addiction, alcoholism, gang group, mental illness, bullying, rejection from others, physical abuse, and sexual abuse.



## **Assessment**

### POST TEST

**MULTIPLE CHOICE:** Choose the correct answer from the given choices and write your answer on a sheet of paper.

1. It is a characteristic, condition, or behavior that increases the likelihood of getting a disease or injury
  - A. Injuries
  - B. Risks factors
  - C. Precautionary measures
  - D. Safety measures
2. These are actions adopted beforehand against possible danger.
  - A. Injuries
  - B. Hazards
  - C. Safety measures
  - D. Precautionary measures
3. These are common violent actions and behavior except for \_\_\_\_\_.
  - A. Aggressiveness
  - B. Alcoholism
  - C. Bullying
  - D. Injuries
4. Which term best describe a result of violent actions and behavior including suicide, domestic violence, verbal/ sexual abuse, kidnapping and extortion.
  - A. Risks factors
  - B. Intentional injuries
  - C. Precautionary measures
  - D. Safety measures
5. It is an example of a personal protective equipment used to protect our body from harm.
  - A. Fire extinguisher
  - B. Helmet
  - C. Social Distancing
  - D. Safety measures



## ***Answer Key***

What I Know

1. B
2. D
3. B
4. B
5. D

Assessment

1. B
2. D
3. D
4. B
5. B

What I Have Learned

1. Self-Inflicted
2. Safety measures
3. Community Risk Factor
4. Assault
5. Intentional Injuries

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