4A Student 8th Grade Dangerous Situations Study Notes

SOL 8.1 n) Assess the health consequences of injuries, and identify leading injury-prevention measures.

Injury Prevention Measures
1. Wear safety items (goggles, glasses, helmet, knee & elbow pads, shoes/boots, braces, etc.)
2. Follow directions even when you don’t know why.
3. Stretch muscles ONLY after warming up your body or as a cool down.
4. Always let parents know what you will be doing.
5. Always have a responsible person (friend or adult) with you to help you.
6. Carry a phone to be able to contact help if needed.
7. Check equipment and activity area before using it. Don’t use equipment that is faulty.
8. Get plenty of sleep and eat balanced, recommended amount of food, so you make good decisions and have better coordination.

Universal Precautions – actions taken to prevent the spread of disease by treating all blood as if it were contaminated.

The First Steps in Case of an Emergency
1. Identify the signs of the emergency (smoke, what do you hear, smell, see, victims).
2. If by yourself and victim is unconscious or in danger of being hurt more, take action (what can you do to help and not put yourself at risk, use universal precautions if blood is involved).
3. Ask for someone to call 911 for help.
4. Provide care until help arrives (body temp, loosen tight clothes).

Why would you not move an accident victim? ____________________________.
When might it be necessary? ___________________________________________.


Heat Sickness (Chapter 20.5)
Heat Cramp – painful involuntary muscle spasms (stretch, rest, cool down, drink water) – (prevent by drinking more, eating more bananas, low fat dairy black beans).

Heat Exhaustion – faintness, nausea, rapid heartbeat, hot, red, dry or sweaty skin (lie down, elevate feet, drink ice water, loosen clothing, and spray with water).
Heat Stroke – Most serious, shallow breathing, no sweating, body temp above 104°F (911 & treat for heat exhaustion above).

Consequences of Injuries
1. Long term / permanent disability (paralyzed, parts injured don’t always heal completely).
2. Short term disability (injuries to bones or body parts).
3. Missed social time with friends/family/peers.
4. Health consequences of not being able to get exercise / physical activity / less immunity.
5. Mental depression - being sad or depressed for more than 2 weeks due to not being able to participate.

SOL 8.2 p) Recognize warning signs associated with bullying behaviors
1. Declining grades.
2. Fear of attending school.
4. Lost or destroyed belongings or technology.
5. Self-destructive behaviors.
6. Unexplainable injuries.
7. Frequent headaches or stomach aches, feeling sick or feeling ill.
8. Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
SOL 8.1 p) Identify the consequences of involvement in potentially dangerous situations, such as when weapons, physical violence, and gangs are present.

SOL 8.2o Analyze the risks associated with gang-related activities for self, family, & the community.

Gangs: Most people when speaking of a gang are referring to a street gang which often recruits kids as young as 8 or 9 to join a “family” for friendship, social ties, and protection. As kids are introduced to the gang, it starts out often with little consequence, but after only days sometimes kids are asked to do ill______ or abusive things to continue being a part of the family or to prove lo______ to the gang in return for the friendship and protection. Gangs often hide the illegal activities from the new recruits until they have proven to be loyal to the gang. After showing loyalty to the gang the new recruit is usually dragged into and forced into criminal activity or pay the consequences which is usually ab_____ of some kind or even death. Youths commit more cri_____ during the period of active involvement in a gang. Gang members commit more serious crimes than other groups and more than one-f_____ of all the homicides (murders) across the country are considered gang-related. Last, gangs tend to propel youths into a life of crime, punctuated by arrests, convictions, and periods of incarceration. Just say “No” to joining any type of group that is l_____ a gang or asks you to do something you shouldn’t to p_______ you are loyal to the group.

Consequences of potentially dangerous situations
1. Ja_____ time
2. De_________ or long term / permanent disability
3. Short term disability
4. Loss of fri______ missed social time
5. Physical Ab________
6. Fi_________ injuries
7. Suspension from School or Sports
8. Grounded by p________

Discussion Questions – 1. Have you ever been asked to be part of a group that made you do something that didn’t feel ri____ to be a part of the group? 2. If you were approached to be in a group like this, how would you av_______ being in the group? 3. What are the actual wo______ you would say? 4. What do you think the words invincibility and immortality m________? 5. How is the decision making process of ad________ different than teens, boys/young men compared to girls/young women and what do you think cau________ the differences?

SOL 8.3 j) Identify ways for students to develop relationships that are positive, promote wellness, and prevent gang involvement.

How do I be a friend or make new friends - You can go and sh____ into a corner and hope that someone may notice you, (if they do they will probably think you are not friendly and want to be left alone) or you can: Look for a res________ group or person who seem to have interests which you can share. Find out about cl_______ groups, sports, music, whatever is happening in your school and join. He_______ others is a good way to make friends, so if you see someone who is struggling ask if they would like some help. Be kind, not bossy. Stand up to bu_________. Make eye contact and sm____ when someone looks at you. Hang around near a group that looks interesting. De_______ what you want to say before you talk, don’t just babble on. Listen to the conversation and when you know what is going on join in. Speak in a positive way and don’t b________ (boast). Look for others who are alone or seem shy and introduce yo______. Ask them about their int______. You may turn out to have a lot in common. Do not hang back or show you’re not interested. Don’t give up trying to make friends if you’re not very lucky at first. Just be yourself, smile and be fri_______ so that others will want to know you. Others may feel as s______ as you do or may have to find a different group to get friendly with. Keep tr________.