

**NEW YORK STATE EDUCATION DEPARTMENT
MIDDLE LEVEL CAREER AND TECHNICAL EDUCATION
HEALTH, SAFETY, AND WELLNESS THEME MODULE
UPDATED JUNE 2023**

MODULE DESCRIPTION

This module introduces students to health-, safety-, and wellness-enhancing behaviors. Students will examine ways that personal choices and experiences affect their current wellness and long-term

- d. Define "mental health"
- e. Identify school personnel with whom to discuss social, emotional, or mental health issues
- f. Identify school, workplace, and community resources providing services for individuals and families facing social, emotional, or mental health issues

6. STRESS MANAGEMENT

Students will:

- a. Define "stress" and identify situations that contribute to stress
- b. Discuss how stress and poor emotional health can affect the immune system
- c. Recognize signs of stress and take steps to reduce its impact on overall wellness
- d. Research and practice techniques to manage stressful situations
- e. Assess the effectiveness of stress management techniques and determine steps to take to address stress if reduction is not achieved

7. CAREERS IN HEALTH, SAFETY, AND WELLNESS FIELDS

Students will:

- a. Investigate knowledge, skills, and practices needed for a career in the healthcare, human services, and safety fields
- b. Analyze career paths within the healthcare, human services, and safety fields
- c. Evaluate personal skills, abilities, and interests for employment in the healthcare, human services, and safety fields

ILLUSTRATIVE ACTIVITIES BY CTE CONTENT AREA



Divide the class into small groups. Give each group a workplace situation. Ask the groups to discuss how the situation might be stressful. Invite the groups to roleplay both a positive and a negative reaction to one of the stressful workplace situations.

Workplace situations might include:

- A new boss is starting at the company next week
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CS.03

14.0 Nutrition and Wellness

Demonstrate nutrition and wellness practices that enhance individual and family well-being.

14.1 Analyze factors that influence nutrition and wellness practices across the life span.

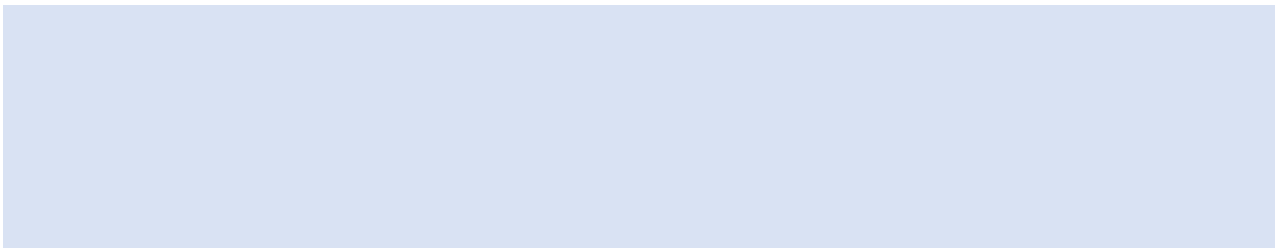
14.1.1 Explain physical, emotional, and social factors that influence nutrition and wellness practices across the life span.

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4. Students will develop an understanding of the cultural, social, economic, and political effects of

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CAREER AND TECHNICAL EDUCATION TECHNICAL ASSISTANCE CENTER
NEW YORK (CTE TAC)
