



## **Grade 8 Sample Lesson Plan: Unit 1 – We are not Invincible! Injuries are Preventable**

### **SOLs**

- 8.1.N Assess the health consequences of injuries, and identify leading injury prevention measures
- 8.1.O Evaluate the health risks associated with feelings of immortality and invincibility.

### **Objectives/Goals**

- To expose students to risky behaviors that result in injury, the health consequences and injury prevention.

### **Materials**

- ThinkFirst Video
- Injury in the News Sheet or a compilation of similar news stories.

### **Procedure**

- Play video for students to set the stage for further conversation (e.g., ThinkFirst Teen Video Clip, Texting and Driving Crash-It Can Wait, Seat Belt May Have Saved Teen Crash Victims Life, Caught on Tape-Teen Drivers Moments Before A Crash, One Decision, Underage Drinking -Is It Worth It?, or other videos readily available on YouTube that cover an unfortunate sequence of preventable events (e.g., texting and driving, not wearing seatbelts, drinking and driving, diving into shallow water or jumping between buildings etc.). Discuss the health consequences of injury and the role that feelings of immortality and invincibility play in increasing risk.
- Have students pull news articles about teen injury from recent weeks. Discuss the health consequences of injury and the role that feelings of immortality and invincibility play in increasing risk. How might these injuries have been prevented?
- Invite a guest speaker (e.g., trauma nurse/physician, emergency responder, representative from the ThinkFirst for Teens Program) to provide a presentation on teen injury risks, the attitudes and behaviors that contribute to this, and the preventable nature of injury.

**Assessment Idea**

- Students select an injury area and write about the related health consequences of risky behavior, the risks of teens feeling immortal and invincible, and common sense prevention measures to dramatically reduce risk of harm.

**References**

- Injury in the News <http://www.etr.org/healthsmart/about-healthsmart/sample-lessons/grade-6-injury-in-the-news-lesson-6/>
- Teen Drivers- NHTSA <http://www.nhtsa.gov/Driving-Safety/Teen-Drivers/Teen-Driver-Education/Teen-Drivers---Parents-&-Teens>
- ThinkFirst for Teens Program [www.thinkfirst.org/teens](http://www.thinkfirst.org/teens)

**Videos**

- ThinkFirst Teen Video Clip <https://www.youtube.com/watch?v=RJWcOYftedk>
- One Decision [https://www.youtube.com/watch?v=WWptgB\\_1bco](https://www.youtube.com/watch?v=WWptgB_1bco) ,
- Underage Drinking -Is It Worth It?, <https://www.youtube.com/watch?v=WGQ8F05C5gk>
- Texting and Driving Crash-It Can Wait <https://www.youtube.com/watch?v=ApnyKv1GuNI>
- Seat Belt May Have Saved Teen Crash Victims Life <https://www.youtube.com/watch?v=m4SaoXTF9NQ>
- Caught on Tape-Teen Drivers Moments Before A Crash, <https://www.youtube.com/watch?v=r3MIUA0qkiQ>