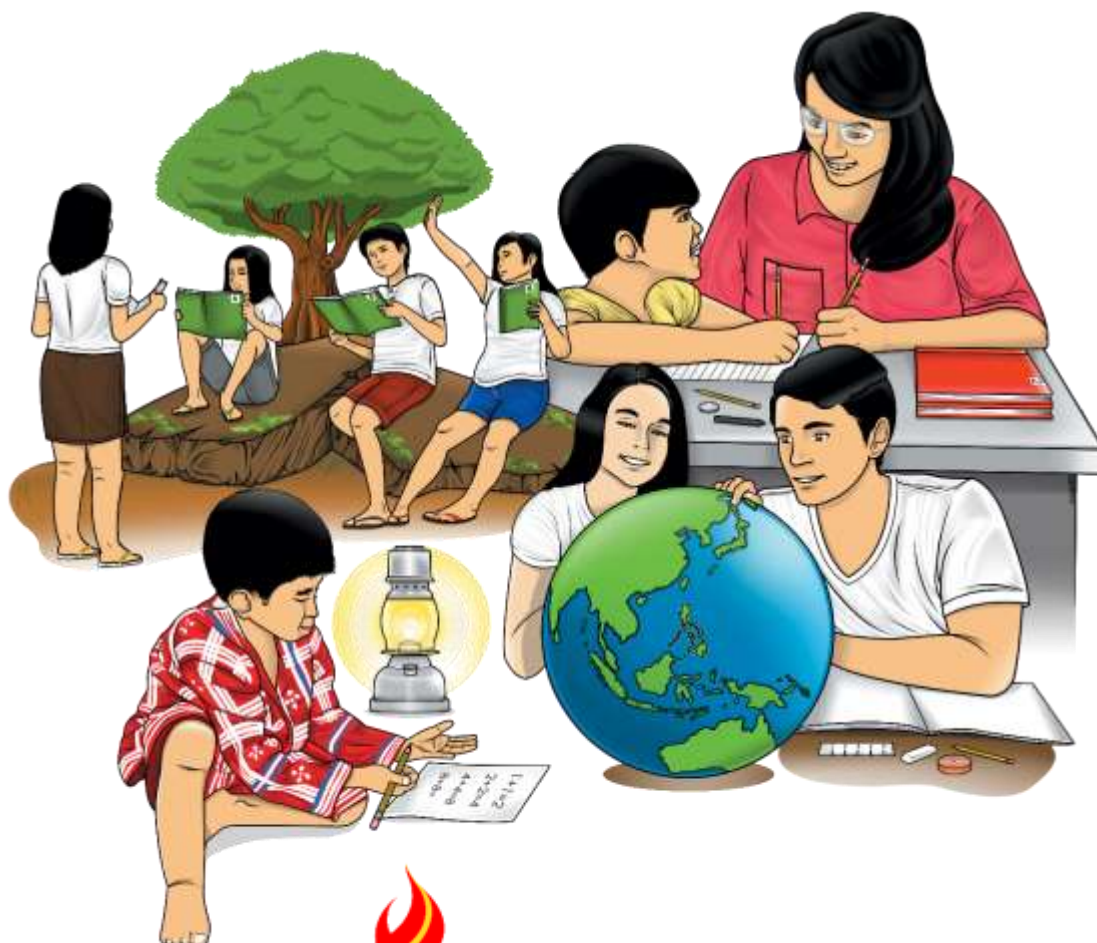


Health

Quarter 4 – Module 8: Ways to Prevent and Control Intentional Injuries



Health - Grade 9

Alternative Delivery Mode

Quarter 4 - Module 8: Ways to Prevent and Control Intentional Injuries

First Edition, 2020

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Health

**Quarter 4 – Module 8:
Ways to Prevent and Control
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

This module should act as a guide for learners on how to appropriately demonstrate ways to prevent and control intentional injuries that will ultimately help us contribute to the community.

On the lessons, the learners are expected to:

1. Analyze the components related to intentional injuries.
2. Identify the ways on how to prevent and control intentional injuries.
3. Demonstrates ways to prevent and control intentional injuries.



What I Know

PRE -TEST

KNOWLEDGE IS POWER

Directions: Read the statement carefully and write the letter of your answer on the space provided and choose the best answer from the choices:

- _____ 1. Emotional and psychological forms of violence can be as devastating as physical violence.
 - a. True
 - b. false

- _____ 2. Donna finds out that her husband, Louie is cheating. When Louie comes home, drunk from the bar. She decides to confront him, but the confrontation turns violent. Louie punches her on the face and stomach and kicks her brutally. What type of intentional injury is it?
 - a. Verbal Abuse
 - b. Domestic Violence
 - c. Bullying

- _____ 3. A female student from a certain High school in Iligan City deliberately runs in front of a speeding car after being teased by her classmates for being a daughter of a drug pusher. What type of intentional injury is it?
 - a. Suicide
 - b. Parasuicide
 - c. Bullying

- _____ 4. Which is NOT a common stalking behavior?
 - a. Explicit threats
 - b. Spying
 - c. Mutual phone and text conversations

- _____ 5. Marsha dated Felix for about three months before she decides to put an end on the relationship. Felix did not take the news well and carry on to secretly follow Marsha, taking pictures of her wherever she goes and sending them to her in intimidating letters. He also calls Marsha at work several times a day and hangs up on her. What should Marsha do to protect herself against Jason's stalking?
- a. Scream and yell into the phone when she thinks Felix is calling her and not speaking
 - b. Save Felix's letters and turn them over to the nearest police station right away
 - c. Carry a gun with her when she goes to work so she will not be caught off guard

Processing Questions:

1. Who are prone to intentional injuries?
2. Why do people experience or encounter intentional injuries?
3. How do we protect ourselves from intentional injuries outside of our homes?

Lesson

1

Ways to Prevent and Control Intentional Injuries

At the point when one individual assault another, and a physical damage is seen, most people would see the incident as a crime. Even so, such crime causes physical damages on the individual. The casualty endures mental damage just as physical torment. Others in the general public might be terrified by the experience of the person who have experienced it and become anxious and troubled that they, as well, are endangered.



What's In

In the previous lesson, you were introduced what injuries are and its two classifications: intentional and unintentional injuries. You are now able to distinguish between these two classifications. Mainly focused on intentional injuries, you now know the different types of intentional injuries which are essential in learning this next module. You have learned the violent acts and behaviors related with them and what characterizes them.

In this module, you will learn more about intentional injuries and have deeper understanding on how intentional injuries can be best avoided and prevented, so that, you do not become a victim yourself and the people in the community where you belong.

Knowing how to avoid and prevent actions and behaviors leading to intentional injuries is immensely important so as not to have casualties.



What's New

Activity 1: 4 Pics 1 Word

Direction: Form a word from the set of for pictures in each number.



1. K _ _ N _ P _ I _ _



2. S _ I _ _ D _



3. _ T _ L _ _ _ G



4. E _ T O _ T I _ _



5. B _ L L _ _ N _

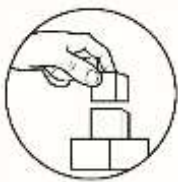
Guide Question

How are these images related to intentional injuries?



What is It

From Activity 1, you now have an idea how intentional injuries might look like and could be possibly triggered. It could happen at any time of the day at almost any place. Be it at school, place of work, parks, or even at home.



What's More

Activity 2: Stop, Look and Listen!

Direction: Choose three different intentional injuries below. Identify the risk factors and the causes why people commit such acts.

Choices:

1. Suicide/Parasuicide
2. Domestic Violence
3. Stalking
4. Extortion
5. Bullying
6. Sexual abuse (incest, molestation and rape)
7. Gang and youth violence, illegal fraternity-related violence
8. Kidnapping & abduction
9. Terrorism
10. Verbal Abuse



What I Have Learned

Activity 3: Mission Possible

Direction: Read each scenario and answer the three questions. Write your answer on a piece of paper.

What's on your mind? What do you feel? What can you do?

Scenario 1:

While dribbling basketball inside your house, you accidentally hit your mother's flower vase. This made her very upset and spanked you hard.

Scenario 2:

You saw your friend crying and confides her problem to you. She told you her stepfather ~~—molested—~~ has been molesting her.

Scenario 3:

You witnessed a Senior high school student extorting item/money from a Grade 7 student.

Scenario 4:

You noticed your neighbor has scars on both his wrists. They looked like incisions.



What I Can Do

Activity 4: i-Connect, i-Share

Direction: Make a 3-minute video and share it in your social media account. Using your own Facebook (Fb) account, promoting awareness and ways to prevent intentional injuries in your own community.

RUBRICS

	Excellent (10 points)	Very Good (9-8 points)	Good (7-5 points)	Needs Improvement (4-2 points)
Concept	The video clearly demonstrates a key concept.	The video demonstrates key concepts.	The video demonstrates a previous concept	The video does not demonstrate a clear concept.
Design	The quality and materials in the video are very well organized and understandable	The quality and materials in the video adequately organized and somewhat clear	The quality and materials in the video lacked some organization and 50% clear.	The quality and materials in the video are not organized and lack clarity.
Quality	The video project was completed and included most of the suggested elements. The video was well edited and moves smoothly from scene to scene with proper use of transitions. Audio was clear and understandable and other enhancements were well used.	Video was completed and contained many of the suggested elements. Audio and other enhancements were utilized, but not for maximum effect.	Video was produced, but had very little editing. Many poor-quality shots remain. Video was fragmented and choppy with little to no audio reinforcement	There was no video, or video was unedited without transitions or audio support.
timeliness	Project was passed on or before deadline	Project passed a day after deadline	Project passed two days after deadline	Project passed three days after deadline
Total				

Summary

There are numerous ways to avoid encountering intentional injuries. Do not remain or walk in dark alleys or areas; do not use ~~an~~ or engage in any kind of illegal drugs, liquor or the like; carry objects that you may use as a defensive device; and keep a safe distance away from people you are not familiar with, places, or circumstances that you may feel unsafe. It is also important for us to familiarize the laws provided by the government that protect us from the different intentional injuries that you have learned.



Assessment

MULTIPLE CHOICE.

Directions: Read the statement carefully and write the letter of your answer on the space provided and choose the best answer from the choices:

- _____ 1. Emotional and psychological forms of violence can be as devastating as physical violence.
- True
 - false
- _____ 2. Donna finds out that her husband, Louie is cheating. When Louie comes home, drunk from the bar. She decides to confront him, but the confrontation turns violent. Louie punches her on the face and stomach and kicks her brutally. What type of intentional injury is it?
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 - c. Carry a gun with her when she goes to work so she will not be caught off guard



Answer Key

1. A
2. B
3. A/C
4. C
5. B

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