Unit Area: Unintentional Injuries  
Level: Middle/High School  
Time: 40 minutes

Unintentional Injuries Magic Square

National Standards  
Students will comprehend concepts related to health promotion and disease prevention.  
Students will analyze the influence of culture, media, technology and other factors on health.  
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.  
(Decision-Making)

Ready (Objectives)  
- Hypothesize why Unintentional Injuries or accidents are the number one cause of death for young people ages 10-24.  
- Reflect on and discuss any personal experiences students have had with accidents/unintentional injuries.

Set (Preparation, Materials)  
For Activity One-Fact Sheet on Dating Violence, one for each student  
For Activity Two-Index cards, enough for each student  
For Activity Three-Student worksheet, “Unintentional Injuries Magic Square” and Teacher Key

Go (Procedure)  
Activity One - Handout: Fact Sheet on Unintentional Injuries and Violence  
(10 minutes)  
- Discuss list. Ask students which statistics did not surprise them and which did surprise them.  
- Why do they think that teenagers are so much more likely to be involved in all of these kinds of injuries or behaviors?

Activity Two - Index Card Activity  
(15 minutes)  
Preparation:  
- Create 4 questions to ask students, based on the topic you are presenting.

Facilitating Activity Two:  
1. Pass out a note card to each student.  
2. Ask them to write their name in the center of the card.  
3. Let them know they are going to be asked questions to answer in each corner of the card. **Tell them to fold the corner of the card with the answers they do not want to share.**
4. Create 4 questions, one for each corner...such as:
   a. In the top right corner, write down how often you ride in a car and **buckle up your seatbelt**. (Never wear, Sometimes, Half the time, Most of the time, Always wear)
   b. In the bottom right corner, write down who you would go to for help if you were being bullied, threatened, or harassed.
   c. In the top left corner, write down a time where you did something risky or dangerous. If you cannot think of anything draw a smiley face there!
   d. In the bottom left corner, write the name of a friend who was hurt or did something dangerous while drinking, or by someone else who was drinking. If you cannot think of someone/something, draw a smiley face.

5. Now, ask the students to introduce themselves to their neighbor, and share at least one thing on the card **that they are comfortable sharing!**
   *If they have turned back a corner of a page, they can “pass”.

**Activity Three**  (15 minutes)
Handout Student Worksheet: **Preventable Injuries Magic Square**. Allow students to work in pairs or small groups to complete the worksheet.

- Have students match each phrase with the correct definition. Write the answers (numbers) in the corresponding box below. Find the **sum** of each row and of each column.
- You have found the MAGIC NUMBER when all sums are the same.

**Summary**
Many of the injuries, accidents, and acts of violence that affect teens are preventable.

**Follow Up Activity**
Students should think of a situation that might involve a possible accidental injury and/or violence. (Drinking and driving, taking a pill someone gives you at a party, meeting someone at their apartment who you met on-line, etc.)
After you have decided on your situation, work through the steps in the DECISION MAKING Process to come up with the most health enhancing decision.

**DECISION MAKING Process:**
1. **State the problem or decision that has to be made**
2. **List the possible choices and + and – consequences of each choice**
3. **Consider facts, personal values, family and peer influences**
4. **Make a decision**
5. **Evaluate your decision**
Fact Sheet on Unintentional Injuries/Violence

Source: CDC National Center for Injury Prevention and Control, 2004

- Unintentional injuries are the number one cause of death for infants, children, and teens.
- 15,000 adolescents die each year from unintentional injuries.
- Injuries kill more adolescents than from all other diseases combined.
- Unintentional injuries account for about 60% of adolescent deaths, while the other 40% are caused by violent behavior (homicide and suicide).
- Motor vehicle accidents are the number one cause of adolescent deaths--2 out of every 5 teen deaths are the result of a motor vehicle crash.
- The more passengers there are in a vehicle with a teen driver, the more likelihood for an accident.
- Teens are less likely to wear seatbelts than any other age group of drivers.
- Teen drivers are more likely to run red lights, ride with an intoxicated driver, and attempt to drive after drinking or taking drugs.
- Homicides are the second leading cause of death for people between the ages of 15-24.
- 400,000 youths were injured as a result of violence. While at school, most acts of violence occurred before or after school or during lunchtime.
- Sexual assault and rape are serious problems in the United States.
- It is estimated that close to 100,000 children each year are victims of sexual abuse.
Preventable Injuries Magic Square
Vocabulary Review

Directions: Match each injury with the correct type of prevention. Write the answers (numbers) in the corresponding box below. Find the sum of each row and of each column. You have found the MAGIC NUMBER when all sums are the same!

**Injury**

a. Electrocution  
b. Accidental poisoning in home  
c. Accidental medicine overdose  
d. Accidental gunshot injury  
e. Carbon monoxide poisoning  
f. Fatal car accident  
g. Head injury  
h. Frostbite  
i. Spinal Injury  
j. Severe sunburn  
k. Pulled muscle  
l. Eye injury  
m. Back strain  
n. Amputated toes  
o. Sports-related injury  
p. Blisters on toes or heel

**Prevention**

1. Wear proper fitting footwear  
2. Safety caps on medications  
3. Closets with child-proof locks  
4. School back pack not too heavy  
5. Having CO alarm  
6. Wearing sunscreen  
7. Warm-up and stretching  
8. Wear insulated gloves, clothing  
9. Not diving into shallow water  
10. Seat belts and air bags  
11. Wear helmet when biking  
12. Wear protective goggles  
13. Firearms secured in lockbox  
14. Wear proper protective gear or equipment  
15. Automatic shut-off control on handle of lawn mower  
16. Don’t touch/replace frayed wires

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Magic Number is______________
TEACHER ANSWER KEY

STUDENT WORKSHEET

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