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

Updated 6-2023 1

# 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

ILLUSTRATIVE ACTIVITIES BY CTF CONTENT AREA

### 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

ILLOSTRATIVE ACTIVITIES BY OTE 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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Demonstrate nutrition and wellness practices that enhance individual and family viely-

14.0

**Nutrition and Wellness** 

4.	Students will develop an under	erstanding of the o	cultural, social, e	economic, and pol	itical effects of
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CAREER AND TECHNICAL EDUCATION TECHNICAL ASSISTANCE CENTER NEW YORK (CTE TAC)