

# One Pair of Eyes<sup>©</sup>

Vision Health & Safety Curriculum for Teens



## TEACHER GUIDE

### 7<sup>th</sup> and 8<sup>th</sup> Grade

- Health/Science (1 to 3 class periods)
- Integrated Curriculum Model Track (up to 6 class periods)

### High School Track (1 to 4 class periods)

- Traditional Classroom Instruction
- Project Based Learning Assignments

### On the Following Pages:

1. Introduction: Why One Pair of Eyes<sup>©</sup>?
2. Learning Objectives
3. Choosing a Track
4. Planning and Execution
5. Evaluation/Assessment = **Free Stuff!**

One Pair of Eyes<sup>©</sup> Vision Health and Safety was developed to positively affect Ohio students' attitudes towards the use of personal eye protection, and their ability to identify appropriate eye health and safety practices. It has been revised, updated and expanded to meet current health and science standards for both junior high and high school levels.

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Bureau of Child and Family Health Services Save Our Sight Program  
Supported by Prevent Blindness Ohio and  
Nationwide Children's Hospital**



# TEACHER GUIDE

## 1. INTRODUCTION: Why One Pair of Eyes<sup>®</sup>?

Teens are at risk for vision loss simply due to lack of precautions!

FACT: Over one million Americans suffer eye injuries yearly and 1/3 of these injuries happen to people under the age of 18.

FACT: Eye injuries caused by household products and sports affect over 72,000 Americans yearly.

FACT: The United States Department of Labor estimates 1,000 eye injuries occur DAILY in the workplace.

FACT: 90% of all eye injuries ARE PREVENTABLE with the use of proper eye safety devices.

This program is appropriate for high school students in grades 7 to 12 and can be used to teach eye health and safety issues in the following courses of study:

- Health
- Chemistry
- Physics
- Biology
- Home Economics
- Industrial/Vocational Studies
- Physical Education

## 2. LEARNING OBJECTIVES

Most eye injuries can be prevented, but motivating teens to actually USE eye protection can be difficult. This program aspires to inspire teens to actively use their good judgment.

By the end of this program **students will be able to:**

- Discuss basics of eye **anatomy** and the **value** of their own vision
- Identify five types of eye **injuries** (chemical, impact, heat, light and infection)
- Identify **causes** of the five types of eye injuries
- Describe common eye injury **prevention** strategies for each injury type
- Identify and use appropriate eye protection **devices** to prevent eye injuries
- Recite basic **first aid** for the five types of eye injuries

This program meets **State Science Standards and National Health Education Standards**. A complete list is available in the documents “Education Standards for OPE.doc” and “National Health Standards for OPE.doc” found on this website. Use as much of the curriculum as your schedule allows.

### **3. CHOOSING A TRACK**

If you are a **7<sup>th</sup> or 8<sup>th</sup> grade** nurse or teacher, you may choose to use this eye health and safety curriculum simply in a science or health class. If your school uses an integrated curriculum model, and you would like your team to be able to plan an entire day dedicated to the eye beyond health and science classes, suggestions are included for complementary activities for history/social science, language arts, math and visual arts. Please see the document “7thand8thGradeOutline.doc” for details.

If you are a **high school** nurse or teacher, simply chose the sections of the curriculum that best meet your needs and time availability. The impact and chemical injury simulations are fun and effective. The videos and Review (“Are Your One Pair of Eyes in Jeopardy”) can also stand alone if time is limited.

### **4. PLANNING and EXECUTION**

Use as much of the program as your schedule allows. You do **not** need to use the entire curriculum to qualify for the **free safety goggles and flash drives**.

1. Be prepared for the **gross eye injury slides!** Some images may be disturbing. Eye injuries are gross, but they make the point.

2. You will need **internet connection** and viewer **OR** please contact Nationwide Children's Hospital at (614) 355-0679 or (614) 355-0617 for a **hard copy** on CD/DVD or flash drive. This curriculum is available on-line and on-demand for maximum availability across all counties of Ohio.

3. You will need a **computer** monitor for viewing the PowerPoint Presentation and videos. You will need a printer if using assignment instructions/handouts.

4. The core of the curriculum split up into 5 **PowerPoint Presentations**. It can be viewed as a whole, or can be split up, depending on your needs. The PPPs contain links to a flash-based anatomy model, to websites for more in-depth exploration, to and short **videos** (“It Only Takes a Second” and “One Pair of Eyes”) that can be used as review during the lesson and/or later to keep safety consciousness fresh in students’ minds throughout the year. Teachers in specialty areas (lab or chemistry) may also wish to use sections of the PPP for brief review throughout the school year.

6. There are short, easy, fun demonstration/experiment activities to engage students kinesthetically. If you will be using these demo activities, inexpensive household goods will be required (*e.g.*, vinegar, glue, borax, tissue sheets). Full explanations are contained in the documents “Visual Impairment Simulators.doc”; “Pinkeye DEMO Lesson Plan.doc” and “Eye Injury Simulations.doc” in the **Activities** section online.

7. Reviews:

- General Review Game: “Are your One Pair of Eyes in Jeopardy?” in the Review Section online or via hyperlink in the end of the 5<sup>th</sup> PPP (Eye Infections, Contact Safety and Resources).
- 7<sup>th</sup> & 8<sup>th</sup> Grade Anatomy and Physiology, “WheelofFortuneReview.doc” Review Game.
- First Aid Review: “Think Fast.doc” (used for 7<sup>th</sup> & 8<sup>th</sup> Grade skits, and High School Review Game).
- Videos can act as Overview or Review.

## 5. EVALUATION/ASSESSMENT

Please use an evaluation with this curriculum – you will receive free safety goggles and free 4 gig flash drives for each student who participated!

Use the brief **Pre-and-Post-Tests** with any part of the curriculum, **OR** if you use any of the Project Based Learning assignments, just send in the completed **Rubrics**. See the Evaluation Forms section of the Curriculum website for all the documents.

### To receive your free safety goggles and flash drives:

1. **Sign up** to receive the curriculum – fully online and/or request a CD/DVD set.
2. Either:
  - A. **Use a brief Pre- and Post-Test** with any part of the curriculum.
  - B. **(OR)** Use a **Rubric** along with the “Public Service Announcement” creation project (Project-Based Learning Option).
3. Send in the cover sheet and tests, or the completed rubrics .
4. Nationwide Children’s Hospital will send out your free flash drives and goggles.

Email the Program Coordinators at **OnePairOfEyes@NationwideChildrens.org** or call (614) 355-0679 or (614) 355-0617 for more information on how to bring this FREE program to your classrooms!

*Your students’ progress and your input will give us valuable information to constantly improve this program, so that we might do the most effective work possible “saving our sight” in the state of Ohio.*