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PACUCOA ACCREDITED: Level II

S.Y. 2021-2022

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade and Section: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher: Mrs. Ruby S. Dayao

**GRADE 9 – HEALTH**

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| 1. **CONTENT** |

**Prevention and Management of Intentional Injuries and Factors related to Intentional Injuries**

Concept Notes # 4.2

**Protection and management of intentional injuries** is quite challenging since the usual interest of the victim is death or injury to himself or herself, or to others.

The following are suggested to manage or handle victim of intentional injuries:

1. Go to the area if the condition is already surveyed
2. Send someone to call for a doctor or professionals who are experts in administering treatment.

The following information should be given:

1. Place where the incident happened
2. Nature of the injury
3. People involved
4. Extent of the injury
5. Date and time of the incident
6. Treatment applied
7. Dentures should be checked and removed
8. Loosen belt or clothing when there is difficulty in breathing
9. Avoid giving liquids to an unconscious victim
10. Maintain warmness of the victim
11. Avoid panic and control the crowd
12. Do not move a victim with head of neck injury
13. Check for other possible injuries

Other measures to manage intentional injuries include:

* Self-protection
* Prevent self-harm
* Promote culture of non-violence through healthful behaviors
* Report cases of violence to proper authorities
* Seek help from trusted individuals and health professionals

Youth suicide prevention includes:

* Increased public awareness on suicide prevention
* Improved youth access to appropriate prevention and intervention
* Expose the youth to meaningful and fruitful activities
* Careful and advance planning of activities for the youth both in school and community

**Factors related to Intentional Injuries**

Some factors related to intentional injuries are the combination of individual, relationship, community and societal factors. Many risk factors for youth violence are linked to experiencing toxic, stress, or stress that is prolonged and repeated. Toxic stress can negatively change the brain development of children and youth.

**Individual Risk Factors**

* History of violent victimization/ History of treatment for emotional problems
* Attention deficits, hyperactivity, or learning disorders
* History of early aggressive behavior
* Involvement with drugs, alcohol or tobacco
* Poor behavioral control
* Deficits in social cognitive or information-processing abilities
* High emotional distress
* Antisocial beliefs and attitudes
* Exposure to violence and conflict in the family

**Family Risk Factors**

* Authoritarian childrearing attitudes
* Harsh, lax, or inconsistent disciplinary practices
* Low parental involvement
* Low emotional attachment to parents or caregivers
* Low parental education and income
* Parental substance abuses or criminality
* Poor family functioning
* Poor monitoring and supervision of children

**Peer and Social Risk Factors**

* Association with delinquent peers
* Involvement in gangs
* Social rejection by peers
* Lack of involvement in conventional activities
* Poor academic performance
* Low commitment to school and school failure

**Community Risk Factors**

* Diminished economic opportunities
* High concentrations of poor residents
* High level of transiency
* High level of family disruption
* Low levels of community participation
* Socially disorganized neighborhoods

**Protective Factors**

Protective factors may lessen the likelihood of youth violence victimization or perpetration. Identifying and understanding protective factors are equally as important as researching risk factors.

**Individual Protective Factors**

* Intolerant attitude towards deviance
* High Emotional Quotient/ Average grade (as an indicator of academic achievement)
* High educational aspirations
* Positive social orientation
* Popularity acknowledged by peers
* Highly developed social skills/ competencies
* Highly developed skills for realistic planning
* Religious beliefs

**Family Protective Factors**

* Ability to discuss problems with parents
* Perceived parental expectations about school performance are high
* Frequent shared activities with parents
* Consistent presence of parent during at least one of the following: when awakening, when arriving home, at evening mealtime, or when going to bed.
* Involvement in social activities
* Parental/ family use of constructive strategies for coping with problems (provision of models of constructive coping)

**Peer and Social Protective Factors**

* Possession of affective relationships with those at school that are strong, close and pro socially oriented
* Commitment to school (an investment in school and in doing well at school)
* Close relationships with non-deviant peers
* Membership in peer groups that do not condone antisocial behavior
* Involvement in prosocial activities
* Exposure to school climates with the following characteristics:
* Intensive supervision
* Clear behavior rules
* Firm disciplinary methods
* Engagement of parents and teachers

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| 1. **OBJECTIVES** |

1. Discuss the prevention and management of Intentional Injuries.
2. Enumerate the risk factors and protective factors related to Intentional Injuries.
3. Complete the table on how does risk factors affects the individual, family, peer and social.

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| 1. **REFERENCES:** Muyot, Fritzmarie R., Garcia, Maridina D., Baarde, Maria Clara G. et al   MAPEH ON THE GO 9 Revised Edition. Sunshine Interlinks, pp. 344-346 |

1. **ASSESSMENT:**

**Activity 4.1**

**Color the appropriate box for you.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | ALWAYS | SOMETIMES | NEVER |
| 1. I experienced a suicidal attempt. |  |  |  |
| 1. I turn to God whenever I am faced with trials or difficulties. |  |  |  |
| 1. I live a peaceful life. |  |  |  |
| 1. I am happy and contented with my life. |  |  |  |
| 1. I am open to my friends and family. |  |  |  |

**Activity 4.2**

**Fill in the boxes below with words that describe intentional injury. From the**

**given words, form a sentence about the definition of what intentional injury is.**

**INTENTIONAL**

**INJURIES**

**What I Can Do**

**Activity 3. Can I Trust, Who?**

**Write the name of the persons whom you trusted most in your life and explain why**

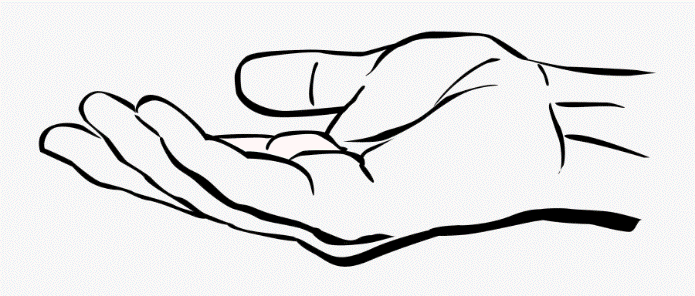
**you trusted them. You may draw another hand if needed.**

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**Guide Questions:**

**1. Why do you consider them the most**

**trusted person in your life?**

**2. Who are other authorities that can help**

**you in case you become a victim of**

**violence?**

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| 1. **GENERALIZATION** |

By knowing the backgrounds and overview of Intentional and Unintentional Injuries and its types, we can simply protect ourselves if we are educated and knowledgeable on that issue and if we know how to take care of ourselves and know how to avoid temptations; as a result, we can greatly protect our life to dangers and secure our life into the violence

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| 1. **INSTITUTIONAL CORE VALUES:** HUMILITY/ COMPETENCE/ INTEGRITY |

***“I pledge my honor that I have not committed acts of cheating and plagiarism in this online assignment and examination”***