



Reducing the Risk of Injury

Two Types of Injury

Intentional

- Caused by violence or self-destructive behaviors
- Examples: assault, homicide, suicide



Unintentional

- Can almost always be predicted and prevented
- Caused when people take risks
- Examples: injuries from crashes, falls, drowning, fires

Factors That Affect Injuries...

1. Individual behaviors

- The choices people make about individual behaviors (alcohol use, helmet use, etc.) can increase injuries.

2. Physical Environment

- Home and community environment can affect the rate of injuries related to falls, fires and burns, road traffic injuries, drowning, and violence.

3. Access to Services

- Having access to health care services can reduce the consequences of injuries, including death and long-term disability (athletic trainer at WLHS).

4. Social Environment

- Individual social experiences
(Social norms, education, victimization history)
- Social relationships
(Parental monitoring and supervision, peer group associations, family interactions)
- Community environment
(Schools, neighborhoods, and communities)
- Societal-level factors (lifestyle factors)
(Cultural beliefs, attitudes, religion, laws and regulations)

Unintentional Injury vs. Accident

“It was an accident”

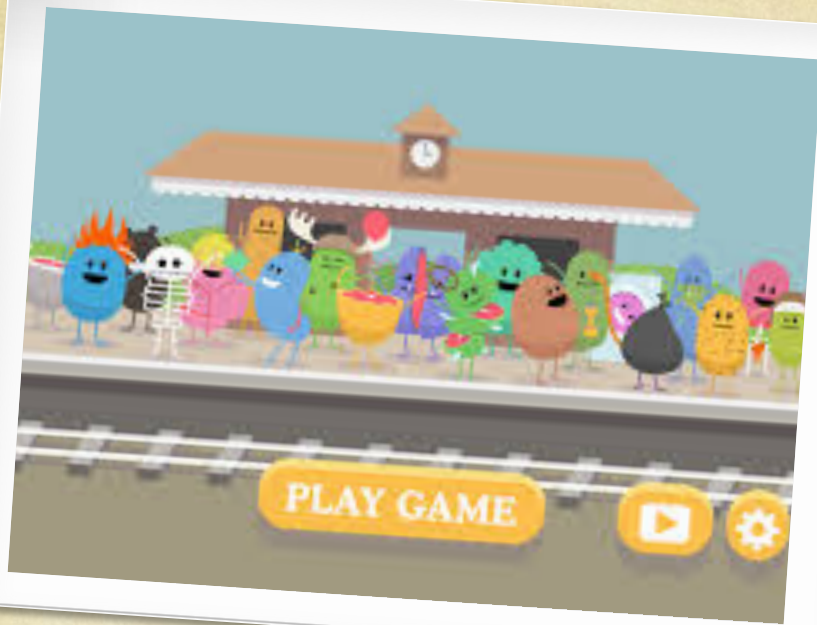
- An accident is a random event resulting in injury or property damage.
- The word “accident” implies that the event could not have been predicted or prevented.
- Unintentional injuries can almost always be predicted and prevented.
- (Example: a person wrecks their car while texting...not an accident. It is an unintentional injury)



Risk

- A risk is any action that increases your chances of injury to yourself or someone else.





Dumb Ways to Die



Two Types of Risk Takers

Cautious

- Recognize the potential risk
- Determine steps to take to reduce the risks
- Stay alert
- Develop a safety plan
- Rely on the support of others
- Use available resources



RISK ASSESSMENT

It's Not Worth It

Two Types of Risk Takers

Reckless

- Act impulsively
- Aren't aware of the risk
- Don't plan ahead
- Combine several risky behaviors
- Aren't concerned about the impact of their actions on others
- Don't use available resources to protect themselves



Rate the Risk-

Turn and Talk , use a 1-10 scale to rate the risk of the following. (1 is equal to no or very little risk and 10 would be extremely risky).

- 1. Jaywalking
- 2. Drinking alcohol
- 3. Going to a school dance
- 4. Not wearing a seat belt
- 5. Swimming alone
- 6. Not wearing a bike helmet
- 7. Texting while driving
- 8. Driving while under the influence
- 9. Speeding
- 10. Walking to school
- 11. Meeting someone you met online
- 12. Carrying a weapon



Let's Practice

*Choose 2 risk scenarios from the previous list...

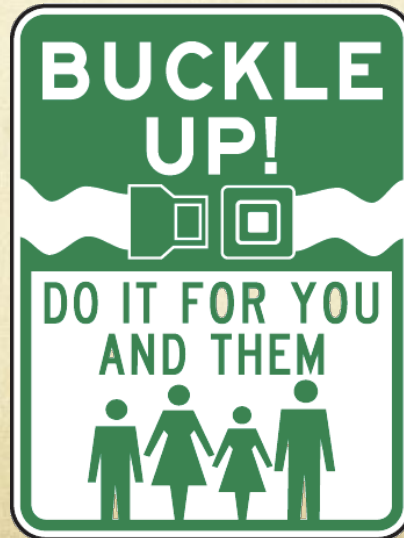
Answer the following questions-

1. Give a risk rating (1-10) to your issue and explain why. Make sure to list potential risks associated with your issue
2. What are some ways to reduce the risk of injuries related to your issue? What would a *cautious* risk taker do?
3. What are the best strategies to educate teens about risks associated with this issue and prevent teen injury and death in the future?

* Be ready to share your answers with the class

What can *YOU* do?

Each person has a responsibility to be safe and consider the safety of others... whether at home, at school, or in the community. Acting responsibly, developing a safety plan, and practicing safe behaviors can reduce the risk of injuries.



What can YOU do?

Staying safe involves good decision-making skills.

Making the wrong decision increases the risk of injury to yourself and others. In every situation there are opportunities to evaluate risk, predict the outcome of possible decisions, and make safer choices.



According to the CDC...

- The five leading causes of death among 15-24 year olds in 2015 were...
 1. Unintentional Injuries (12,514)
 2. Suicide (5,491)
 3. Homicide (4,733)
 4. Cancer (1,469)
 5. Heart Disease (997)
- Unintentional Injuries account for nearly half of all teenage deaths.
- In the Unintentional Injury category, motor vehicle fatality is the leading cause of death to teenagers, representing over one-third of all deaths.

Leading Cause of Injury Deaths 2015 (15-24 year olds)

1. Motor Vehicles- Traffic (6,787)
2. Suicide- Firearm, Suffocation, & Poisoning (4,989)
3. Homicide- Firearm & Cut or Pierce (4,452)
4. Unintentional Poisoning (3,920) *includes alcohol and drug overdose*
5. Unintentional Drowning (504)
6. Falls (217)
7. Off-road Vehicles
8. Unintentional Firearm Injuries
9. Pedestrian Injuries
10. Fire and Burns

Injury Awareness PSA

Advertisement

Assignment

- In class we discussed the top leading cause of teen deaths from injury. You will select a number 1-10, the number you select will represent the injury you will be researching.
- Your Task... create an ad that appeals to your peer audience. This ad will be created in the form of a poster (8.5x11).

Your ad must include the following...

- *A catchy slogan
- *At least 3 (school appropriate) images
- *The injury-what is it, how does it happen?
- *The ranking the injury has in teen deaths (will be the same as the number you drew).
- *A real story (in the news) about someone who has experienced your groups injury. Summarize the event with the important details. (provide a attached copy of the new article along with your poster).
- *What are at least 3 risk factory for experiencing it (things that increase the likeliness that the injury will occur).
- *What are at least 2 things teens (and others) can do to decrease the chance of experiencing this type of injury?

Your Grade +15 pts.

- You will be graded on effort, the quality of your ad, the use of accurate information, and your ability to engage your audience (teacher).
- Overall Neatness/Visually Appealing +5 pts.
- All information is covered and correct +5
- Ad is engaging and catchy +5
- Work Day? _____ Due Date? _____