

Planning Ahead for Fun

NHES Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

Teaching Objectives

- Develop injury-prevention techniques
- Create an individual safety plan

Teaching Strategies

- Divide the class into groups, and give each group 12 index cards, one red marker, and one green marker.
- Give groups 5 minutes to brainstorm accidents, injuries, and/or safety issues that might happen during their weekend trip, and have them write each safety concern and preventative measure on each card.
- Tell students to stack the index cards with the safety issue written in red on top and pass them to the group on the right. Give each group two minutes to read each safety topic and, without turning the card over, identify the prevention strategy that should be used.
- Have students create and share their individual safety plans, using what they learned on the index cards, to stay safe on the trip.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score.

- ✓ Demonstrate healthful behaviors, habits, and techniques
- ✓ Identify protective behaviors (e.g., first-aid techniques, safety steps, or strategies) to avoid and manage unhealthy or dangerous situations
- ✓ List steps in correct order

Hands-On HEALTH

Activity Planning Ahead for Fun

Your class has been invited to travel to an outdoor resort for a weekend of fun activities. Your task is to think ahead and create a safety plan so that the weekend is free of accidents, injuries, and illnesses.

What You'll Need

- 12 index cards
- one red marker and one green marker per group

What You'll Do

Step 1

In your group, identify 12 accidents, illnesses, or injuries. Write them in red marker on the front of each index card.

Step 2

On the back of each card, use a green marker to write what a person can do to prevent that accident, illness, or injury from happening.

Step 3

Pass your cards to the next group. Read the safety issue on the front and, without looking at the back, identify what can be done to prevent the accident. Flip over the card to check your answer.

Apply and Conclude

Create an individual safety plan that will enable you to be safe and have fun during your weekend trip.



Checklist: Self-Management Skills

- ✓ Demonstrate healthful behaviors, habits, and techniques
- ✓ Identify protective behaviors (such as first-aid techniques, safety steps, or strategies) to help you avoid and manage unhealthy or dangerous situations
- ✓ List steps in correct order

Teens Want to Know

Q: I'll be getting my driver's license soon. My parents are willing to put me on their auto insurance policy, but I have to pay the premium. What can I do to help keep the cost of my insurance low?

A: The most important thing you can do is to keep a clean driving record. Even a single fender-bender can drive your insurance premium sky-high. Here are a few other tips:

- Keep your grades up. With a "B" average or above, you may be able to save 25%.
- Drive a slower, used car with lots of safety features.
- If you have a credit card, maintain a good credit history.