

1008 Dreketi Sangam School  
Healthy Living Worksheet  
Year 8

Exercise 1

1. List down three different types of accidents that you can get involved in?

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2. State the physical, emotional and social impact of accidents on an individual and to the community. Give examples. Use the table below.

Accident affect	Impact on individual	Impact on community
Physical impact		
Emotional health		
Social health		

Exercise 2: Case Study

Molly had an accident when she was eight years old. She became blind. She was told by doctors that she will never see again. Devastated, she went back to school only to find out that all her friends did not want her to be beside them. Boys bullied her and girls laughed at her. Her own friends took her outside, across the playing ground, into the bush and left her there to find her way back. She left that primary school that day. She wanted to commit suicide. Her parents had to hide sharp items such as knives and scissors away from her. They gave her all the support she needed and did everything they could to make her happy. She attended a blind school only to be bullied again by other students. Molly started to think positively about her situation and soon went back to a normal school at Year 12. She completed her high school and has travelled all over the world to speak at rallies that inspire people.

1. From the story identify how Molly was hurt physically, emotionally and socially.

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2. Imagine if you were Molly. How would you feel when?

➤ People bully you - \_\_\_\_\_

➤ Your friends no longer want to be friends with you - \_\_\_\_\_  
\_\_\_\_\_

➤ People judge you because you can't see - \_\_\_\_\_  
\_\_\_\_\_

3. If you were Molly's teacher, what would you have done to help other students socialize with her?

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\_\_\_\_\_

4. How was Molly able to break out of her miserable life to travel all over the world?

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