

# INTENTIONAL INJURIES

MAPEH (Health 9)

Quarter 4- Weeks 1-4



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# WHAT I NEED TO KNOW

In this module you will be dwelling on the following competencies to help you in knowing what intentional injuries are and how it differs from unintentional injuries.

Learning objectives:

1. Give significant difference intentional and unintentional injuries.
2. Name and write short description of the different types of intentional injuries.

## WHAT I KNOW

**Direction: Read the questions carefully and encircle the letter of your answer.**

1. What type of injury does sliding from the mountain belong?  
A. intentional Injury                      C. unintentional injury  
B. cuts and wound                      D. fracture
2. Which of the following best describes intentional injury?  
A. It is an act of violence done with a goal or aim.  
B. It is a violent act to humiliate other people.  
C. It is an act that may cause harm to other people.  
D. It is an act purposely done to harm other people or self.
3. Which of the following is a manifestation of incest?  
A. Leng's uncle convinced her to have intimate relationship with him.  
B. Leng's neighbor slaps his cousin if he will not have sexual contact with her.  
C. Leng's father caress her young aunty erotically.  
D. Leng's cousin forced his wife to have sexual intercourse.
4. Among the situations below, what could be regarded as unintentional injury?  
A. A person slipped his foot while playing.  
B. A child hits his head against the wall.  
C. An adult kicking someone out of anger.  
D. A player who aimed the ball to their opponent.
5. What should you do best to help student who is bullied?  
A. Fight the person bullying someone.  
B. Insult also the person who bullies the person.  
C. Report to your teacher immediately.  
D. Encourage him/her to be strong.
6. How will you best act if you were the victim of sexual abuse?  
A. Remain strong and keep it a secret.  
B. Calm yourself and tell the truth to authorities for legal action and help.  
C. Share your story to others and let them tell it to your relative.  
D. Ask someone to help you instead.

7. When will a sexual interaction is not considered an abuse?
  - A. It is when an older person asked a minor to have sexual contact with him/her.
  - B. It is when a woman shares nude photos of a child on social media, to other people and other electronic platforms.
  - C. It is when a man threatens his partner for sexual intercourse.
  - D. It is when two persons are both and are aware and willing to have sexual interaction.
  
8. Which of the following is an act of extorting?
  - A. It is when a person gets your things.
  - B. It is when you give forcedly your money to a person.
  - C. It is when you are threatened.
  - D. It is when you harm other people.
  
9. What will you do best to help a person with anxiety and suicidal thoughts?
  - A. Let the person feel depress while it last.
  - B. Do not force the person and let him/her speak on her own and acknowledge his/her thoughts.
  - C. Leave the person alone.
  - D. Let him/her know that you are available for him/her and encourage him/her to seek medical help.
  
10. Is spreading a rumor to damage one's reputation an unintentional injury?
  - A. Yes, it is unintentional because it does not physically harm the person.
  - B. Yes, it is unintentional because it is only verbal communication.
  - C. No, it is intentional because it is purposefully done.
  - D. No, it is intentional because he/she simply tells a heard story.
  
11. Which of the following is a type of injury that is directly done by a person to one's self?
  - A. Assault
  - B. Self-inflicted
  - C. Sexual Abuse
  - D. Extortion
  
12. Which of the following is an example of unintentional injury?
  - A. Wound
  - B. over dozing
  - C. alcohol intoxication
  - D. Bullying
  
13. How will you know if a person is struggling with depression?
  - A. Telling about feeling hopeless, trapped, or alone.
  - B. Saying they are enthusiastic.
  - C. Getting along with other people unusually.
  - D. Not going out with friends for a drink.
  
14. Which of the following defines unintentional injury?
  - A. A person accidentally fell from the tree.
  - B. When someone called you names.
  - C. When you were forced to carry a heavy weight.
  - D. A woman threw a stone in your direction.

15. How will you know if a person is suffering domestic violence?

- A. It is when a person allows his/her partner to seek a job.
- B. It is when a man respects decision of his partner.
- C. It is when a person is deprived of his/her freedom to do things.
- D. It is when a person does not encourage secrets in their relationship.

## WHATS IN

In the previous lesson, our topic was on drugs, its nature, reasons of using drugs, and effects. Try to visualize the injuries that these drugs bring in case you happened to use, misuse, and abuse these.

## WHAT'S NEW

Observe the pictures below and identify their category. Write I if the picture shows INTENTIONAL INJURY and U if it portrays UNINTENTIONAL INJURY. Place your answer in the box below each number.

1.



<https://images.app.goo.gl/swSBVKctG28dbLf7>

4.



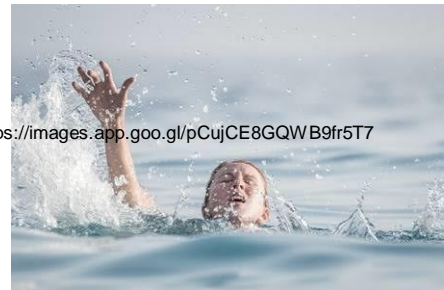
<https://images.app.goo.gl/SGQkAx9bqtXcV7pt7>

2.



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# WHAT IS IT

Everyday, there are incidents of injuries all over the globe. Some are accidental injuries and others are purposefully inflicted either by other people or oneself. An injury is a physical harm or damage to people due to accidents or an assault. This may also be caused by falls, accidents, hit weapons, domestic assault, sexual abuse, bullying, and others.

## Two Classifications of Injury:

### 1. Unintentional injury

This refers to injuries that have accidentally happened or unplanned and can be prevented through safety precautions. Common unintentional injuries, as discussed in our previous module, are vehicular accidents, drowning, falls, choking and incidents like fires or burns.

### 2. Intentional injury

On the contrary, intentional injuries are results of purposeful human actions which can be directed to oneself or other people. In other words, intentional injuries are acts done intentionally and can be self-inflicted, sexual abuse and in a form of assault.

## Types:

### A. Self- inflicted

It is a type of injury where an individual harms his/her own self intentionally. Self-inflicted injuries include physical non-suicidal harm that is too enough to either cause damage to tissue or leave scars.

Common form of this injury is self-cutting or wrist cutting, head banging, biting, hair pulling, hitting the body with objects or vice versa. Wherein these incidents may be symptoms depression and may lead an individual to commit suicide if not prevented and given attention. Self-inflicted can be categorized in the following:

### Suicide and Para-suicide

It is an act of taking one's own life. Suicidal thoughts may be seen through behavior or actions such as talking about attempts to suicide or even taking actions of ending one's life.

Suicidal thoughts and behavior must be given immediate attention and must seek the help of experts such as psychologists or a psychiatrist if necessary.

Moreover, **para-suicide** is a suicide attempt or self-harm where an individual intentionally causes injury to him or herself. For example, overdosing which may harm him/her excessively that may lead to death.

### **Warning Signs of suicide:**

- Telling about feeling hopeless, trapped, or alone.
- Saying they have no hope or reason to live.
- Writing farewell letters or giving valuable personal things
- Looking for ways of committing self-harm such as buying weapons.
- Engaging in reckless behaviors, and excessive intake of alcohol and drug consumption.
- Uttering rage or intends to seek revenge.
- Dramatic mood swings
- Talking about suicide as to escape his/her situation.

## **B. Assault**

This refers to an intentional violent physical harm or offensive contact.

### **1. Domestic Violence**

This is an abuse happening within intimate relationships, to married or not married couples. It can happen to anyone in both heterosexual relationships and in same sex partnerships. Domestic violence can be verbal abuse (name-calling and telling depressing words), prohibiting partner to contact his/her family also to get a job. It can also be a sexual assault forcing partner to have sex or without consent. Men and women can possibly be at risk to domestic violence especially when his/her partner is:

- very jealous and always spies on him/her;
- will not allow his/her partner to leave the relationship;
- giving insults and hurts his/her partner;
- forcing a partner to have sex and threatens his/her partner just to have sex.

### **2. Bullying**

It is an aggressive behavior in which an individual deliberately and constantly harms other people either physical, verbal, or other indirect actions especially when the victim seem weaker than the offender. Also, those with physical disabilities are bullied frequently. People who are bullied are encourage to with friends who can support and care for them. Bullying can be classified as:

- ❖ Verbal bullying- The use offensive or foul words which may include teasing, name-calling, insults, and inappropriate comments.
- ❖ Social bullying- Convincing other people to exclude someone from a group or telling others to unfriend someone without reason.
- ❖ Physical bullying- This may include physical harm to the body such as kicking, hitting, punching, tripping, pushing, or even destroying someone's things.

- ❖ Cyberbullying- This is one of the rampant ways of bullying other people with the use of technology through giving inappropriate and intentional destructive comments on social media, or any sites.

### **3. Stalking**

It is a frequent unwanted contact with a person that makes you feel unsafe or in danger. A person stalking may send text messages or contact you repetitively, and purposely talks to you even if you do not want to. Stalking behaviors includes:

- Calling or sending messages even if you do not respond.
- Knows your schedule and where you go.
- Taking the things that belong to you secretly.
- Taking photos of you.
- Invades your privacy and show obsession anything about you.

### **4. Extortion**

It is forcing to get one's property using threats (blackmailing) and force and may be repeatedly done when a person gives in to the demands of the extortionist. Extortion can happen everywhere even inside the school and may do:

- ✓ Taking someone's money.
- ✓ Getting the snacks of others and other things of a person that is forcedly taken.

### **5. Gang and Youth violence**

It is an adverse experience that have long-term effect on a person's health and well-being. It commonly involves the young people hurting other person not related to them. A person can be involved as an offender, victim, or an eyewitness.

### **6. Illegal fraternity-related violence**

The youth may think of the benefit they may gain in joining a fraternity. They may consider it as having power and security as fraternity groups are regarded for being a powerful group. Many youths are also encouraged to join fraternity because of the sense of belongingness that fraternity members can provide. However, to keep someone in the group, one must go through series of fraternity hazing which can lead a person to a serious injury or death.

### **7. Kidnapping and abduction**

It is an act of forcedly taking a person out of their volition and unjustly locks a person to a hidden place for the intention of getting ransom or great financial reward.



## 8. Acts of Terror (Terrorism)

Terrorism refers primarily to violent and criminal acts done by an individual or groups who aims to spread ideological goals caused by domestic influences, such as political, religious, social, racial, or environmental nature.

### C. Sexual Victimization (Sexual Abuse)

This refers to a sexual behavior or act forced upon a woman, man or child without permission or consent. It is a crime intentionally done with the goal to humiliate and even control the victim. It happens to woman, man, man and child, or woman and child. It may be in the following ways:

- ❖ **Incest-** It is a sexual intercourse between relatives or closely related persons that is considered illegal. It happens between an older family member and a child or young family member. Victims of this may be afraid to report to authorities or have no proper idea if it is right or wrong.
- ❖ **Molestation-** The act of sexual assault of a person to an adult or a child also harassing and aggravating them violently. It is also referred as inappropriate contact or interactions where a person is used as sexual stimulation. Inappropriate actions may include:
  - ✓ *Fondling-* to caress, and handle lovingly or erotically
  - ✓ *Mutual Masturbation-* it is when two or more people uses hands, toys, or objects to stimulate each other's genitals
  - ✓ *Sodomy-* it is an anal or oral intercourse with person of a different sex
  - ✓ *Child Pornography-* It is a child sexual exploitation. It is also a sexual depiction of sexually explicit behavior involving a minor and child as sexual subject matter in photos, books, or images.
  - ✓ *Child Prostitution-* refers to children who are paid for sex.
- ❖ **Rape**

It is a nonconsensual sexual contact, including vaginal, anal, or oral penetration. A body part or an object may be used as a tool of penetration.

## WHAT'S MORE

**Categorized the injuries in the box accordingly.**

-Rape	- Drowning	-Domestic Violence	-cyber bullying
-Molestation	- Suicide	- Fracture	- extortion
- Dislocation	- Car accident	- Falls	- Incest
- Choking	- Wounds	- Sodomy	-Sprain
- Child Pornography	- Laceration	- Terrorism	- Knee injury

Intentional Injuries	Unintentional Injuries
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

**How will you encourage and help people who suffer on the following situations?**

1. A student is being bullied every day.

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2. A person experienced sexual abuse and is afraid to report the incident.

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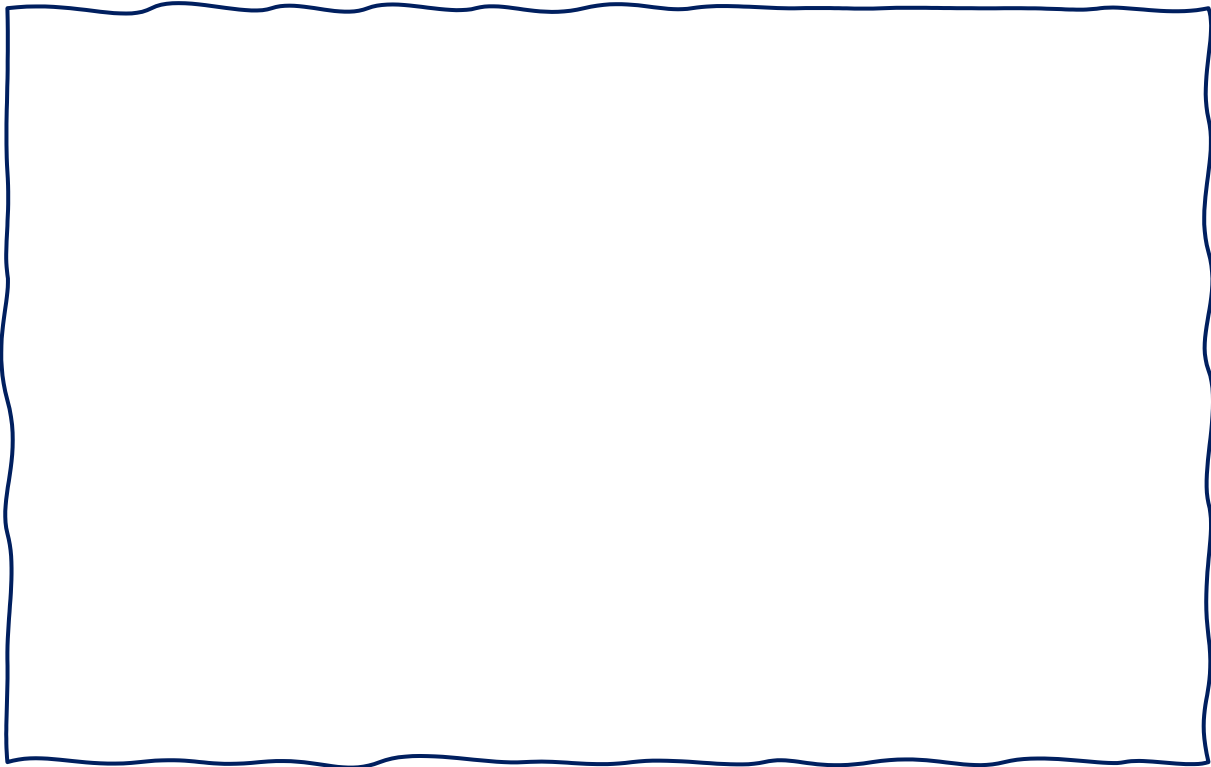
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## WHAT I HAVE LEARNED

**Make a simple graphic organizer of your takeaway in the topic and on how will you act on one of the intentional injuries if it will happen to you.**



## WHAT I CAN DO

**Activity 6: Answer the following questions and express it by choosing ONE of the mechanisms which you are most comfortable with from the box below.**

- Slogan	- Role Play	- Poster making	- Painting
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**Questions to portray:**

- ✓ In what way/s can you help someone who is being bullied or harassed?
- ✓ Will you be able to live in a society if people keep on mocking you? How?

## ASSESSMENT

**Direction: Read the questions carefully and write letter of your answer.**

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## Answer Key

1. ☆
2. ☆
3. ☆
4. ☆
5. ○
6. ○
7. ○
8. ☆
9. ☆
10. ☆
11. ☆
12. ☆
13. ☆
14. ☆
15. ☆

### WHAT'S NEW

#### Activity 2.

1. I
2. U
3. I
4. U
5. U

### WHAT'S MORE

#### Activity 3:

Intentional Injuries	Unintentional Injuries
11. rape	11. dislocation
12. molestation	12. choking
13. child pornography	13. drowning
14. suicide	14. Car accident
15. Domestic violence	15. wounds
16. sodomy	16. laceration
17. terrorism	17. fracture
18. cyber bullying	18. falls
19. extortion	19. sprain
20. incest	20. Knee injury

#### Activity 4:

Answers may vary.

### ASSESSMENT

1. C	9. D
2. D	10. C
3. A	11. B
4. A	12. A
5. C	13. A
6. B	14. A
7. D	15. C
8. B	

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